

Name of Nursery: GARSIDE DAYCAREDate: WEEK 1

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

July 17/25

Name of Nursery: GARSIDE DAYCARE

Date: WEEK 2

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