

GARSDAY DAY CARE

MENU

WEEK 1

MENU GUIDE AVERAGE SIZE (1) SERVING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>BETWEEN MEAL EATING (A.M.)</u></p> <p>MILK AND/OR <span style="float: right;">1/4 - 1/2 c</span></p> <p>FRESH FRUIT, (2) WATER, OR VEGETABLE <span style="float: right;">1/4 - 1/2 c</span></p> <p>BREAD, (3) SANDWICH (4) OR <span style="float: right;">1/4 - 1/2 c slice</span>                      CERAL, ENRICHED OR MULTI GRAIN <span style="float: right;">1/4 - 1/3 c</span></p>	<p>CEREAL BARS FRESH FRUIT</p> <p>WATER/MILK</p>	<p>YOGURT FRESH FRUIT</p> <p>WATER/MILK</p>	<p>WAFFLES FRESH FRUIT</p> <p>WATER/MILK</p>	<p>TOAST W/ JAM YOGURT</p> <p>WATER/MILK</p>	<p>BAKED OATMEAL</p> <p>WATER/MILK</p>
<p><u>MIDDAY MEAL</u></p> <p>MEAT AND/OR ALTERNATIVE                      ONE OF THE FOLLOWING OR A COMBINATION:                      COOKED MEAT, FISH, POULTRY <span style="float: right;">30 - 45 g</span>                      CHEESE <span style="float: right;">30 - 45 g</span>                      EGG <span style="float: right;">1</span>                      COOKED DRY BEANS <span style="float: right;">1/4 - 1/2 c</span>                      PEANUT BUTTER <span style="float: right;">1 - 2 t</span></p> <p>VEGETABLES AD/OR FRUIT (5) <span style="float: right;">1/4 - 1/2 c</span></p> <p>BREAD (3) OR <span style="float: right;">1/4 - 1/2</span>                      slice                      EQUIVALENT (6) <span style="float: right;">2 - 4 t</span></p> <p>MILK <span style="float: right;">1/4 - 1/2 c</span></p>	<p>RAW VEGETABLES</p> <p>HAMBURGERS FRENCH FRIES</p> <p>SHERBERT</p> <p>MILK</p>	<p>RAW VEGETABLES</p> <p>MACARONI &amp; CHEESE</p> <p>TURKEY SLICES</p> <p>FRESH FRUIT</p> <p>MILK</p>	<p>SALAD</p> <p>BACON &amp; CHEESE BUNS</p> <p>YOGURT</p> <p>MILK</p>	<p>SALAD</p> <p>CHICKEN NUGGETS FRIES</p> <p>FRESH FRUIT</p> <p>MILK</p>	<p>RAW VEGETABLES</p> <p>FISH &amp; CHIPS</p> <p>FRESH FRUIT</p> <p>MILK</p>
<p><u>BETWEEN MEAL EATING (P.M.)</u></p> <p>SAME PATTERN AS (A.M.)</p>	<p>HOMEMADE CINNAMON BREAD CHEESE</p> <p>WATER</p>	<p>MUFFINS FRESH FRUIT</p> <p>WATER</p>	<p>FRESH FRUIT CRACKERS</p> <p>WATER</p>	<p>ARROWROOT COOKIES CHEESE</p> <p>WATER</p>	<p>MULTI GRAIN CRACKERS AND VEGETABLES</p> <p>WATER</p>

GARSDAY DAY CAREMENUWEEK 2

MENU GUIDE AVERAGE SIZE (1) SERVING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>BETWEEN MEAL EATING (A.M.)</u> MILK AND/OR <span style="float: right;">1/4 - 1/2 c</span> FRESH FRUIT, (2) WATER, OR VEGETABLE <span style="float: right;">1/4 - 1/2 c</span> BREAD, (3) SANDWICH (4) OR <span style="float: right;">1/4 - 1/2 c</span> slice CERAL, ENRICHED OR MULTI GRAIN <span style="float: right;">1/4 - 1/3 c</span>	CEREAL BARS FRESH FRUIT     WATER/MILK	BAGELS WITH CREAM CHEESE  YOGURT   WATER/MILK	YOGURT FRESH FRUIT    WATER/MILK	RAISIN TOAST FRESH FRUIT    WATER/MILK	CEREAL FRESH FRUIT    WATER/MILK
<u>MIDDAY MEAL</u> MEAT AND/OR ALTERNATIVE ONE OF THE FOLLOWING OR A COMBINATION: COOKED MEAT, FISH, POULTRY <span style="float: right;">30 - 45 g</span> CHEESE <span style="float: right;">30 - 45 g</span> EGG <span style="float: right;">1</span> COOKED DRY BEANS <span style="float: right;">1/4 - 1/2 c</span> PEANUT BUTTER <span style="float: right;">1 - 2 t</span> VEGETABLES AD/OR FRESH FRUIT (5) <span style="float: right;">1/4 - 1/2 c</span> BREAD (3) OR <span style="float: right;">1/4 - 1/2 slice</span> EQUIVALENT (6) <span style="float: right;">2 - 4 t</span> MILK <span style="float: right;">1/4 - 1/2 c</span>	HOMEMADE SOUP  SANDWICHES  FRESH FRUIT   MILK	CAESAR SALAD  PIZZA BUNS  PUDDING   MILK	RAW VEGETABLES  SLOPPY JOES  FRESH FRUIT   MILK	RAW VEGETABLES  CHICKEN CASSEROLE  FRESH FRUIT   MILK	RAW VEGETABLES  CHICKEN ON A BUN FRIES  FRESH FRUIT   MILK
<u>BETWEEN MEAL EATING (P.M.)</u> SAME PATTERN AS (A.M.)	MULTI WHEAT CRACKERS FRESH FRUIT  WATER	BANANA BREAD FRESH FRUIT  WATER	MULTI WHEAT CRACKERS CREAM CHEESE & VEGETABLE  WATER	ARROWROOT COOKIES CHEESE  WATER	GOLDFISH CRACKERS FRUIT  WATER