

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 1/4 - 1/2 c</p> <p>FRESH FRUIT, (2) WATER, OR VEGETABLE 1/4 - 1/2 c</p> <p>BREAD, (3) SANDWICH (4) OR 1/4 - 1/2 c slice CERAL, ENRICHED OR MULTI GRAIN 1/4 - 1/3 c</p>	<p>CEREAL 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 30 – 45 g CHEESE 30 – 45 g EGG 1 COOKED DRY BEANS 1/4 - 1/2 c PEANUT BUTTER 1 – 2 t</p> <p>VEGETABLES AD/OR FRUIT (5) 1/4 - 1/2 c</p> <p>BREAD (3) OR 1/4 - 1/2 slice EQUIVALENT (6) 2 – 4 t</p> <p>MILK 1/4 - 1/2 c</p>	<p>RAW VEGETABLES</p> <p>HAMBURGERS FRENCH FRIES</p> <p>SHERBERT</p> <p>MILK</p>	<p>RAW VEGETABLES</p> <p>MACARONI & CHEESE</p> <p>TURKEY SLICES</p> <p>FRESH FRUIT</p> <p>MILK</p>	<p>RAW VEGETABLES</p> <p>MEATLOAF POTATOES VEGETABLE</p> <p>YOGURT</p> <p>MILK</p>	<p>RAW VEGETABLES</p> <p>FISH & CHIPS COLESLAW</p> <p>FRESH FRUIT</p> <p>MILK</p>	<p>RAW VEGETABLES</p> <p>MEATBALLS RICE VEGETABLE</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 GRAHAM WAFERS</p> <p>WATER</p>	<p>ARROWROOT COOKIES CHEESE</p> <p>WATER</p>	<p>MULTI GRAIN CRACKERS AND VEGETABLES</p> <p>WATER</p>

