



Middle River Baptist Church Child Development Center

Menu Plan for March 1, 2024

MEAL REQUIREMENTS	PORTION SIZES			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Age							
	1-2	3-5	6-12					
BREAKFAST – Served 8:30 – 9:00 AM								
Fluid Milk ¹	½ cup	¾ cup ²	1 cup ²					Milk
Fruit or Vegetable	¼ cup	½ cup	½ cup					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
LUNCH – Served 12:00 PM								
Main Dish:								Macaroni & cheese
Fluid Milk	½ cup	¾ cup ²	1 cup ²					Milk
Meat/poultry/fish OR	1 oz.	1 ½ oz.	2 oz.					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	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					Corn
Bread OR bread alternate OR pasta OR rice	½ slice or ½ cup	½ slice or ½ cup	1 slice or ¾ cup					Applesauce
								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 or ½ cup	½ slice or ⅓ cup	1 slice or ¾ cup					Pretzels
Meat OR meat alternate	½ oz.	½ oz.	1 oz.					

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

²Children 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 March 4-8, 2024

MEAL REQUIREMENTS	PORTION SIZES			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Age							
	1-2	3-5	6-12					
BREAKFAST – Served 8:30 – 9:00 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	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	Pancakes	Cheerios, Rice Krispies, or Chex Cereal	Bagels	Cheerios, Rice Krispies, or Chex Cereal
LUNCH – Served 12:00 PM								
Main Dish:				Spaghetti w/ meat sauce	Ham & beans	Chicken salad sandwich	Turkey & gravy	Sloppy Joes
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	Sliced ham	Chicken	Turkey	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	Baked beans	Carrots or cucumbers & dip	Mashed potatoes	Steamed cauliflower
				Peaches	Oranges	Fruit salad	Pineapple chunks	Cooked apples
Bread OR bread alternate OR pasta OR rice	½ slice or ½ cup	½ slice or ½ cup	1 slice or ¾ cup	Pasta	½ slice bread	Bread	½ slice bread	Hamburger bun
SNACK – Choose 2 – Served 3:00 PM								
Fluid Milk ¹	½ cup	½ cup ²	1 cup ²	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 ⅓ cup	1 slice or ¾ cup	Cookie		Graham crackers	Saltine crackers	Pretzels
Meat OR meat alternate	½ oz.	½ oz.	1 oz.				Sliced cheese	

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

²Children 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: March 11-15, 2024

MEAL REQUIREMENTS	PORTION SIZES			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Age							
	1-2	3-5	6-12					
BREAKFAST – Served 8:30 – 9:00 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	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	Pancakes	Cheerios, Rice Krispies, or Chex Cereal	Bagels	Cheerios, Rice Krispies, or Chex Cereal
Ham & beans								
Main Dish:				Baked ziti	Chicken noodle soup	Turkey sandwich	Beef stew	Meatball subs
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	Stew 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	⅓ 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	Steamed Broccoli	Celery / carrots	Sliced cucumbers or carrots w/ dip	Mixed vegetables	Corn
				Peaches	Oranges	Applesauce	Pineapple chunks	Pears
Bread OR bread alternate OR pasta OR rice	½ slice or ½ cup	½ slice or ½ cup	1 slice or ¾ cup	Pasta	Egg noodles	Bread	Crackers	Hotdog roll
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		Tomato salsa			
Bread OR bread alternate OR cereal	½ slice or ½ cup	½ slice or ⅓ cup	1 slice or ¾ cup	Oatmeal Cookie	Tortilla chips	Graham crackers	Saltine crackers	Pretzels
Meat OR meat alternate	½ oz.	½ oz.	1 oz.				Sliced cheese	

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

²Children 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 March 18-22, 2024

MEAL REQUIREMENTS	PORTION SIZES			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Age							
	1-2	3-5	6-12					
BREAKFAST – Served 8:30 – 9:00 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	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 ½ cup	1 slice or ¾ cup	Cheerios, Rice Krispies, or Chex Cereal	Pancakes	Cheerios, Rice Krispies, or Chex Cereal	Bagels	Cheerios, Rice Krispies, or Chex Cereal
LUNCH – Served 12:00 PM								
Main Dish:				Chicken nuggets	Meatloaf	Chicken salad sandwich	Meatball stew	Beef & gravy
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	Chicken	Two to four ½ oz. all beef meatballs	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	Baked French fries	Mashed potatoes	Cucumbers or carrots w/dip	Carrots / potatoes / celery	Green beans
				Peaches	Applesauce	Fruit salad	Pineapple chunks	Cooked apples
Bread OR bread alternate OR pasta OR rice	½ slice or ½ cup	½ slice or ½ cup	1 slice or ¾ cup	½ slice bread	½ slice bread	Bread	Crackers	Egg noodles
SNACK – Choose 2 – Served 3:00 PM								
Fluid Milk ¹	½ cup	½ cup ²	1 cup ²	Milk	Milk	Milk		Milk
Fruit OR vegetable	½ cup	½ cup	¾ cup		Fruit in Jell-O		Tomato salsa	
Bread OR bread alternate OR cereal	½ slice or ½ cup	½ slice or ½ cup	1 slice or ¾ cup	Cookie		Graham crackers	Tortilla	Pretzels
Meat OR meat alternate	½ oz.	½ oz.	1 oz.					

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

²Children 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: March 25-29, 2024

MEAL REQUIREMENTS	PORTION SIZES			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Age							
	1-2	3-5	6-12					
BREAKFAST – Served 8:30 – 9:00 AM								
Fluid Milk ¹	½ cup	¾ cup ²	1 cup ²	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 ⅓ cup	1 slice or ¾ cup	Cheerios, Rice Krispies, or Chex Cereal	Pancakes	Cheerios, Rice Krispies, or Chex Cereal	Bagel	
LUNCH – Served 12:00 PM								
Main Dish:				Turkey & gravy	Beef soft tacos	Ham & cheese sandwich	Macaroni & cheese	
Fluid Milk	½ cup	¾ cup ²	1 cup ²	Milk		Milk	Milk	
Meat/poultry/fish OR	1 oz.	1 ½ oz.	2 oz.	Turkey	Ground beef	Sliced ham / sliced cheese	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	Mashed potatoes	Corn	Cucumbers w/ dip	Peas	
				Oranges	Peaches	Applesauce	Pineapple chunks	
Bread OR bread alternate OR pasta OR rice	½ slice or ½ cup	½ slice or ½ cup	1 slice or ¾ cup	½ slice bread	Flour tortilla	Bread	Pasta	
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 or ½ cup	½ slice or ⅓ cup	1 slice or ¾ cup	Cookie		Animal crackers	Goldfish crackers	
Meat OR meat alternate	½ oz.	½ oz.	1 oz.					

Closed for Good Friday

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

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