Middle River Baptist Church Child Development Center

Weekly Menu Planner

Week of: December 3-7, 2018

MEAL REQUIREMENTS	PORTION SIZES			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Age							
	1-2	3-5	6-12					
BREAKFAST – Served 7:30 – 8:00 AM								
Fluid Milk[1]	½ cup	¾ cup[2]	1 cup[2]	Milk	Milk	Milk	Milk	Milk
Fruit or Vegetable	¼ cup	½ cup	½ cup	Orange juice	Orange juice	Orange juice	Orange juice	Orange juice
Bread OR bread alternate OR cereal	½ slice or ¼ cup	½ slice or ⅓ cup	1 slice or ½ cup	Cereal	Pancakes	Cereal	Bagels	Cereal
SNACK – Choose 2 – Served 10:00 AM								
Fluid Milk[1]	½ cup	½ cup[2]	1 cup[2]	Milk		Milk		Milk
Fruit OR vegetable	½ cup	½ cup	¾ cup	½ banana		Mandarin oranges	Tomato salsa	Raisins
Bread OR bread alternate OR cereal	½ slice ½ cup	½ slice ⅓ cup	1 slice ¾ cup		Saltine crackers		Tortilla chips	
Meat OR meat alternate	½ oz.	½ oz.	1 oz.		Sliced cheese			
LUNCH – Served 12:00 PM								
Main Dish:				**Ham & cheese sandwich**	**Mastaccioli**	**Hot turkey sandwich**	**Chicken & Gravy**	**Macaroni & cheese**
Fluid Milk	½ cup	¾ cup[2]	1 cup[2]	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish OR	1 oz.	1 ½ oz.	2 oz.	Ham / Cheese	Ground beef	Turkey	Chicken	Cheese
Cheese OR	1 oz.	1 ½ oz.	2 oz.					
Large Egg OR	½	¾	1					
Dried beans & peas OR	¼ cup	⅜ cup	½ cup					
Yogurt	½ cup	¾ cup	1 cup					
2 different fruits OR 2 different vegetables OR 1 fruit and 1 vegetable	⅛ cup each	¼ cup each	½ cup each	Carrots or Cucumber	Green beans	Mixed vegetables	Corn	Peas
				Applesauce	Pears	Pineapple	Fruit Salad	Oranges
Bread OR bread alternate OR pasta OR rice	½ slice or ¼ cup	½ slice or ¼ cup	1 slice or cup	Bread	Pasta	Bread	Rice	Pasta
SNACK – Choose 2 – Served 3:00 PM								
Fluid Milk[1]	½ cup	½ cup[2]	1 cup[2]	Milk	Milk	Milk	Milk	Milk
Fruit OR vegetable	½ cup	½ cup	¾ cup					
Bread OR bread alternate OR cereal	½ slice ½ cup	½ slice ⅓ cup	1 slice ¾ cup	Cookie	Goldfish crackers	Graham crackers	Trail mix	Pretzels
Meat OR meat alternate	½ oz.	½ oz.	1 oz.					

[1]Fruit juice is not served when fluid milk is the only other component served at snack.

[2]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

Weekly Menu Planner

Week of: December 10 -14, 2018

MEAL REQUIREMENTS	PORTION SIZES			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Age							
	1-2	3-5	6-12					
BREAKFAST – Served 7:30 – 8:00 AM								
Fluid Milk[1]	½ cup	¾ cup[2]	1 cup[2]	Milk	Milk	Milk	Milk	Milk
Fruit or Vegetable	¼ cup	½ cup	½ cup	Orange juice	Orange juice	Orange juice	Orange juice	Orange juice
Bread OR bread alternate OR cereal	½ slice or ¼ cup	½ slice or ⅓ cup	1 slice or ½ cup	Cereal	Pancakes	Cereal	Bagels	Cereal
SNACK – Choose 2 – Served 10:00 AM								
Fluid Milk[1]	½ cup	½ cup[2]	1 cup[2]	Milk		Milk	Milk	Milk
Fruit OR vegetable	½ cup	½ cup	¾ cup	½ banana in pudding		Oranges	Fruit in Jell-O	
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice ⅓ cup	1 slice ¾ cup		Saltine crackers			Vanilla wafers
Meat OR meat alternate	½ oz.	½ oz.	1 oz.		Cheese slices			
LUNCH – Served 12:00 PM								
Main Dish:				**Chicken salad sandwich**	**Spaghetti w/meat sauce**	**Cheese ravioli**	**Meatball subs**	**Beef stew**
Fluid Milk	½ cup	¾ cup[2]	1 cup[2]	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish OR	1 oz.	1 ½ oz.	2 oz.	Chicken	Ground beef	Ricotta cheese	Two – three ½ oz. 100% beef meatballs	Stew beef
Cheese OR	1 oz.	1 ½ oz.	2 oz.					
Large Egg OR	½	¾	One					
Dried beans & peas OR	¼ cup	⅜cup	½ cup					
Yogurt	½ cup	¾ cup	1 cup					
2 different fruits OR 2 different vegetables OR 1 fruit and 1 vegetable	⅛ cup each	¼ cup each	½ cup each	Cucumber slices	Broccoli	Peas	Cooked carrots	Mixed vegetables
				Applesauce	Pears	Pineapple	Fruit salad	Fruit cocktail
Bread OR bread alternate OR pasta OR rice	½ slice or ¼ cup	½ slice or ¼ cup	1 slice or ½ cup	Bread	Pasta	Pasta	Hot dog roll	Saltine crackers
SNACK – Choose 2 – Served 3:00 PM								
Fluid Milk[1]	½ cup	½ cup[2]	1 cup[2]	Milk	Milk	Milk	Milk	Milk
Fruit OR vegetable	½ cup	½ cup	¾ cup					
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice ⅓ cup	1 slice ¾ cup	Animal crackers	Goldfish cracker	Graham crackers	Trail mix	Pretzels
Meat OR meat alternate	½ oz.	½ oz.	1 oz.					

[1]Fruit juice is not served when fluid milk is the only other component served at snack.

[2]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

Weekly Menu Planner

Week of: December 17-21, 2018

MEAL REQUIREMENTS	PORTION SIZES			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Age							
	1-2	3-5	6-12					
BREAKFAST – Served 7:30 – 8:00 AM								
Fluid Milk[1]	½ cup	¾ cup[2]	1 cup[2]	Milk	Milk	Milk	Milk	Milk
Fruit or Vegetable	¼ cup	½ cup	½ cup	Orange juice	Orange juice	Orange juice	Orange juice	Orange juice
Bread OR bread alternate OR cereal	½ slice or ¼ cup	½ slice or ⅓ cup	1 slice or ¾ cup	Cereal	Pancakes	Cereal	Bagel	Cereal
SNACK – Choose 2 – Served 10:00 AM								
Fluid Milk[1]	½ cup	½ cup[2]	1 cup[2]		Milk	Milk	Milk	Milk
Fruit OR vegetable	½ cup	½ cup	¾ cup	Tomato Salsa	Cucumbers w/dip	Oranges		½ banana
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice ⅓ cup	1 slice ¾ cup	Tortilla chips			Animal crackers	
Meat OR meat alternate	½ oz.	½ oz.	1 oz.					
LUNCH – Served 12:00 PM								
Main Dish:				**Baked ziti**	**Chicken noodle soup**	**Turkey sandwich**	**Macaroni & cheese**	**Beef stew**
Fluid Milk	½ cup	¾ cup[2]	1 cup[2]	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish OR	1 oz.	1 ½ oz.	2 oz.	Ground beef	Chicken	Turkey	Cheese	Stew beef
Cheese OR	1 oz.	1 ½ oz.	2 oz.					
Large Egg OR	½	¾	One					
Dried beans & peas OR	¼ cup	⅜cup	½ cup					
Yogurt	½ cup	¾ cup	1 cup					
2 different fruits OR 2 different vegetables OR 1 fruit and 1 vegetable	⅛ cup each	¼ cup each	½ cup each	Green beans	Carrots / celery	Carrots or cucumbers	Peas	Mixed vegetables
				Pineapple	Pears	Applesauce	Fruit salad	Oranges
Bread OR bread alternate OR pasta OR rice	½ slice or ¼ cup	½ slice or ¼ cup	1 slice or ½ cup	Pasta	Egg noodles	Bread	Pasta	Crackers
SNACK – Choose 2 – Served 3:00 PM								
Fluid Milk[1]	½ cup	½ cup[2]	1 cup[2]	Milk	Milk	Milk	Milk	Milk
Fruit OR vegetable	½ cup	½ cup	¾ cup					
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice ⅓ cup	1 slice ¾ cup	Oatmeal cookie	Goldfish crackers	Graham crackers	Trail mix	Pretzels
Meat OR meat alternate	½ oz.	½ oz.	1 oz.					

[1]Fruit juice is not served when fluid milk is the only other component served at snack.

[2]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

Weekly Menu Planner

Week of: December 24-28, 2018

MEAL REQUIREMENTS	PORTION SIZES			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Age							
	1-2	3-5	6-12					
BREAKFAST – Served 7:30 – 8:00 AM								
Fluid Milk[1]	½ cup	¾ cup[2]	1 cup[2]			Milk	Milk	Milk
Fruit or Vegetable	¼ cup	½ cup	½ cup			Orange juice	Orange juice	Orange juice
Bread OR bread alternate OR cereal	½ slice or ¼ cup	½ slice or ½ cup	1 slice or ½ cup			Cereal	Bagel	Cereal
SNACK – Choose 2 – Served 10:00 AM								
Fluid Milk[1]	½ cup	½ cup[2]	1 cup[2]			Milk	Milk	
Fruit OR vegetable	½ cup	½ cup	¾ cup			Raisins		
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice ⅓ cup	1 slice ¾ cup				Animal crackers	Saltine crackers
Meat OR meat alternate	½ oz.	½ oz.	1 oz.					Sliced cheese
LUNCH – Served 12:00 PM								
Main Dish:						**Chicken salad sandwich**	**Ham & beans**	**Sloppy Joes**
Fluid Milk	½ cup	¾ cup[2]	1 cup[2]			Milk	Milk	Milk
Meat/poultry/fish OR	1 oz.	1 ½ oz.	2 oz.			Shredded chicken	Ham	Ground beef
Cheese OR	1 oz.	1 ½ oz.	2 oz.					
Large Egg OR	½	¾	One					
Dried beans & peas OR	¼ cup	⅜cup	½ cup					
Yogurt	½ cup	¾ cup	1 cup					
2 different fruits OR 2 different vegetables OR 1 fruit and 1 vegetable	⅛ cup each	¼ cup each	½ cup each			Carrot or cucumbers	Baked beans	Corn
						Applesauce	Fruit salad	Oranges
Bread OR bread alternate OR pasta OR rice	½ slice or ¼ cup	½ slice or ¼ cup	1 slice or ½ cup			Bread	Bread	Hamburger bun
SNACK – Choose 2 – Served 3:00 PM								
Fluid Milk[1]	½ cup	½ cup[2]	1 cup[2]			Milk	Milk	Milk
Fruit OR vegetable	½ cup	½ cup	¾ cup					
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice ⅓ cup	1 slice ¾ cup			Graham crackers	Trail mix	Pretzels
Meat OR meat alternate	½ oz.	½ oz.	1 oz.					

Merry Christmas

[1]Fruit juice is not served when fluid milk is the only other component served at snack.

[2]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

Weekly Menu Planner

Week of: December 31, 2018

MEAL REQUIREMENTS	PORTION SIZES			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Age							
	1-2	3-5	6-12					
BREAKFAST – Served 7:30 – 8:00 AM								
Fluid Milk[1]	½ cup	¾ cup[2]	1 cup[2]	Milk				
Fruit or Vegetable	¼ cup	½ cup	½ cup	Orange juice				
Bread OR bread alternate OR cereal	½ slice or ¼ cup	½ slice or ⅓ cup	1 slice or ¾ cup	Cereal				
SNACK – Choose 2 – Served 10:00 AM								
Fluid Milk[1]	½ cup	½ cup[2]	1 cup[2]	Milk				
Fruit OR vegetable	½ cup	½ cup	¾ cup					
Bread OR bread alternate OR cereal	½ slice ½ cup	½ slice ⅓ cup	1 slice ¾ cup	Vanilla wafers				
Meat OR meat alternate	½ oz.	½ oz.	1 oz.					
LUNCH – Served 12:00 PM								
Main Dish:				**Spaghetti w/meat sauce**				
Fluid Milk	½ cup	¾ cup[2]	1 cup[2]					
Meat/poultry/fish OR	1 oz.	1 ½ oz.	2 oz.	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	⅜cup	½ cup					
Yogurt	½ cup	¾ cup	1 cup					
2 different fruits OR 2 different vegetables OR 1 fruit and 1 vegetable	⅛ cup each	¼ cup each	½ cup each	Broccoli				
				Pineapple				
Bread OR bread alternate OR pasta OR rice	½ slice or ¼ cup	½ slice or ¼ cup	1 slice or ½ cup	Pasta				
SNACK – Choose 2 – Served 3:00 PM								
Fluid Milk[1]	½ cup	½ cup[2]	1 cup[2]	Milk				
Fruit OR vegetable	½ cup	½ cup	¾ cup					
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice ⅓ cup	1 slice ¾ cup	Oatmeal cookie				
Meat OR meat alternate	½ oz.	½ oz.	1 oz.					

[1]Fruit juice is not served when fluid milk is the only other component served at snack.

[2]Children aged 1-2 years will receive whole milk; children over the age of 2 will receive 1% milk.