

All Around Children Weekly Menu

Site/Center Name: All Around Children					Week of: _____		Menu C		
Type	Component	Minimum Serving							
Breakfast		1 & 2 years	3 - 5 years	6 - 12 years	Monday	Tuesday	Wednesday	Thursday	Friday
	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	Pears	Mandarin Oranges	Pineapple	Sliced Apples	Peaches
	Grains/Bread s 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.	Corn Flakes	Oatmeal	Mini Bagels w/ jelly	Waffles W/ Syrup	Cheerios Cereal
Lunch	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	BBQ Chicken	Grilled Turkey & Cheese	Chicken Alfredo	Sloppy Joes	Chicken Nuggets
	Grains/Bread s Pasta/Noodle s	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup	Hamburger Bun	Whole Wheat Bread	Noodles	Hamburger Bun	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	Corn	Peas	Green Beans	Mashed Potatoes	Broccoli
					Fruit Cocktail	Peaches	Tropical Fruit	Pineapple	Apple Sauce
	Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
Snack (select 2)	Milk, fluid	1/2 cup	1/2 cup	1 cup	Water	100% Apple Juice	Milk	Water	Water
	Juice, fruit or vegetable	1/2 cup	1/2 cup	3/4 cup				Carrots	
	Grains/Bread s/Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup	Wheat Thins	Nutrigrain Bars	Whole Wheat Goldfish	Chex Mix	Vanilla Wafers Go-Gurt Yogurt
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.	Cheese Slices				