

# All Around Children Weekly Menu

Site/Center Name: All Around Children					Week of: _____					Menu A
Type	Component	Minimum Serving								
<b>Breakfast</b>		<b>1 &amp; 2 years</b>	<b>3 - 5 years</b>	<b>6 - 12 years</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	
	Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk	
	Juice, fruit Or vegetable	1/4 cup	1/2 cup	1/2 cup	Bananas	Applesauce	Peaches	Mandarin Oranges	Fruit Cocktail	
	Grains/Breads Dry cereal	1/2 slice 1/4 cup or 1/3 oz.	1/2 slice 1/3 cup or 1/2 oz.	1 slice 3/4 cup or 1 oz.	Cheerios	French Toast Sticks w/ syrup	Oatmeal	Mini Bagels with Jelly	Pancakes w/ syrup	
<b>Lunch</b>	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Chicken & Rice	Meatball Subs	Chicken & Cheese	Tuna Salad	Chicken Nuggets	
	Grains/Breads Pasta/Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup	Rice	Hot Dog Bun	Quesadilla	Ritz or Club crackers	Whole Wheat Bread	
	Fruit and/or vegetable and/or juice (2 servings to total)	1/4 cup total	1/2 cup total	3/4 cup total	Peaches	Tropical Fruit	Sliced Apples	Pineapple	Pear	
					Tater Tots	Broccoli	Lettuce Salad	Corn	Mashed Potatoes	
	Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk	
<b>Snack (select 2)</b>	Milk, fluid	1/2 cup	1/2 cup	1 cup	Milk	100% Apple Juice	Water	Milk	Water	
	Juice, fruit or vegetable	1/2 cup	1/2 cup	3/4 cup	Carrots (Ranch)					
	Grains/Breads/Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup		Whole Wheat Goldfish Crackers	Wheat Thins	Nutrigrain Bars	Vanilla Wafers	
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.			String Cheese		Go-Gurt Yogurt	