

Week 1 Menu for 2-6-year-olds (all children 3-years old by 11/26/10)						
Meal		Monday	Tuesday	Wednesday	Thursday	Friday
<b>B R E A K F A S T</b>	Grain*	1/2 whole wheat English muffin	1/3-3/4 cup Kix cereal	1 bagelette	1/3-3/4 cup Cheerios	1 slice whole grain bread
	Fruit	1/2 cup cut up fresh fruit	1/2 cup cut up fresh fruit	1/2 cup cut up fresh fruit	1/2 cup 100% OJ	1/2 cup cut up fresh fruit
	Milk	6-8 ounces 1% milk	6-8 ounces 1% milk	6-8 ounces 1% milk	6-8 ounces 1% milk	6-8 ounces 1% milk
		1 teaspoon jelly or jam		1- 2 tbsp soynut butter		
<b>L U N C H</b>	Meat/Meat Alternative	1½-2 oz. tuna salad	3-4 Tbsp. soynut butter	1½-2 oz. shredded cheese	4 oz. chicken breast nuggets 1/2 Tbsp. ketchup	1½-2 oz. sliced turkey breast
	Grain*	1 slice whole grain bread	1 slice whole grain bread	1/4-1/2 cup cooked brown rice	1/4-1/2 cup cooked brown rice	1 slice whole grain bread with 1/2 tbsp mayo/mustard
	Vegetable	½ cup vegetables	½ cup vegetables	½ cup vegetables	½ cup vegetables	½ cup vegetables
	Fruit	½ cup cut up fresh fruit	½ cup cut up fresh fruit	½ cup cut up fresh fruit	½ cup cut up fresh fruit	½ cup cut up fresh fruit
	Milk	6-8 ounces 1% milk	6-8 ounces 1% milk	6-8 ounces 1% milk	6-8 ounces 1% milk	6-8 ounces 1% milk
<b>A F T E R N O O N</b>	Fruit/Vegetable		1/2 - 3/4 cup baby carrots			1/2 -3/4 cup cut up fresh fruit
	Grain*	1 - 2 full graham crackers		6-11 Wheat Thins	1 - 2 full graham crackers	
	Meat/Meat Alternative			1/2-1 oz. cheese		1/4-1/2 cup non-fat yogurt
	Milk	6-8 ounces 1% milk	6-8 ounces 1% milk		6-8 ounces 1% milk	
			1/2 Tbsp Lite Ranch Drsg			
Standard Alternatives = cheese or soynut butter sandwiches on whole grain bread Fruits = strawberries, bananas, apples, oranges, grapes, cantaloupe or pears Vegetables = carrots, cukes, peppers, broccoli, tomatoes, peas or corn Milk serving sizes = 4 oz for 2-year-olds, 6 oz for 3-5-year-olds, 8 oz for 6-year-olds.						
*Grain serving size determined through CACFP worksheets.						

Week 2 Menu for 2-6-year-olds (all children 3-years old by 11/26/10)						
Meal		Monday	Tuesday	Wednesday	Thursday	Friday
<b>B R E A K F A S T</b>	Grain*	1/3-3/4 cup Crispix cereal	1/2 whole wheat English muffin	1/3-3/4cup Cheerios	1/3-3/4 cup Kix	1/3-3/4cup Rice Krispies cereal
	Fruit	1/2 cup cut up fresh fruit	1/2 cup cut up fresh fruit	1/2 cup 100% OJ	1/2 cup cut up fresh fruit	1/2 cup 100% OJ
	Milk	6-8 ounces 1% milk	6-8 ounces 1% milk	6-8 ounces 1% milk	6-8 ounces 1% milk	6-8 ounces 1% milk
			1 teaspoon jelly or jam			
<b>L U N C H</b>	Meat/Meat Alternative	1½-2 oz.cheese	1 slice cheese pizza with 2 oz. shredded mozzarella	1½-2 oz. sliced turkey breast	1½-2 oz. shredded cheese 1½-2 oz. cooked black beans	3-4 Tbsp. soynut butter
	Grain*	1 slice whole grain bread		1slice whole grain bread with 1/2 Tbsp. mayo/mustard	1/4-1/2 cooked brown rice one 6" flour tortilla 1/4 cup Salsa	1 slice whole grain bread
			½ cup vegetables			
	Vegetable	½ cup vegetables	½ cup cut up fresh fruit	½ cup vegetables	½ cup vegetables	½ cup vegetables
	Fruit	½ cup cut up fresh fruit		½ cup cut up fresh fruit	½ cup cut up fresh fruit	½ cup cut up fresh fruit
	Milk	6-8 ounces 1% milk	6-8 ounces 1% milk	6-8 ounces 1% milk	6-8 ounces 1% milk	6-8 ounces 1% milk
<b>A F T E R N O O N</b>	Fruit/Vegetable	1/2 - 3/4 cup baby carrots		1/2 -3/4 cup cut up fresh fruit	1/2 - 3/4 cup baby carrots	
	Grain*		6-11 Wheat Thins			1 - 2 full graham crackers
	Meat/Meat Alternative		1/2-1 oz. cheese	1/4-1/2 cup non-fat yogurt		
	Milk	6-8 ounces 1% milk			6-8 ounces 1% milk	6-8 ounces 1% milk
		1/2 Tbsp Lite Ranch Drsg			1/2 Tbsp Lite Ranch Drsg	
Standard Alternatives = cheese or soynut butter sandwiches on whole grain bread Fruits = strawberries, bananas, apples, oranges, grapes, cantaloupe or pears Vegetables = carrots, cukes, peppers, broccoli, tomatoes, peas or corn Milk Serving sizes = 4 oz for 2-year-olds, 6 oz for 3-5-year-olds, 8 oz for 6-year-olds.						
*Grain serving size determined through CACFP worksheets.						

Week 3		Menu for 2-6-year-olds (all children 3-years old by 11/26/10)				
Meal		Monday	Tuesday	Wednesday	Thursday	Friday
<b>B R E A K F A S T</b>	Grain*	1 bagelette	1/3-3/4cup Kix cereal	1/2 whole wheat English muffin	1/3-3/4cup Crispix cereal	1/2 whole wheat English muffin
	Fruit	1/2 cup cut up fresh fruit	1/2 cup 100% OJ	1/2 cup cut up fresh fruit	1/2 cup cut up fresh fruit	1/2 cup cut up fresh fruit
	Milk	6-8 ounces 1% milk	6-8 ounces 1% milk	6-8 ounces 1% milk	6-8 ounces 1% milk	6-8 ounces 1% milk
		1- 2 Tbsp. soynut butter		1 teaspoon jelly or jam		1 teaspoon jelly or jam
<b>L U N C H</b>	Meat/Meat Alternative	1½-2 oz. sliced turkey breast	3-4 Tbsp. soynut butter	1½-2 oz. tuna salad	1½-2 oz.cheese	1½-2 oz. shredded cheese
	Grain*	1/4-1/2 cup cooked couscous	1 slice whole grain bread	1 slice whole grain bread	1 slice whole grain bread	1/4-1/2 cup cooked brown rice
	Vegetable	½ cup vegetables	½ cup vegetables	½ cup vegetables	½ cup vegetables	½ cup vegetables
	Fruit	½ cup cut up fresh fruit	½ cup cut up fresh fruit	½ cup cut up fresh fruit	½ cup cut up fresh fruit	½ cup cut up fresh fruit
	Milk	6-8 ounces 1% milk	6-8 ounces 1% milk	6-8 ounces 1% milk	6-8 ounces 1% milk	6-8 ounces 1% milk
<b>A F T E R N O O N</b>	Fruit/Vegetable			1/2 -3/4 cup cut up fresh fruit	1/2 - 3/4 cup baby carrots	
	Grain*	6-11 Wheat Thins	1 - 2 full graham crackers			4-7 Saltines
	Meat/Meat Alternative	1/2-1 oz. cheese		1/4-1/2 cup non-fat yogurt		1 - 2 Tbsp. soynut butter
	Milk		6-8 ounces 1% milk		6-8 ounces 1% milk	
					1/2 Tbsp Lite Ranch Drsg	
		Standard Alternatives = cheese or soynut butter sandwiches on whole grain bread Fruits = strawberries, bananas, apples, oranges, grapes, cantaloupe or pears Vegetables = carrots, cukes, peppers, broccoli, tomatoes, peas or corn Milk Serving sizes = 4 oz for 2-year-olds, 6 oz for 3-5-year-olds, 8 oz for 6-year-olds.				
		*Grain serving size determined through CACFP worksheets.				