

#2	Monday				Tuesday				Wednesday				Thursday				Friday				
	Food Item	2's	3-5	6+	Food Item	2's	3-5	6+	Food Item	2's	3-5	6+	Food Item	2's	3-5	6+	Food Item	2's	3-5	6+	
AM Snack	Honey wheat pretzels	3	3	6	Cheese crackers	3	3	6	Saltines	4	4	7	Pub Mix	1/4c	1/4c	1/2c					
Bread/Equiv.																					
Citrus Juice or Fruit	Peach Mango Juice	4 oz	4 oz	6 oz	Grape Juice	4 oz	4 oz	6 oz	Orange Pineapple Juice <i>allergy sub: alternate juice</i>	4 oz	4 oz	6 oz	Apple Juice <i>allergy sub: alternate juice</i>	4 oz	4 oz	6 oz					
Breakfast	Variety Cereal	1/2c	1/2c	3/4c	French Toast Slice <i>(w/syrup)</i>	1	1	2	Cheerios	1/2c	1/2c	3/4c	Donuts	1	1	2	Merry Christmas!	1/2c	1/2c	3/4c	
Cereal/Toast													Oranges	1/4c	1/2c	1/2c					
Fruit/Juice	Apples	1/4c	1/2c	1/2c	Variety Fruit	1/4c	1/2c	1/2c	Bananas	1/4	1/2	1/2	<i>Allergy sub: alternate fruit</i>								
Milk	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz					
	<i>allergy sub: Goat, Soy, Rice milk, or Water</i>				<i>allergy sub: Goat, Soy, Rice milk, or Water</i>				<i>allergy sub: Goat, Soy, Rice milk, or Water</i>				<i>allergy sub: Goat, Soy, Rice milk, or Water</i>								
Lunch																	Have A Blessed Holiday!	1/2	1/2	1	
)	Cheeseburger (3oz)	1/2	1/2	1	Scrambled Eggs	1/4c	1/3c	1/2c	Chicken Tenders (1=10z)	.5	1	1.5	Beef & Noodles	1/3c	1/2c	3/4c					
Fish, Eggs, etc...	(w/ketchup & mustard)								Shredded Cheese	1/8c	1/8c	1/8c	<i>(3/4c=2oz)</i>								
Vegetable	Broccoli Normandy*	1/4c	1/4c	1/2c	Hash Browns	1/4c	1/4c	1/2c	Salad	1/4c	1/4c	1/2c	Mashed Potatoes	1/4c	1/4c	1/2c					
Another Veg.																					
Bread/Butter or Margarine	Bun	1/2	1/2	1	Peanut Butter Toast <i>allergy sub: toast w/butter</i>	1/2	1/2	1	Bread & Butter	1/2	1/2	1	Bread & Butter	1/2	1/2	1					
Fruit or	Pineapple	1/4c	1/4c	1/4c	Fruit Cocktail	1/4c	1/4c	1/4c	Peaches*	1/4c	1/4c	1/4c	Tropical Fruit <i>allergy sub: alternate fruit</i>	1/4c	1/4c	1/4c					
Simple Dessert	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz					
Milk	<i>allergy sub: Goat, Soy, Rice milk, or Water</i>				<i>allergy sub: Goat, Soy, Rice milk, or Water</i>				<i>allergy sub: Goat, Soy, Rice milk, or Water</i>				<i>allergy sub: Goat, Soy, Rice milk, or Water</i>								
PM Snack	Cinnamon toast	1/2	1/2	1	Pretzel stix	3	3	5	Animal Crackers <i>Allergy sub: alternate cookie</i>	8	8	16	Nilla wafers	5	5	9					
Bread/Equiv.																					
Milk	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Chocolate Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	
	<i>Allergy sub: Goat, Soy, Rice milk, or Water</i>				<i>Allergy sub: Goat, Soy, Rice milk, or Water</i>				<i>Allergy sub: Goat, Soy, Rice milk, or Water</i>				<i>Allergy sub: Goat, Soy, Rice milk, or Water</i>				<i>Allergy sub: Goat, Soy, Rice milk, or Water</i>				

12/21/09

12/22/09

12/23/09

12/24/09

12/25/09

Planned by Trisha Lamb

Menu Planning Guide - Day Care Center

The USDA and the State of Indiana are equal opportunity providers and employers.
Indiana Dept. of Education Div. of School and Nutrition Programs Room 229
State House Indianapolis, IN 46204-2798 (317) 232-0850 or (800) 537-1142

Name of Center Kiddie Prep School

Date 12/21/09-12/25/09

Note: allergy substitutions in Italics

Note: S.A. stands for schoolagers (6-12)

*satisfies vitamin A requirement