

# All Around Children Weekly Menu

Site/Center Name: All Around Children					Week of: _____					Menu B
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	Mandarin Oranges	Pineapple	Peaches	Pears	Sliced apples
		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.	Raisin Bran Cereal	English Muffins with Jelly	Mini Bagels With Jelly	Waffles with Syrup	Cheerios Cereal
<b>Lunch</b>	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Chicken Tacos	Cheese	Cheeseburgers	Chicken Patties	Meatballs	
	Grains/Breads Pasta/Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup	Tortilla	Macaroni	Hamburger Bun	Hamburger Bun	Spaghetti Noodles	
	Fruit and/or vegetable and/or juice (2 servings to total)	1/4 cup total	1/2 cup total	3/4 cup total	Corn	Green Beans	Cooked Carrots	Tater Tots	Lettuce Salad	
					Tropical Fruit	Pears	Applesauce	Peaches	Fruit Cocktail	
	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	Water	Milk	Milk	Milk	Water	
	Juice, fruit or vegetable	1/2 cup	1/2 cup	3/4 cup					Carrots	
	Grains/Breads/ Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup	Ritz Crackers	Pretzels	Cheez-it Crackers	Tortilla Chips & Salsa	Nutrigrain Bars	
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.	Cheese Slices					