

Child Care Meal Pattern	Children 2-5 years	Children 6-12yrs.	02-17-20	02-18-20	02-19-20	02-20-20	02-21-20
Breakfast: 1% Fluid Milk Fruit, vegetable, and/or 100% juice Enriched or whole grain Bread or Cold dry cereal or Hot cooked cereal	¾ cup ½ cup ½ slice 1/3cup ¼ cup	1 cup ½ cup 1 slice ¾ cup ½ cup	Milk Grape Juice Toasted Oats Cereal	Milk Apple Juice Waffles	Milk Pineapple Tidbits W.G. Buttered Toast	Milk Fruit Cocktail Oatmeal	Milk Banana Rice Bitz Cereal
Lunch: 1% Fluid Milk Meat or Meat Alternate: Lean meat, poultry or fish Cheese, Egg Dry beans/peas Peanut butter or nuts Vegetable Fruit or Vegetable Bread or bread alternate, enriched or whole grain, Pasta or noodles	¾ cup 1 ½ oz. 1 ½ oz. ¾ 3/8 cup 3 Tbsp. ¾ oz. ¼ cup ¼ cup ½ slice ¼ cup	1 cup 2 oz. 2 oz. 1 ½ cup 4 Tbsp. 1 oz. ½ cup ¼ cup 1 slice ½ cup	Milk Chicken Nuggets Mashed Potatoes Carrots Pears	Milk Tomato Soup w/W.G. Crackers Chicken Salad Sandwich on W.G. Bread Sweet Bell Pepper Sticks/Dip Peaches	Milk Beans/Hot Dogs Whole Potatoes Apple Wedge Roll Popsicle	Milk Ham Biscuits Sweet Potatoes Corn on Cob Pudding	Milk Spaghetti w/Meat Sauce & Cheese Slice Broccoli Normandy (Broccoli, Cauliflower, Carrots) Mandarin Oranges
Mid-afternoon Snack: Select 2 of these 5: 1% Fluid Milk Meat or meat alternate Cheese Yogurt Peanut butter/Nut butters Fruit or 100% Juice Vegetable Enriched or whole grain Bread or Cold dry cereal or Hot cooked cereal	½ cup ½ oz. 2 oz. 1 Tbsp. ½ cup ½ cup ½ slice 1/3 cup ¼ cup	1 cup 1 oz. 4 oz. 2 Tbsp. ¾ cup ¾ cup 1 slice ¾ cup ½ cup	Milk Nacho Chips & Cheese	Milk Grahams	Orange Juice Chex Mix w/Marshmallows	Milk Cheese Bits	Milk Wheat Thins

Child Care Meal Pattern	Children 2-5 years	Children 6-12yrs.	02-24-20	02-25-20	02-26-20	02-27-20	02-28-20
Breakfast: 1% Fluid Milk Fruit, vegetable, and/or 100% juice Enriched or whole grain Bread or Cold dry cereal or Hot cooked cereal	¾ cup ½ cup ½ slice 1/3cup ¼ cup	1 cup ½ cup 1 slice ¾ cup ½ cup	Milk Apple Juice Cheerios	Milk Pears Pancakes	Milk Orange Juice W.G.English Muffins	Milk Peaches Oatmeal	Milk Grape/Apple Juice Life Cereal
Lunch: 1% Fluid Milk Meat or Meat Alternate: Lean meat, poultry or fish Cheese, Egg Dry beans/peas Peanut butter or nuts Vegetable Fruit or Vegetable Bread or bread alternate, enriched or whole grain, Pasta or noodles	¾ cup 1 ½ oz. 1 ½ oz. ¾ 3/8 cup 3 Tbsp. ¾ oz. ¼ cup ¼ cup ½ slice ¼ cup	1 cup 2 oz. 2 oz. 1 ½ cup 4 Tbsp. 1 oz. ½ cup ¼ cup 1 slice ½ cup	Milk Manwich w/Bun Green Beans Sweet Potatoes Popsicle	Milk Baked Ziti w/Meat Sauce & Cheese Corn Tossed Salad W.G. Bread	Milk Ham and Cheese Slices Homemade Vegetable Soup w/ W.G Crackers Banana Pudding	Milk Fish Sticks Pinto Beans Tater Tots Applesauce	Milk Hamburger w/Bun Baked Beans Carrot Sticks Mixed Fruit
Mid-afternoon Snack: Select 2 of these 5: 1% Fluid Milk Meat or meat alternate Cheese Yogurt Peanut butter/Nut butters Fruit or 100% Juice Vegetable Enriched or whole grain Bread or Cold dry cereal or Hot cooked cereal	½ cup ½ oz. 2 oz. 1 Tbsp. ½ cup ½ cup ½ slice 1/3cup ¼ cup	1 cup 1 oz. 4 oz. 2 Tbsp. ¾ cup ¾ cup 1 slice ¾ cup ½ cup	Milk Ritz Crackers	Grape Juice Animal Crackers	Milk Goldfish Crackers	Milk Graham Crackers	Milk Pretzel Rods

Child Care Meal Pattern	Children 2-5 years	Children 6-12yrs.	03-02-20	Bedf.Sch.Closed 03-03-20	03-04-20	03-05-20	03-06-20
Breakfast: 1% Fluid Milk Fruit, vegetable, and/or 100% juice Enriched or whole grain Bread or Cold dry cereal or Hot cooked cereal	¾ cup ½ cup ½ slice 1/3 cup ¼ cup	1 cup ½ cup 1 slice ¾ cup ½ cup	Milk Orange Juice Kix Cereal	Milk Applesauce Butter Biscuit	Milk Peaches Graham Crackers	Milk Grape Juice Oatmeal	Milk Banana Life Cereal
Lunch: 1% Fluid Milk Meat or Meat Alternate: Lean meat, poultry or fish Cheese, Egg Dry beans/peas Peanut butter or nuts Vegetable Fruit or Vegetable Bread or bread alternate, enriched or whole grain, Pasta or noodles	¾ cup 1 ½ oz. 1 ½ oz. ¾ 3/8 cup 3 Tbsp. ¾ oz. ¼ cup ¼ cup ½ slice ¼ cup	1 cup 2 oz. 2 oz. 1 ½ cup 4 Tbsp. 1 oz. ½ cup ¼ cup 1 slice ½ cup	Milk Ham Biscuits Chicken Noodle Soup w/W.G. Crackers Mixed Vegetables Apple Wedge	Milk Spaghetti w/Meat Sauce Green Beans W.G. Buttered Bread w/Cheese Pears	Milk Chili Beans Corn Muffins Mashed Potatoes Carrots Popsicle	Milk Turkey & Cheese Sandwich Tossed Salad Corn Pineapple Tidbits	Milk Peanut Butter/Jelly Sandwich Cucumber Slices Baked Beans Orange Slices
Mid-afternoon Snack: Select 2 of these 5: 1% Fluid Milk Meat or meat alternate Cheese Yogurt Peanut butter/Nut butters Fruit or 100% Juice Vegetable Enriched or whole grain Bread or Cold dry cereal or Hot cooked cereal	½ cup ½ oz. 2 oz. 1 Tbsp. ½ cup ½ cup ½ slice 1/3 cup ¼ cup	1 cup 1 oz. 4 oz. 2 Tbsp. ¾ cup ¾ cup 1 slice ¾ cup ½ cup	Milk Cheese Bits	Milk Trail Mix (Cheerios, Marshmallows, Pretzels)	Apple Juice Wheat Thins	Milk Nacho Chips & Cheese	Apple/Grape Juice Saltine Crackers

Child Care Meal Pattern	Children 2-5 years	Children 6-12yrs.	03-09-20	03-10-20	03-11-20	03-12-20	RoaCoSch.Closed 03-13-20
Breakfast: 1% Fluid Milk Fruit, vegetable, and/or 100% juice Enriched or whole grain Bread or Cold dry cereal or Hot cooked cereal	¾ cup ½ cup ½ slice 1/3cup ¼ cup	1 cup ½ cup 1 slice ¾ cup ½ cup	Milk Grape Juice Toasted Oats Cereal	Milk Fruit Coctail Grahams	Milk Orange Juice Oatmeal	Milk Banana W.G. Cinnamon Toast	Milk Apple Juice Waffles
Lunch: 1% Fluid Milk Meat or Meat Alternate: Lean meat, poultry or fish Cheese, Egg Dry beans/peas Peanut butter or nuts Vegetable Fruit or Vegetable Bread or bread alternate, enriched or whole grain, Pasta or noodles	¾ cup 1 ½ oz. 1 ½ oz. ¾ 3/8 cup 3 Tbsp. ¾ oz. ¼ cup ¼ cup ½ slice ¼ cup	1 cup 2 oz. 2 oz. 1 ½ cup 4 Tbsp. 1 oz. ½ cup ¼ cup 1 slice ½ cup	Milk Chicken Nuggets Cucumber Slices Baked Beans Orange Slices	Milk Tomato Soup/W.G. Crackers Bologna & Cheese on W. G. Bread Carrot & Celery Sticks Pudding	Milk Hot Dog w/Bun Tater Tots Broccoli Normandy (Broccoli, Cauliflower, Carrots) Applesauce	Milk Pepperoni & Cheese Pizza Green Beans Tossed Salad Mandarin Oranges	Milk Meat Balls Rice Sweet Potatoes Pineapple Tidbits
Mid-afternoon Snack: Select 2 of these 5: 1% Fluid Milk Meat or meat alternate Cheese Yogurt Peanut butter/Nut butters Fruit or 100% Juice Vegetable Enriched or whole grain Bread or Cold dry cereal or Hot cooked cereal	½ cup ½ oz. 2 oz. 1 Tbsp. ½ cup ½ cup ½ slice 1/3 cup ¼ cup	1 cup 1 oz. 4 oz. 2 Tbsp. ¾ cup ¾ cup 1 slice ¾ cup ½ cup	Milk Ritz Crackers	Grape Juice Pretzel Rods	Milk Animal Crackers	Milk Goldfish Crackers	Milk Wheat Thins

Child Care Meal Pattern	Children 2-5 years	Children 6-12yrs.	Bedf.Sch.Closed 03-16-20	03-17-20	03-18-20	03-19-20	03-20-20
Breakfast: 1% Fluid Milk Fruit, vegetable, and/or 100% juice Enriched or whole grain Bread or Cold dry cereal or Hot cooked cereal	¾ cup ½ cup ½ slice 1/3 cup ¼ cup	1 cup ½ cup 1 slice ¾ cup ½ cup	Milk Orange Juice Cheerios	Milk Grape Juice Pancakes	Milk Pineapple Tidbits W.G. Buttered Toast	Milk Banana Oatmeal	Milk Mixed Fruit Juice Kix Cereal
Lunch: 1% Fluid Milk Meat or Meat Alternate: Lean meat, poultry or fish Cheese, Egg Dry beans/peas Peanut butter or nuts Vegetable Fruit or Vegetable Bread or bread alternate, enriched or whole grain, Pasta or noodles	¾ cup 1 ½ oz. 1 ½ oz. ¾ 3/8 cup 3 Tbsp. ¾ oz. ¼ cup ¼ cup ½ slice ¼ cup	1 cup 2 oz. 2 oz. 1 ½ cup 4 Tbsp. 1 oz. ½ cup ¼ cup 1 slice ½ cup	Milk Beans/Hot Dogs Broccoli Normandy (Broccoli, Cauliflower, Carrots) Pears Roll Popsicle	Milk Chicken Noodle Soup w/ Saltine Crackers Peanut Butter/Jelly Sandwich Carrots, Celery, Cucumber Sticks/Dip Peaches	Milk Hamburger w/Bun French Fries Green Beans Orange Slices	Milk Ham Biscuit Mashed Potatoes Corn on the Cob Jello	Milk Spaghetti w/Meat Sauce & Cheese Slice Mixed Vegetables Mandarin Oranges
Mid-afternoon Snack: Select 2 of these 5: 1% Fluid Milk Meat or meat alternate Cheese Yogurt Peanut butter/Nut butters Fruit or 100% Juice Vegetable Enriched or whole grain Bread or Cold dry cereal or Hot cooked cereal	½ cup ½ oz. 2 oz. 1 Tbsp. ½ cup ½ cup ½ slice 1/3 cup ¼ cup	1 cup 1 oz. 4 oz. 2 Tbsp. ¾ cup ¾ cup 1 slice ¾ cup ½ cup	Milk Graham Crackers	Milk Wheat Thins	Apple Juice Pretzel Rods	Milk Cheeze-Its	Milk Ritz Crackers

*Prepared by children