



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.
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	Monday		Tuesday		Wednesday		Thursday		Friday	
	Food Item	Amount	Food Item	Amount	Food Item	Amount	Food Item	Amount	Food Item	Amount
Breakfast 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 1/2 slice	English Muffin w/ cream cheese	1/2 1 tsp.	Mini Toasted Bagle w/ butter	1/2 1 tsp.	Cheese Omelette	1 1/2 oz. 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.
A.M. Snack Time: <u>9:15 a.m.</u>										
* #1 Component	Banana Muffin	1	Vanilla Wafers & Vanilla Pudding	1/4 c. 3-4	Carrot Sticks w/ Ranch Dressing	3-4 1 tsp.	Cottage Cheese w/ Wheat Crackers	1/3 c. 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.
Lunch Time: <u>11:30 a.m.</u>										
Meat, Fish, Poultry, Eggs, etc.	Chicken Alfredo	1 1/2 oz. 1/2 cup	7 Bean Chili	1/2 cup	Spaghetti w/meatballs	1 1/2 oz. 1/2 cup	BBQ Chicken w/ Brown Rice	1 1/2 oz. 1/2 cup	Fish Sticks	1 1/2 oz. 4
Vegetarian Entree'	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.
P.M. Snack Time: <u>2:30 p.m.</u>										
* #1 Component	Cheese Cubes Wheat Crackers	1 1/2 oz. 3-4	Cheese Tortilla		**Apple Wedge & **Cheese Cubes	3-4 1 12/ oz.	Banana & Graham Cracker	1/2 1 square	Waffles & Cream Cheese	1/2 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