

# All Around Children Weekly Menu

Site/Center Name: All Around Children					Week of: _____					Menu D
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	Bananas	Peaches	Pears	Pineapple	Mandarin Oranges	
	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.	Cheerios	Mini Bagels w/ jelly	French Toast Sticks w/ syrup	English Muffins w/ jelly	Corn Flakes	
Lunch	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Chicken Teriyaki	Hot Dogs and Beans	Tuna Salad	Chicken Parm Sandwich	Beef & Cheese	
	Grains/Bread s Pasta/Noodle s	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup	Rice	Hot Dog Bun	Ritz Crackers	Hamburger Bun	Macaroni	
	Fruit and/or vegetable and/or juice (2 servings to total)	1/4 cup total	1/2 cup total	3/4 cup total	Mixed Vegetables	French Fries	Broccoli	Cooked Carrots	Tater tots	
					Pineapple	Sliced Apples	Mixed Fruit	Peaches	Applesauce	
	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	Milk	Milk	Milk	100% Grape juice	
	Juice, fruit or vegetable	1/2 cup	1/2 cup	3/4 cup						
	Grains/Bread s/Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup	Ritz Crackers	Vanilla Wafers	Pretzels	Tortilla Chips & Salsa	Chex Mix	
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.	String Cheese					