

Name of Nursery: GARLIDE DAYCAREDate: WEEK 1

MENU GUIDE	AVERAGE SIZE (1) SERVING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>BETWEEN MEAL EATING (A.M.)</u> MILK AND/OR WATER ¼ - ½ c FRUIT, (2) OR VEGETABLE ¼ - ½c BREAD, (3) SANDWICH (4) OR ¼ - ½c slice CERLAL, ENRICHED OR WHOLE GRAIN ¼ - 1/3 c		CEREAL BARS CHEESE WATER/MILK	YOGURT PRETZEL STICKS/ GOLDFISH WATER/MILK	BAGELS & CREAM CHEESE SEASONAL FRUIT WATER/MILK	TOAST WITH JAM YOGURT WATER/MILK	BAKED OATMEAL & SEASONAL FRUIT WATER/MILK
<u>MIDDAY MEAL</u> MEAT AND/OR ALTERNATIVE ONE OF THE FOLLOWING OR A COMBINATION: COOKED MEAT, FISH, POULTRY 30 – 45 g CHEESE 30 – 45 g EGG 1 COOKED DRY BEANS ¼ - ½c PEANUT BUTTER 1 – 2 t VEGETABLES AND/OR FRUIT (5) ¼ - ½c BREAD (3) OR ¼ - ½ slice EQUIVALENT (6) 2 – 4 t MILK ¼ - ½c		SALAD HAMBURGERS FRENCH FRIES SEASONAL FRUIT MILK	RAW VEGETABLES PANCAKES SAUSAGE SEASONAL FRUIT MILK	MEATBALLS RICE COOKED VEGETABLES SEASONAL FRUIT MILK	SALAD PASTA W/ MEAT/VEGETABLE SPAGETTI SAUCE SEASONAL FRUIT MILK	RAW VEGETABLES FISH & RICE PUDDING MILK
<u>BETWEEN MEAL EATING (P.M.)</u> SAME PATTERN AS (A.M.)		HOMEMADE CINNAMON BREAD FRUIT WATER	MUFFINS FRUIT WATER	VEGETABLES & DIP/CRACKERS/ PRETZELS WATER	ARROWROOT COOKIES CHEESE WATER	MULTIGRAIN CRACKERS AND VEGETABLES WATER

Name of Nursery: GARSIDE DAYCARE

Date: WEEK 2

MENU GUIDE	AVERAGE SIZE (1) SERVING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>BETWEEN MEAL EATING (A.M.)</u> MILK AND/OR $\frac{1}{4}$ - $\frac{1}{2}$ c FRUIT, (2) MILK/WATER, OR VEGETABLE $\frac{1}{4}$ - $\frac{1}{2}$ c BREAD, (3) SANDWICH (4) OR SLICE $\frac{1}{4}$ - $\frac{1}{2}$ c CERAL, ENRICHED OR WHOLE GRAIN $\frac{1}{4}$ - $\frac{1}{3}$ c		CEREAL BARS CHEESE WATER/MILK	WAFFLES SEASONAL FRUIT WATER/MILK	YOGURT & SEASONAL FRUIT WATER/MILK	RAISIN TOAST SEASONAL FRUIT WATER/MILK	CEREAL SEASONAL FRUIT WATER/MILK
<u>MIDDAY MEAL</u> MEAT AND/OR ALTERNATIVE ONE OF THE FOLLOWING OR A COMBINATION: COOKED MEAT, FISH, POULTRY 30 – 45 g CHEESE 30 – 45 g EGG 1 COOKED DRY BEANS $\frac{1}{4}$ - $\frac{1}{2}$ c PEANUT BUTTER 1 – 2 t VEGETABLES AD/OR FRUIT (5) $\frac{1}{4}$ - $\frac{1}{2}$ c BREAD (3) OR $\frac{1}{4}$ - $\frac{1}{2}$ slice EQUIVALENT (6) 2 – 4 t MILK $\frac{1}{4}$ - $\frac{1}{2}$ c		RAW VEGETABLES GRILLED CHEESE SANDWICHES HOMEMADE SOUP SEASONAL FRUIT MILK	RAW VEGETABLES HOMEMADE MACARONI & CHEESE PUDDING MILK	GARDEN SALAD SLOPPY JOES SEASONAL FRUIT MILK	MEATLOAF MASHED POTATOES COOKED VEGETABLE SEASONAL FRUIT MILK	RAW VEGETABLES QUICHE JELLO W/FRUIT MILK
<u>BETWEEN MEAL EATING (P.M.)</u> SAME PATTERN AS (A.M.)		CRACKERS VEGETABLES WITH RANCH DRESSING WATER	BANANA BREAD CHEESE WATER	CRACKERS CREAM CHEESE SEASONAL FRUIT WATER	ARROWROOT COOKIES CHEESE WATER	GOLDFISH CRACKERS VEGETABLE WATER

MENU GUIDE	AVERAGE SIZE (1) SERVING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>BETWEEN MEAL EATING (A.M.)</u> MILK AND/OR $\frac{1}{4} - \frac{1}{2} c$ FRUIT, (2) MILK/WATER, OR VEGETABLE $\frac{1}{4} - \frac{1}{2} c$ BREAD, (3) SANDWICH (4) OR SLICE $\frac{1}{4} - \frac{1}{2} c$ CERAL, ENRICHED OR WHOLE GRAIN $\frac{1}{4} - \frac{1}{3} c$		MUFFINS WATER/MILK	GRANOLA FRUIT PARFAIT WATER/MILK	HARD BOILED EGGS TOAST WATER/MILK	APPLE SAUCE GRAHAM CRACKERS WATER/MILK	ENGLISH MUFFINS JAM/WOW BUTTER WATER/MILK
<u>MIDDAY MEAL</u> MEAT AND/OR ALTERNATIVE ONE OF THE FOLLOWING OR A COMBINATION: COOKED MEAT, FISH, POULTRY 30 – 45 g CHEESE 30 – 45 g EGG 1 COOKED DRY BEANS $\frac{1}{4} - \frac{1}{2} c$ PEANUT BUTTER 1 – 2 t VEGETABLES AD/OR FRUIT (5) $\frac{1}{4} - \frac{1}{2} c$ BREAD (3) OR $\frac{1}{4} - \frac{1}{2}$ slice EQUIVALENT (6) 2 – 4 t MILK $\frac{1}{4} - \frac{1}{2} c$		RAW VEGETABLES BREADED CHICKEN FRENCH FRIES ICE CREAM MILK	GARLIC BREAD PIZZA SALAD SEASONAL FRUIT MILK	RAW VEGETABLES MASHED POTATOES, VEGETABLES & GROUND BEEF SEASONAL FRUIT MILK	RAW VEGETABLES CHICKEN NOODLE CASSEROLE JELLO WITH FRUIT MILK	RAW VEGETABLES SOUP & SANDWICHES SEASONAL FRUIT MILK
<u>BETWEEN MEAL EATING (P.M.)</u> SAME PATTERN AS (A.M.)		RICE CAKES SPREADS WATER	HUMMUS & VEGETABLES WATER	BEAR PAWS SEASONAL FRUIT WATER	GOLDFISH CRACKERS VEGETABLES WATER	TRAIL MIX WATER