



Child Care Menus



Choking hazards to children under three (3) years of age



Choking Hazards	
• Whole grapes	• Hot dog rounds
• Hard candy	• Nuts
• Seeds	• Raw peas
• Dried fruit (raisins) *	• Pretzel nuggets
• Spoonful of peanut butter *	• Chunks of meat larger than children can swallow whole

* Raisins are a dried fruit and cannot be served to children under three years of age.

* Peanut butter spread thinly on bread or crackers may be served.



Day	Breakfast	Lunch	Snacks
<p>Monday</p> 	<ul style="list-style-type: none"> • 1% or Skim milk • Kiwi • *Carrot & Quinoa Muffins- pg. 33 	<ul style="list-style-type: none"> • 1% or Skim milk • * Sunshine-roll up-pg. 12 • Sliced apple 	<ul style="list-style-type: none"> • Fresh fruit cup • Pretzels • Water * Fresh fruit dip pg. 39
<p>Tuesday</p> 	<ul style="list-style-type: none"> • 1% or Skim milk • *Whole Grain Cornbread - pg. 32 • Sliced pears 	<ul style="list-style-type: none"> • 1% or Skim milk • *Sailboats pg.9 • *Corn chowder-pg. 20 • Honeydew 	<ul style="list-style-type: none"> • Carrot and celery sticks • Hummus • Water
<p>Wednesday</p> 	<ul style="list-style-type: none"> • 1% or Skim milk • *Date Nut Bread-pg.35 • Blueberries 	<ul style="list-style-type: none"> • 1% or Skim milk • * Spot light chicken –pg.11 • Fresh orange slices 	<ul style="list-style-type: none"> • *Fruity toast-pg. 34 • Water
<p>Thursday</p> 	<ul style="list-style-type: none"> • 1% or Skim milk • *Toast barley salad –pg.29 • Sliced strawberries 	<ul style="list-style-type: none"> • 1% or Skim milk • *Chickpea & pasta –pg.5 • Sliced peaches • Steam zucchini 	<ul style="list-style-type: none"> • Mandarin oranges • Whole wheat crackers • Strawberry cream cheese • Water >Let the kids spread and top the crackers
<p>Friday</p> 	<ul style="list-style-type: none"> • 1% or Skim milk • *Sweet Potato Dip-pg. 15 • Whole Grain Pita 	<ul style="list-style-type: none"> • 1% or Skim milk • *Sloppy Joe for a Crowd-pg.4 • Green beans • Baked Potato • Whole Wheat Bun 	<ul style="list-style-type: none"> • *Crunchy African banana- pg. 39 • Raspberry yogurt • Water

Day	Breakfast	Lunch	Snacks
<p>Monday</p> 	<ul style="list-style-type: none"> • 1% or Skim milk • *Chunky apple sauce • *Buttermilk pancake–pg. 36 <p>>serve applesauce over pancakes in place of syrup</p>	<ul style="list-style-type: none"> • 1% or Skim milk • *Saucy Beef Bake-pg. 25 • *Eggplant Oregano-pg.22 • Strawberries 	<ul style="list-style-type: none"> • 1% or Skim milk • *Oatmeal raisin cookies–pg. 37
<p>Tuesday</p> 	<ul style="list-style-type: none"> • 1% or Skim milk- • Bagel with low-fat cream cheese • Pineapples 	<ul style="list-style-type: none"> • 1% or Skim milk • *Wild Cowboy Stew –pg. 13 • Garden salad • Breadstick 	<ul style="list-style-type: none"> • Cantaloupe • Pretzel Sticks • Water
<p>Wednesday</p> 	<ul style="list-style-type: none"> • 1% or Skim milk • * Yellow Rice with Potato and Chickpea-pg. 24 	<ul style="list-style-type: none"> • 1 % or Skim milk • *Fancy Fish-pg. 10 • *Quinoa Primavera-pg. 27 • Sliced watermelon 	<ul style="list-style-type: none"> • *Banana Sushi–pg. 40 • Water
<p>Thursday</p> 	<ul style="list-style-type: none"> • 1% or Skim milk • French Toast • Mango 	<ul style="list-style-type: none"> • 1% or Skim milk • * Meat Casserole-pg. 6 • Baked Sweet Potato • Garlic Bread 	<ul style="list-style-type: none"> • 1 % or Skim milk • *Fruit Crunch Cobbler –pg. 23
<p>Friday</p> 	<ul style="list-style-type: none"> • 1% or Skim milk • Whole Wheat Waffle with peanut butter • Sliced Apricots 	<ul style="list-style-type: none"> • 1% or Skim milk • *Ground Beef & Spanish Rice-p. 26 • Steamed carrots • Cranberries 	<ul style="list-style-type: none"> • *Lentil Soup –pg. 8 • Whole Wheat roll • Water