



# 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: # 2 | Name of Center: Cummins Child Development Center | Menus written by: Victoria Baker/Cummins, Inc. |
|-----------|--------------------------------------------------|------------------------------------------------|

|                                          | 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                           | Mixed Fruit                    | 1/4 cup              | Applesauce                       | 1/4 cup        | **Pineapple Chunks              | 1/4 cup              | Strawberries                     | 1/4 cup              | Mandarin Oranges        | 1/4 cup                |
| Cereal or Toast                          | French Toast Sticks            | 2-3                  | Scrambled Eggs & Wheat toast     | 1<br>1/2 slice | English Muffin w/ cream cheese  | 1/2<br>1 tsp.        | Mini Toasted Bagle w/ butter     | 1/2<br>1 tsp.        | Cheese Omelette         | 1 1/2 oz.<br>1 1/2 oz. |
| 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                           | Banana Muffin                  | 1                    | Vanilla Wafers & Vanilla Pudding | 1/4 c.<br>3-4  | Carrot Sticks w/ Ranch Dressing | 3-4<br>1 tsp.        | Cottage Cheese w/ Wheat Crackers | 1/3 c.<br>3-4        | Zucchini Muffin         | 1                      |
| * #2 Component                           | 100% Orange Juice              | 6 oz.                | Water                            | 6 oz.          | Milk                            | 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.          | Chicken Alfredo                | 1 1/2 oz.<br>1/2 cup | 7 Bean Chili                     | 1/2 cup        | Spaghetti w/meatballs           | 1 1/2 oz.<br>1/2 cup | BBQ Chicken w/ Brown Rice        | 1 1/2 oz.<br>1/2 cup | Fish Sticks             | 1 1/2 oz.<br>4         |
| <b>Vegetarian Entree'</b>                | Spinach Alfredo                | 1/2 cup              |                                  |                | Cheese & Spinach Tortilla       | 1 1/2 oz./1/2 cup    | Egg w/ Brown Rice                | 1 1/2 oz./1/2 cup    | Veggie Burger w/ chesse | 2 oz.                  |
| Vegetable / Fruit / Salad                | Broccoli Florets               | 1/4 cup              | California Vegetable Blend       | 1/4 cup        | Green Beans                     | 1/4 cup              | Carrots                          | 1/4 cup              | Tater Tots              | 1/4 cup                |
| Vegetable / Fruit / Salad                | Banana                         | 1/2                  | ** Apple Wedge                   | 3-4            | Diced Peaches                   | 1/4 cup              | **Pineapple Chunks               | 1/4 cup              | Applesauce              | 1/4 cup                |
| Bread, Rice, or Pasta                    | Pasta                          | 1/4 cup              | Corn Bread                       | 1 square       | Wheat Roll                      | 1                    | Rice                             | 1/2 cup              | Wheat Bread             | 1/2                    |
| 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                           | Cheese Cubes<br>Wheat Crackers | 1 1/2 oz.<br>3-4     | Cheese Tortilla                  |                | **Apple Wedge & **Cheese Cubes  | 3-4<br>1 12/ oz.     | Banana & Graham Cracker          | 1/2<br>1 square      | Waffles & Cream Cheese  | 1/2<br>1 tsp.          |
| * #2 Component                           | Water                          | 6 oz.                | Water                            | 6 oz.          | Water                           | 6 oz.                | 2% Milk or Whole                 | 6 oz.                | 2% Milk or Whole        | 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.

\*\* Apple Wedge

Applesauce

\*\* Pineapple Chunks

Applesauce

\*\* Cheese Cubes

Cheese Slices

\*\* Carrot Sticks

Boiled Eggs

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