

**Apple Child Care Menu**

**Week 1**

Meal Pattern	Date: 2/13	Date: 2/14	Date: 2/15	Date: 2/16	Date: 2/17
<b>Breakfast:</b> 1% Milk -4oz/6oz Juice/Fruit/Vegetable ¼ cup / ½ cup Bread/Cereal- ½ slice / ¼ slice, ¼ cup 1/3 cup	1% milk	1% milk	1% milk	1% milk	1% milk
	Peachos	Blueberry	Peaches	Chooso	Pears
	Muffins	Waffles	Toasto's Cereal	Bagel	Oatmeal bars
<b>Lunch or Dinner</b> 1% Milk- 4oz/ 6oz Meat/Meat Alternative 1oz/ 1½ oz. Veg. or Fruit- ¼ cup/ ½ cup Veg. or Fruit Pasta- ¼ cup/ ¼ cup Bread- ½ slice / ½ slice	1% milk	1% milk	1% milk	1% milk	1% milk
	Pizza	Burger	Salsa Chicken	Egg Salad	Chicken Patty
	peas	Green Beans	corn	cucumbers	Salad w/ Ranch
	oranges	Pineapple	Peaches	Pears	Pineapples
	WG Crust	WW Roll	WW Bread	WW Bread	WW roll
<b>PM Snack: * (select 2)</b> 1% Milk- 4oz/ 4oz Meat/Meat Alternative ½ oz/ ½ oz Juice/Fruit/Vegetable ¼ cup/¼ cup Bread/Cereal- ½ slice / ½ slice	Milk	Milk	Milk	Milk	
		Sunbutter			Cheese Sticks
				Carrot Sticks	Grape Juice
	Chocolate graham Bears	Pretzels	Chocolate Graham Bears		

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**Week 2**

Meal Pattern	Date: 2/20	Date: 2/21	Date: 2/22	Date: 2/23	Date: 2/24
<b>Breakfast:</b> 1% Milk - 4oz/6oz Juice/Fruit/Veg.- ¼ cup/ ½ cup Bread/Cereal- ½ sl/ ¼ sl/ ¼ cup 1/3 cup	1% milk	1% milk	1% milk	1% milk	1% milk
	Blueberry	Apple Sliccs	Bananas	Strawberry	Peaches
	Muffin	Oatmeal bar	Kix Cereal	Waffles	Toasto Cereal
<b>Lunch or Dinner</b> 1% Milk- 4oz/ 6oz Meat/Meat Alt- 1oz/ 1½ oz. Veg. or Fruit- ¼ cup/ ½ cup Veg. or Fruit Pasta- ¼ cup/ ¼ cup Bread- ½ sl / ½ sl	1% milk	1% milk	1% milk	1% milk	1% milk
	Chicken Quosdilla	Mac & Cheese	Hot Dogs	Meatballs w/ Red Sauce	English Muffin Pizza
	Peas	Broccoli	Baked Beans	Peas	Salad w/ ranch
	Oranges	Salad w/ ranch	peaches	Applesauce	Apple Slices
	WG Crust	WG Pasta	WW Rolls	WW Roll	WG Crust
<b>PM Snack: * (select 2)</b> 1% Milk- 4oz/ 4oz Meat/Meat Alt.- ½ oz/ ½ oz Juice/Fruit/Veg. ¼ cup /¼ cup Bread/Cereal- ½ sl/ ¼ sl	Milk	Water	Milk	Milk	
			Yogurt		
		Bananas and Strawberry			Grape Juice
	Cheezits	Vanilla Wafers		Apple Loafs	Sport Cookies

Menu is continued on back page.

**Apple Child Care Menu**

**Week 3**

Meal Pattern	Date: 2/27	Date: 2/28	Date: 3/1	Date: 3/2	Date: 3/3
<b>Breakfast:</b> 1% Milk - 4oz/6oz Juice/Fruit/Veg.- ¼ cup/ ½ cup Bread/Cereal- ½ sl/ ¼ sl/ ¼ cup 1/3 cup	1% milk	1% milk	1% milk	1% milk	1% milk
	Pears	Blueberry	Peaches	Fruit Cocktails	Mand. Oranges
	Kix Cereal	Apple Muffins	Raisin Bread Toast	Bagel	Toasto Cereal
<b>Lunch or Dinner</b> 1% Milk- 4oz/ 6oz Meat/Meat Alt- 1oz/ 1½ oz.  Veg. or Fruit- ¼ cup/ ½ cup Veg. or Fruit Pasta- ¼ cup/ ½ cup Bread- ½ sl / ¼ sl	1% milk	1% milk	1% milk	1% milk	1% milk
	Turkey Burgers	BBQ Chicken	Chicken Nuggets	Turkey & Cheese Sandwich	Chicken Quesadilla
	String Beans	Corn	Apple Slices	Fruit cocktail	corn
	Peaches	Salad w/ Ranch	Pineapple	Salad w/ Ranch	Broccoli
	WW roll	Ww roll	WW Bread	WW Bread	WG crust
<b>PM Snack:</b> * (select 2 items) 1% Milk- 4oz/ 4oz Meat/Meat Alt.- ½ oz/ ¼ oz Juice/Fruit/Veg. ½ cup/¼ cup Bread/Cereal- ½ sl/ ¼ sl	Milk		water	Water	Milk
		Cheese cubes			
		Grape Juice	Oranges	Apple Slices	
	Sport Cookies	Wheat Crackers	Pretzels	Apple Muffins	Goldfish

**Apple Child Care Menu**

**Week 4**

Meal Pattern	Date: 3/6	Date: 3/7	Date: 3/8	Date: 3/9	Date: 3/10
<b>Breakfast:</b> 1% Milk - 4oz/6oz Juice/Fruit/Veg.- ¼ cup/ ½ cup Bread/Cereal- ½ sl/ ¼ sl/ ¼ cup 1/3 cup	1% milk	1% milk	1% milk	1% milk	1% milk
	Pears	Mand Oranges	Strawberry	Peaches	Blueberry
	Raisin Toast	Kix Cereal	Waffles	Oatmeal Bars	Blueberry muffins
<b>Lunch or Dinner</b> 1% Milk- 4oz/ 6oz Meat/Meat Alt- 1oz/ 1½ oz.  Veg. or Fruit- ¼ cup/ ½ cup Veg. or Fruit Pasta- ¼ cup/ ½ cup Bread- ½ sl / ¼ sl	1% milk	1% milk	1% milk	1% milk	1% milk
	Chickon Alfredo	Tuna Salad	Sloppy Joe	Mac & Chooso	Pizza
	Broccoli	Carrots	Mashed Potatoes	Peas & carrots	Tater Tots
	Pears	Apple Sauce	Peaches	Apple Slice	Salad W/ Ranch
	WG Pasta	WW Bread	WW Roll	WG Pasta	WG Crust
<b>PM Snack:</b> (select 2) 1% Milk- 4oz/ 4oz Meat/Meat Alt.- ½ oz/ ¼ oz Juice/Fruit/Veg. ½ cup /¼ cup Bread/Cereal- ½ sl/ ¼ sl	Milk			Milk	Milk
			Vanilla Pudding		Sunbutter
		Grape Juice			Apple Slices
	Oatmeal Bars	Cheeszits	Vanilla Wafers	Sport Cookies	