



# Middle River Baptist Church Child Development Center

Menu Plan for April 1-5, 2024

MEAL REQUIREMENTS	PORTION SIZES			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Age							
	1-2	3-5	6-12					
<b>BREAKFAST – Served 8:30 – 9:00 AM</b>								
Fluid Milk <sup>1</sup>	½ cup	¾ cup <sup>2</sup>	1 cup <sup>2</sup>		Milk	Milk	Milk	Milk
Fruit or Vegetable	¼ cup	½ cup	½ cup		100% Orange juice	100% Orange juice	100% Orange juice	100% Orange juice
Bread OR bread alternate OR cereal	½ slice or ½ cup	½ slice or ½ cup	1 slice or ¾ cup		Muffins	Cheerios, Rice Krispies, or Chex Cereal	English muffin	Cheerios, Rice Krispies, or Chex Cereal
<b>LUNCH – Served 12:00 PM</b>								
Main Dish:					Chicken & gravy	Turkey & cheese sandwich	Ham & beans	Spaghetti w/ meat sauce
Fluid Milk	½ cup	¾ cup <sup>2</sup>	1 cup <sup>2</sup>		Milk	Milk	Milk	Milk
Meat/poultry/fish OR	1 oz.	1 ½ oz.	2 oz.		Chicken	Turkey	Ham	Ground beef
Cheese OR	1 oz.	1 ½ oz.	2 oz.					
Large Egg OR	½	¾	One					
Peanut Butter OR	2 tbsp.	3 tbsp.	4 tbsp.					
Dried beans & peas OR	¼ cup	¾cup	½ cup					
Yogurt	½ cup	¾ cup	1 cup					
2 different fruits OR 2 different vegetables OR 1 fruit & 1 vegetable	¼ cup each	½ cup each	¾ cup each		Green beans	Carrots or cucumbers & dip	Baked beans	Broccoli
Bread OR bread alternate OR pasta OR rice	½ slice or ½ cup	½ slice or ½ cup	1 slice or ¾ cup		Fruit cocktail	Applesauce	Cooked apples	Peaches
					Rice	Bread	½ slice bread	Pasta
<b>SNACK – Choose 2 – Served 3:00 PM</b>								
Fluid Milk <sup>1</sup>	½ cup	½ cup <sup>2</sup>	1 cup <sup>2</sup>		Milk	Milk		Milk
Fruit OR vegetable	½ cup	½ cup	¾ cup					
Bread OR bread alternate OR cereal	½ slice or ½ cup	½ slice or ½ cup	1 slice or ¾ cup		Cookie	Graham crackers	Saltine crackers	Pretzels
Meat OR meat alternate	½ oz.	½ oz.	1 oz.				Sliced cheese	



<sup>1</sup>Fruit juice is not served when fluid milk is the only other component served at snack.

<sup>2</sup>Children aged 1-2 years will receive whole milk; children over the age of 2 will receive 1% milk.



# Middle River Baptist Church Child Development Center

Menu Plan for: April 8-12, 2024

MEAL REQUIREMENTS	PORTION SIZES			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Age							
	1-2	3-5	6-12					
<b>BREAKFAST – Served 8:30 – 9:00 AM</b>								
Fluid Milk <sup>1</sup>	½ cup	¾ cup <sup>2</sup>	1 cup <sup>2</sup>	Milk	Milk	Milk	Milk	Milk
Fruit or Vegetable	¼ cup	½ cup	½ cup	100% Orange juice	100% Orange juice	100% Orange juice	100% Orange juice	100% Orange juice
Bread OR bread alternate OR cereal	½ slice or ½ cup	½ slice or ⅓ cup	1 slice or ¾ cup	Cheerios, Rice Krispies, or Chex Cereal	Muffin	Cheerios, Rice Krispies, or Chex Cereal	English muffin	Cheerios, Rice Krispies, or Chex Cereal
<b>Ham &amp; beans</b>								
<b>Main Dish:</b>				<b>Beef soft taco</b>	<b>Beef stew</b>	<b>Chicken salad sandwich</b>	<b>Baked ziti</b>	<b>Macaroni &amp; cheese</b>
Fluid Milk	½ cup	¾ cup <sup>2</sup>	1 cup <sup>2</sup>	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish OR	1 oz.	1 ½ oz.	2 oz.	Ground beef / shredded cheddar cheese	Stew beef	Chicken	Ground beef	Cheddar cheese
Cheese OR	1 oz.	1 ½ oz.	2 oz.					
Large Egg OR	½	¾	One					
Peanut Butter OR	2 tbsp.	3 tbsp.	4 tbsp.					
Dried beans & peas OR	¼ cup	¾ cup	½ cup					
Yogurt	½ cup	¾ cup	1 cup					
2 different fruits OR 2 different vegetables OR 1 fruit & 1 vegetable	¼ cup each	½ cup each	¾ cup each	Corn	Mixed vegetables	Sliced cucumbers or carrots w/ dip	Mixed vegetables	Peas
				Fruit cocktail	Pineapple chunks	Oranges	Peaches	Applesauce
Bread OR bread alternate OR pasta OR rice	½ slice or ½ cup	½ slice or ⅓ cup	1 slice or ¾ cup	Flour tortilla	Crackers	Bread	Pasta	Pasta
<b>SNACK – Choose 2 – Served 3:00 PM</b>								
Fluid Milk <sup>1</sup>	½ cup	½ cup <sup>2</sup>	1 cup <sup>2</sup>		Milk	Milk		Milk
Fruit OR vegetable	½ cup	½ cup	¾ cup				Tomato salsa	
Bread OR bread alternate OR cereal	½ slice or ½ cup	½ slice or ⅓ cup	1 slice or ¾ cup	Saltine crackers	Vanilla wafer w/ pudding	Graham crackers	Tortilla chips	Pretzels
Meat OR meat alternate	½ oz.	½ oz.	1 oz.	Sliced cheese				

<sup>1</sup>Fruit juice is not served when fluid milk is the only other component served at snack.

<sup>2</sup>Children aged 1-2 years will receive whole milk; children over the age of 2 will receive 1% milk.



# Middle River Baptist Church Child Development Center

Menu Plan for April 15-19, 2024

MEAL REQUIREMENTS	PORTION SIZES			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Age							
	1-2	3-5	6-12					
<b>BREAKFAST – Served 8:30 – 9:00 AM</b>								
Fluid Milk <sup>1</sup>	½ cup	¾ cup <sup>2</sup>	1 cup <sup>2</sup>	Milk	Milk	Milk	Milk	Milk
Fruit or Vegetable	¼ cup	½ cup	½ cup	100% Orange juice	100% Orange juice	100% Orange juice	100% Orange juice	100% Orange juice
Bread OR bread alternate OR cereal	½ slice or ½ cup	½ slice or ⅓ cup	1 slice or ¾ cup	Cheerios, Rice Krispies, or Chex Cereal	Muffin	Cheerios, Rice Krispies, or Chex Cereal	English muffin	Cheerios, Rice Krispies, or Chex Cereal
<b>LUNCH – Served 12:00 PM</b>								
<b>Main Dish:</b>				<b>Chicken nuggets</b>	<b>Turkey &amp; gravy</b>	<b>Ham &amp; cheese sandwich</b>	<b>Meat loaf</b>	<b>Meatball stew</b>
Fluid Milk	½ cup	¾ cup <sup>2</sup>	1 cup <sup>2</sup>	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish OR	1 oz.	1 ½ oz.	2 oz.	Chicken	Turkey	Sliced ham / sliced cheese	Ground beef	Two to four ½ oz. all beef meatballs
Cheese OR	1 oz.	1 ½ oz.	2 oz.					
Large Egg OR	½	¾	One					
Peanut Butter OR	2 tbsp.	3 tbsp.	4 tbsp.					
Dried beans & peas OR	¼ cup	¾ cup	½ cup					
Yogurt	½ cup	¾ cup	1 cup					
2 different fruits OR 2 different vegetables OR 1 fruit & 1 vegetable	¼ cup each	½ cup each	¾ cup each	Baked French “fries”	Mashed potatoes	Cucumbers or carrots w/dip	Mashed potatoes	Potatoes / celery / carrots
				Peaches	Fruit cocktail	Oranges	Cooked apples	Applesauce
Bread OR bread alternate OR pasta OR rice	½ slice or ½ cup	½ slice or ½ cup	1 slice or ¾ cup	Breading	½ slice bread	Bread	½ slice bread	Crackers
<b>SNACK – Choose 2 – Served 3:00 PM</b>								
Fluid Milk <sup>1</sup>	½ cup	½ cup <sup>2</sup>	1 cup <sup>2</sup>	Milk	Milk	Milk	Milk	Milk
Fruit OR vegetable	½ cup	½ cup	¾ cup		Fruit in Jell-O			
Bread OR bread alternate OR cereal	½ slice or ½ cup	½ slice or ½ cup	1 slice or ¾ cup	Goldfish crackers		Graham crackers	Cookie	Pretzels
Meat OR meat alternate	½ oz.	½ oz.	1 oz.					

<sup>1</sup>Fruit juice is not served when fluid milk is the only other component served at snack.

<sup>2</sup>Children aged 1-2 years will receive whole milk; children over the age of 2 will receive 1% milk.



# Middle River Baptist Church Child Development Center

Menu Plan for: April 22-26, 2024

MEAL REQUIREMENTS	PORTION SIZES			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Age							
	1-2	3-5	6-12					
<b>BREAKFAST – Served 8:30 – 9:00 AM</b>								
Fluid Milk <sup>1</sup>	½ cup	¾ cup <sup>2</sup>	1 cup <sup>2</sup>	Milk	Milk	Milk	Milk	Milk
Fruit or Vegetable	¼ cup	½ cup	½ cup	100% Orange juice	100% Orange juice	100% Orange juice	100% Orange juice	Mixed fruit
Bread OR bread alternate OR cereal	½ slice or ½ cup	½ slice or ½ cup	1 slice or ¾ cup	Cheerios, Rice Krispies, or Chex Cereal	Muffin	Cheerios, Rice Krispies, or Chex Cereal	English muffin	Cheerios, Rice Krispies, or Chex Cereal
<b>LUNCH – Served 12:00 PM</b>								
Main Dish:				Spaghetti w/ meat sauce	Chicken noodle soup	Turkey & cheese sandwich	Sloppy Joes	Macaroni & cheese
Fluid Milk	½ cup	¾ cup <sup>2</sup>	1 cup <sup>2</sup>	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish OR	1 oz.	1 ½ oz.	2 oz.	Ground beef	Chicken	Sliced turkey / sliced cheese	Ground beef	Cheddar cheese
Cheese OR	1 oz.	1 ½ oz.	2 oz.					
Large Egg OR	½	¾	One					
Peanut Butter OR	2 tbsp.	3 tbsp.	4 tbsp.					
Dried beans & peas OR	¼ cup	¾cup	½ cup					
Yogurt	½ cup	¾ cup	1 cup					
2 different fruits OR 2 different vegetables OR 1 fruit & 1 vegetable	¼ cup each	½ cup each	¾ cup each	Green beans	Carrots / celery	Cucumbers and/or broccoli w/ dip	Corn	Cauliflower
				Peaches	Cooked apples	Oranges	Fruit cocktail	Applesauce
Bread OR bread alternate OR pasta OR rice	½ slice or ½ cup	½ slice or ½ cup	1 slice or ¾ cup	Crackers	Pasta	Bread	Hamburger bun	Pasta
<b>SNACK – Choose 2 – Served 3:00 PM</b>								
Fluid Milk <sup>1</sup>	½ cup	½ cup <sup>2</sup>	1 cup <sup>2</sup>	Milk	Milk	Milk		Milk
Fruit OR vegetable	½ cup	½ cup	¾ cup					
Bread OR bread alternate OR cereal	½ slice or ½ cup	½ slice or ½ cup	1 slice or ¾ cup	Oreo cookie	Veggie straws	Graham crackers	Saltine crackers	Pretzels
Meat OR meat alternate	½ oz.	½ oz.	1 oz.				Sliced cheese	

<sup>1</sup>Fruit juice is not served when fluid milk is the only other component served at snack.

<sup>2</sup>Children aged 1-2 years will receive whole milk; children over the age of 2 will receive 1% milk.



# Middle River Baptist Church Child Development Center

Menu Plan for April 29-30, 2024

MEAL REQUIREMENTS	PORTION SIZES			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Age							
	1-2	3-5	6-12					
<b>BREAKFAST – Served 8:30 – 9:00 AM</b>								
Fluid Milk <sup>1</sup>	½ cup	¾ cup <sup>2</sup>	1 cup <sup>2</sup>	Milk	Milk			
Fruit or Vegetable	¼ cup	½ cup	½ cup	100% Orange juice	100% Orange juice			
Bread OR bread alternate OR cereal	½ slice or ½ cup	½ slice or ⅓ cup	1 slice or ¾ cup	Cheerios, Rice Krispies, or Chex Cereal	Muffins			
<b>LUNCH – Served 12:00 PM</b>								
Main Dish:				Shepherd’s pie	Turkey & cheese sandwich			
Fluid Milk	½ cup	¾ cup <sup>2</sup>	1 cup <sup>2</sup>	Milk	Milk			
Meat/poultry/fish OR	1 oz.	1 ½ oz.	2 oz.	Ground beef	Sliced turkey / sliced cheese			
Cheese OR	1 oz.	1 ½ oz.	2 oz.					
Large Egg OR	½	¾	One					
Peanut Butter OR	2 tbsp.	3 tbsp.	4 tbsp.					
Dried beans & peas OR	¼ cup	⅓ cup	½ cup					
Yogurt	½ cup	¾ cup	1 cup					
2 different fruits OR 2 different vegetables OR 1 fruit and 1 vegetable	¼ cup each	½ cup each	¾ cup each	Mixed vegetables / Mashed potatoes	Sliced cucumbers / baby carrots			
				Peaches	Oranges			
Bread OR bread alternate OR pasta OR rice	½ slice or ½ cup	½ slice or ½ cup	1 slice or ¾ cup	Crackers	Bread			
<b>SNACK – Choose 2 – Served 3:00 PM</b>								
Fluid Milk <sup>1</sup>	½ cup	½ cup <sup>2</sup>	1 cup <sup>2</sup>	Milk	Milk			
Fruit OR vegetable	½ cup	½ cup	¾ cup					
Bread OR bread alternate OR cereal	½ slice or ½ cup	½ slice or ⅓ cup	1 slice or ¾ cup	Oatmeal cookie	Goldfish crackers			
Meat OR meat alternate	½ oz.	½ oz.	1 oz.					

<sup>1</sup>Fruit juice is not served when fluid milk is the only other component served at snack.

<sup>2</sup>Children aged 1-2 years will receive whole milk; children over the age of 2 will receive 1% milk.