

A Blessed Child Daycare Week 1 Spring/Summer Menu Cycle



	Monday		Tuesday		Wednesday		Thursday		Friday	
	Food Item	Serving Sizes (Yrs)	Food Item	Serving Sizes (Yrs)	Food Item	Serving Sizes (Yrs)	Food Item	Serving Sizes (Yrs)	Food Item	Serving Sizes (Yrs)
Breakfast - 8:00 AM Fruit or Vegetable	Applesauce ✓ Biscuit ✓	1/4 cup 1/2 ea	Banana Slices ✓ Multi Grain O's ✓	1/4 cup 1/2 cup	Sliced Strawberries ✓ Mini Bagel ✓	1/4 cup 1 ea	Blue Berries ✓ Pancake ✓	1/4 cup 1 ea	Banana Slices ✓ Multi Grain O's ✓	1/4 cup 1/2 cup
Grains / Bread ²										
Milk ¹	Milk ✓	1/2 cup	Milk ✓	1/2 cup	Milk ✓	1/2 cup	Milk ✓	1/2 cup	Milk ✓	1/2 cup
AM Snack - 10:00 AM	String Cheese ✓	1 ea	Club Crackers ✓	4 each	Cheex Mix ✓	1/2 cup	Saltines ✓	4 ea	Butter Crackers ✓	4 ea
#1 Component										
#2 Component	100% Apple Juice ✓	1/2 cup	Milk ✓	1/2 cup	100% Apple Juice ✓	1/2 cup	Milk ✓	1/2 cup	100% Apple Juice ✓	1/2 cup
Lunch - 12:00 Noon	Pizza (Cheese added) ✓	1/8 pizza	HM Chicken and Noodles ✓	1/2 cup	Bean and Cheese Burrito ✓	1/2 ea	HM Sloppy Joe ✓	1/3 cup	Tuna Noodle Casserole ✓	1/2 cup
Meat / Meat Alternate										
Vegetable/Salad	Spinach Salad ✓	1/8 cup	Green Beans ✓	1/8 cup	Carrots ✓	1/8 cup	Mixed Veggies ✓	1/8 cup	Corn ✓	1/8 cup
Fruit	Peaches ✓	1/8 cup	Mandarin Oranges ✓	1/8 cup	Sliced Grapes ✓	1/8 cup	Pineapple Tidbits ✓	1/8 cup	Mixed Fruit ✓	1/8 cup
Grains / Bread ²	Pizza Crust ✓	1/8 pizza	Noodles ✓	See above	6" Tortilla ✓	1/2 ea	Burger Bun ✓	1/4 ea	Noodles ✓	See above
Milk ¹	Milk ✓	1/2 cup	Milk ✓	1/2 cup	Milk ✓	1/2 cup	Milk ✓	1/2 cup	Milk ✓	1/2 cup
PM Snack - 3:00 PM	Butter Crackers ✓	4 ea	Yogurt ✓	1/4 cup	Corn Chips ✓	8 ea	Cheese Crackers ✓	8 ea	Pretzels ✓	6 ea
#1 Component										
#2 Component	Milk ✓	1/2 cup	100% Apple Juice ✓	1/2 cup	Milk ✓	1/2 cup	100% Apple Juice ✓	1/2 cup	Milk ✓	1/2 cup

¹Whole Milk is served to children age one, 1% Milk is served to children age two through five years old.
²Whole grain-rich or enriched cereal, bread products, or pastas are served daily. Water is always available and is served at snack when juice or milk is not menued.
³ Revised 5/25/2017
Refer to Portion Sizes for School Age Children