

TOT'S PLACE MENU RECORD (1)					
Date:		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	MONDAY				
<b>BREAKFAST</b> 1. Fluid milk 2. Fruit, vegetable or full-strength juice 3. Cereal and/or bread/ cereal/rice/pasta/ noodles or equivalent Other food (optional)	Milk Whole Grain Cereal Bananas	Milk Whole Grain Bagles Cream Cheese Pears	Milk Whole Grain Cereal Sliced Grapes	Milk W/G French Toast Syrup Applesauce	Milk Whole Grain Cereal Peaches
<b>LUNCH</b> 1. Fluid milk 2. Meat and/or alternate 3/4. Vegetables and/or fruit (2 varieties required) 5. Bread and/or cereal/ rice/pasta/noodles or equivalent Other food (optional)	Milk Tuna Salad on a W/G Tortilla Shredded Lettuce Green Beans Mandarin Oranges  **	Milk CN Cheese Ravioli Tossed Salad Ranch or western Dressing Sliced Apples  **	Milk Turkey Hot Dog on a wheat bun Sweet Potato Fries Watermelon  **	Milk H.M. Stir Fry w/ Chicken & Oriental Vegetables Whole Grain Rice Pineapple  **	Milk H.M. Ground Beef Stroganoff Whole Grain Noodles Peas Mixed Fruit (peaches, pineapple, grapes & pears) **
<b>SNACK: 2 OUT OF 5</b> 1. Fluid milk 2. Meat and/or meat alternate 3. Vegetables 4. Fruit or full strength juice. 5. Bread/cereal/rice/pasta/ noodles and/or equivalent Other food (optional)	Milk Cheez Its	Yougurt Blueberries Water	Milk Animal Crackers	Apple juice Tortialla Chips Salsa	Milk W/G Graham Crackers

I certify that I have been informed of the meal pattern regulations of the Child Care Food Program and that I have served the following meal components in the proper amounts.

Date: \_\_\_\_\_

USDA is an equal opportunity provider.

Cold Cereal Choices: Cheerios, Rice Crispies and Corn Flakes

\*\*Lunch alternate choice protein/bread Peanut Butter Sandwich

EARLY LEARNING CENTER MENU RECORD (2)					
DATE: _____					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b> 1. Fluid milk 2. Fruit, vegetable or full-strength juice 3. Cereal and/or bread/ cereal/rice/pasta/ noodles or equivalent Other food (optional)	Milk Whole Grain Cereal Bananas	Milk Whole Grain Bagels Cream Cheese Pears	Milk Whole Grain Cereal Sliced Grapes	Milk Whole Grain Cereal Peaches	Milk W/G French Toast Syrup Applesauce
<b>LUNCH</b> 1. Fluid milk 2. Meat and/or alternate 3/4. Vegetables and/or fruit (2 varieties required) 5. Bread and/or cereal/ rice/pasta/noodles or equivalent  Other food (optional)	Milk Chicken Quesadillas with cheese and whole wheat tortilla Mixed Vegetables Mandarin Oranges  **	Milk H.M. Macaroni/Cheese Whole grain noodles Green Beans Watermelon  **	Milk Barbeque Pulled Chicken on a wheat bun Sweet Potato Fries Sliced Apples  **	Milk H.M. Spaghetti Gr. Beef, Prego Sauce Whole Grain Noodles Lettuce Salad French/Ranch Dressing Sliced Oranges  **	Milk Whole Grain C.N. Fish Nuggets Corn Mixed Fruit (mandarin, oranges, pineapple, peaches, pears)  **
<b>SNACK: 2 OUT OF 5</b> 1. Fluid milk 2. Meat and/or meat alternate 3. Vegetables. 4. Fruit or full strength fruit juice 5. Bread/cereal/rice/pasta/ noodles and/or equivalent Other food (optional)	Milk Whole Wheat Hot Pretzel	Milk W/G Goldfish Crackers	Yogurt Peaches Water	String Cheese Apple Juice	Milk Whole Grain Graham Crackers

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Date: \_\_\_\_\_

USDA is an equal opportunity provider.

Cold Cereal Choices: Cheerios, Rice Crispies and Corn Flakes Cereal

\*\*Lunch alternate choice protein/bread Peanut Butter Sandwich

**EARLY LEARNING CENTER MENU RECORD (3)**

DATE:						
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b> 1. Fluid milk 2. Fruit, vegetable or full-strength juice 3. Cereal and/or bread/ cereal/rice/pasta/ noodles or equivalent Other food (optional)		Milk Whole Grain Cereal Bananas	Milk Whole Grain Cereal Sliced Grapes	Milk Whole Grain French Toast Syrup Applesauce	Milk Whole Grain Cereal Pears	Milk W/G Cinnamon/Raisin Bagel Cream Cheese Peaches
<b>LUNCH</b> 1. Fluid milk 2. Meat and/or alternate 3/4. Vegetables and/or fruit (2 varieties required) 5. Bread and/or cereal/ rice/pasta/noodles or equivalent Other food (optional)		Milk Chicken Fajitas Fajita Vegetable Mix Whole Grain Tortilla Salsa & Sour Cream Pineapple **	Milk H.M. Sloppy Joes (Ground Beef, Ketchup) Whole Wheat Buns Green Beans Sliced Apples **	Milk C.N. Chicken Nuggets Whole Grain Pasta Salad Broccoli Watermelon **	Milk Peanut Butter & Jelly Sandwiches (Whole Wheat Bread) 2 Cheese Slices Fresh Snap Peas Oranges **	Milk Chicken Alfredo Whole Grain Noodles Lettuce Salad Ranch or Western Dressing Mixed Fruit (peaches, pears, pineapple, grapes)
<b>SNACK: 2 OUT OF 5</b> 1. Fluid milk 2. Meat and/or meat alternate 3. Vegetables 4. Fruit or full strength fruit juice 5. Bread/cereal/rice/pasta/ noodles and/or equivalent Other food (optional)		Milk Animal Crackers	Yogurt Blueberries Water	Sliced Cheese Crackers Water	Milk Trail Mix (cheerios, yogurt raisins, dried fruit, chocolate chips)	Milk Whole Grain Graham Crackers

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Date: \_\_\_\_\_

USDA is an equal opportunity provider.

Cold Cereal Choices: Cheerios, Rice Crispies, and Corn Flakes Cereal  
 \*\*Lunch alternate choice protein/bread Peanut Butter Sandwich

TOT'S PLACE MENU RECORD (4)					
DATE: _____					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b><u>BREAKFAST</u></b> 1. Fluid milk 2. Fruit, vegetable or full-strength juice 3. Cereal and/or bread/ cereal/rice/pasta/ noodles or equivalent Other food (optional)	Milk Whole Grain Cereal Bananas	Milk W/G French Toast Syrup Applesauce	Milk Whole Grain Cereal Sliced Grapes	Milk Cinnamon Biscuits Peaches	Milk Whole Grain Cereal Pears
<b><u>LUNCH</u></b> 1. Fluid milk 2. Meat and/or alternate 3/4. Vegetables and/or fruit (2 varieties required) 5. Bread and/or cereal/ rice/pasta/noodles or equivalent Other food (optional)	Milk H.M. Chicken & Rice Casserole (Chicken, W/G Rice, Cr. Of Chicken Soup) Broccoli Mandarin Oranges **	Milk Tortilla Ground Beef & Salsa Cheese W/G Tortilla Sour Cream & Lettuce Watermelon **	Milk C.N. Chicken Patties Whole Wheat Bun Green Beans Sliced Apples **	Milk H.M. Goulash (Ground Beef, W/G macaroni, tomato juice) Lettuce Salad Oranges Ranch & Western Dressing **	Milk Turkey/Cheese Sandwiches Whole Wheat Bread Fresh Green Beans Mixed Fruit (pineapple, mandarin oranges, pears & peaches) **
<b><u>SNACK: 2 OUT OF 5</u></b> 1. Fluid milk 2. Meat and/or meat alternate 3. Vegetable 4. Fruit or full strength fruit juice 5. Bread/cereal/rice/pasta/ noodles and/or equivalent Other food (optional)	Milk Whole Grain Goldfish Crackers	Milk Rice Cakes	Milk Animal Crackers	String Cheese Apple Juice	Milk Whole Grain Graham Crackers

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Date: \_\_\_\_\_

USDA is an equal opportunity provider.

Cold Cereal Choices: Cheerios, Rice Crispies, Corn Flakes Cereal

\*\*Lunch alternate choice protein/bread Peanut Butter Sandwich