




ADVENTURES CHILD CARE AND LEARNING CENTER - MENU

The listed serving size is appropriate for children 3 - 6 years of age.

Menu 4

Week of: December 26-30, 2013

Menus written by: Barbara Mukes

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Food item		Food item	Amount	Food item	Amount	Food item	Amount	Food item	Amount
BREAKFAST (7:30 a.m.) Fruit or juice			*mixed fruit	¼ c.	Applesauce	¼ c.	*blueberries	¼ c.	Fruit cocktail	¼ c.
Cereal or Toast			Cereal	½ c	Cheese toast	1 ea.	Waffles	1 ea.	Cereal	½ c
Milk			Milk	4 oz	Milk	4 oz	Milk	4 oz	Milk	4 oz.
A.M. SNACK (9:30 a.m.) * #1 Component			Yogurt	¼ c	Cereal bar	1 ea.	Apple breadsticks	1 ea.	Oyster crackers	1 pkg.
* #2 Component			Juice	4 oz.	Milk	4 oz.	Milk	4 oz.	Juice	4 oz
LUNCH (11:30 a.m.) Meat, Fish, Poultry or Eggs, etc.			Grilled ham and cheese	1.5 oz	Chicken patty	1.5 oz	Pizza	1.5 oz	turkey and cheese	1.5 oz
Vegetable/Fruit/Salad			Mixed vegetables	¼ c.	peas	¼ c.	Green beans	¼ c.	*salad	¼ c
Vegetable/Fruit/Salad			**tropical fruit	¼ c.	Peaches	¼ c.	**pineapple	¼ c	Banana	½ ea
Bread, Rice, or Pasta			Bread		Bun		Crust		Bread	
Milk			Milk	6 oz	Milk	6 oz	Milk	6 oz	Milk	6 oz.
P. M. SNACK (3:00 p.m.) * #1 Component			Scooby snacks	1 pkg.	Crackers	4 ea.	Cheese crackers	3 ea.	Lemon cookie	1 ea.
* #2 Component			Milk	4 oz.	Spinach dip	¼ c	Juice	4 oz.	milk	4 oz.
EVE SNACK (5:00 p.m.)			***fruit snacks	1 ea.	Teddy grahams	1 pkg.	Animal crackers	¼ c	**string cheese	1 ea.
Toddler Substitutions			*mand. Oranges **applesauce ***crackers				*asst. fruit **applesauce		*mixed veggies **slice cheese	