

Name of Nursery: GARSIDE DAYCAREDate: WEEK 1

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

MENU GUIDE	AVERAGE SIZE (1) SERVING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>BETWEEN MEAL EATING (A.M.)</u> MILK AND/OR ¼ - ½ c FRUIT, (2) MILK/WATER, OR VEGETABLE ¼ - ½ c BREAD, (3) SANDWICH (4) OR SLICE ¼ - ½c CERAL, ENRICHED OR WHOLE GRAIN ¼ - 1/3 c		CEREAL BARS CHEESE WATER/MILK	BAGELS WITH CREAM CHEESE FRUIT WATER/MILK	YOGURT & FRUIT WATER/MILK	RAISIN TOAST FRUIT WATER/MILK	CEREAL 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 - ½ c PEANUT BUTTER 1 – 2 t VEGETABLES AD/OR FRUIT (5) ¼ - ½c BREAD (3) OR EQUIVALENT (6) ¼ - ½ slice 2 – 4 t MILK ¼ - ½ c		RAW VEGETABLES GRILLED CHEESE SANDWICHES HOMEMADE SOUP FRUIT MILK	RAW VEGETABLES HOMEMADE MACARONI & CHEESE PUDDING MILK	GARDEN SALAD SLOPPY JOES FRUIT MILK	RAW VEGETABLES MEATLOAF MASHED POTATOES COOKED VEGETABLE FRUIT MILK	RAW VEGETABLES SEVEN LAYER DINNER 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 VEGETABLE WATER	ARROWROOT COOKIES CHEESE WATER	GOLDFISH CRACKERS VEGETABLE WATER