



# MENU PLANNER - CHILD CARE CENTER

The listed serving is appropriate for children 3 - 5 years of age.

State Form 49955 (1-01) / BCD 0068

BUREAU OF CHILD DEVELOPMENT  
CHILD CARE HEALTH SECTION  
492 W. WASHINGTON ST., RM W386  
INDIANAPOLIS, IN 46204

Week: # 1	Name of Center: Cummins Child Development Center	Menus written by: Victoria Baker/Cummins, Inc.
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	Monday		Tuesday		Wednesday		Thursday		Friday	
	Food Item	Amount	Food Item	Amount	Food Item	Amount	Food Item	Amount	Food Item	Amount
<b>Breakfast</b> Time: <u>7:15 a.m.</u>										
Fruit or Juice	Strawberries	1/4 cup	Banana	1/4 cup	Applesauce	1/4 cup	Mixed Fruit	1/4 cup	**Pineapple Chunks	1/4 cup
Cereal or Toast	Toasted Oat Cereal	1/2 cup	French Toast Sticks	2-3	Biscuit w/butter	1 tsp.	Blueberry Muffin	1	Pancakes w/sugar free syrup	1-2 2 T
Milk	2% Milk or Whole	6 oz.	2% Milk or Whole	6 oz.	2% Milk or Whole	6 oz.	2% Milk or Whole	6 oz.	2% Milk or Whole	6 oz.
<b>A.M. Snack</b> Time: <u>9:15 a.m.</u>										
* #1 Component	Goldfish Crackers	1/4 cup	Graham Crackers w/ Cream cheese	1 square 1 tsp.	Blueberry Muffin	1	Cottage Cheese w/ wheat crackers	1/3 c. 2-3	Rice Cake w/ ** Blueberries	1 1/4 cup
* #2 Component	100% Orange Juice	6 oz.	100% Pineapple Juice	6 oz.	2% Milk or Whole	6 oz.	Water	6 oz.	2% Milk or Whole	6 oz.
<b>Lunch</b> Time: <u>11:30 a.m.</u>										
Meat, Fish, Poultry, Eggs, etc.	Vegetable Lasagna	1/2 cup	Chicken Vegetable Pot Pie	1/12 oz. 1/2 cup	Cheese Pizza	1 1/2 oz. 1 slice	Meatballs w/gravy	1 1/2 oz. 1/2 cup	Veggieburger w/cheese	1 1 1/2 oz.
<b>Vegetarian Entree'</b>			Veggie Pot Pie	1/2 cup			Black Bean	1/2 cup		
Vegetable / Fruit / Salad	Peas	1/4 cup	Mashed Potatoes	1/4 cup	Broccoli Florets	1/4 cup	Carrots	1/4 cup	Sweet Potato Cubes	1/4 cup
Vegetable / Fruit / Salad	**Pineapple Chunks	1/4 cup	Mandarin Oranges	1/4 cup	Mixed Fruit	1/4 cup	Strawberries	1/4 cup	** Apple Wedge	3-4
Bread, Rice, or Pasta	Wheat Roll	1 roll	Wheat Bread	1/2 slice	Pizza Crust	1 slice	Rice	1/2 cup	Wheat Bun	1
Milk	2% Milk or Whole	6 oz.	2% Milk or Whole	6 oz.	2% Milk or Whole	6 oz.	2% Milk or Whole	6 oz.	2% Milk or Whole	6 oz.
<b>P.M. Snack</b> Time: <u>2:30 p.m.</u>										
* #1 Component	Moz. String Cheese w/ Graham Cracker	1 1/2 oz. 1 square	Zucchini Muffin	1	Pretzel w/ Ched. Cheese Stick	1 1 1/2 oz.	Bagel w/ cream cheese	1/2 1 tsp.	Vanilla Wafers & Banana	5-6 1/2
* #2 Component	Water	6 oz.	2% Milk or Whole	6 oz.	Water	6 oz.	Water	6 oz.	Water	6 oz.

\* Two (2) of the five(5) components (*bread, fruit or juice, dairy, vegetable, protein*) must be served for AM and PM snack  
If juice or milk is not one of the two (2) components, serve water.  
Vitamin C source must be served at either AM or PM snack or lunch daily.  
Two Vitamin A sources must be served at lunch each week.

\*\* Toddler substitutions; all meats are finely chopped for the toddler.

\*\* Carrot Sticks  
Boiled Eggs, Goldfish Crackers

\*\* Blueberries  
Blueberry Cream Chesse

\*\* Apple Wedge  
Applesauce

\*\* Pineapple Chunks  
Applesauce

**Fruit and Vegetables are purchased fresh and/or frozen**