

State Form 49955 (1-01) / BCD 0068

Week: # 3 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	Applesauce	1/4 cup	Strawberries	1/4 cup	**Apple	3-4	Banana	1/2	Mandarin Oranges	1/4 cup
Fiult of Juice				1 1/2 oz.	Wedge Pancakes	1 to 2	Wheat Toast	1/2 slice	ů	
Cereal or Toast	Life Cereal	1/2 cup	Scrambled Egg & English Muffin	1 1/2 02. 1/2 slice	w/sugar free syrup	1 to 2 2 T	wheat roast w/ Cr. Cheese	1/2 slice 1 tsp.	Blueberry Muffin	1
	2% Milk		2% Milk		2% Milk		2% Milk		2% Milk	-
Milk	or Whole	6 oz.	or Whole	6 oz.	or Whole	6 oz.	or Whole	6 oz.	or Whole	6 oz.
A.M. Snack Time: <u>9:15 a.m.</u>	Cottage Cheese	1/3 cup	Goldfish		Bagel w/cream	1/2	**Carrot Sticks w/	3-4	Banana	1/2
* #1 Component	Wheat Crackers	3-4	Crackers	1/4 cup	cheese	1 tsp.	Ranch Dip	1 tsp.		
* #2 Component	100%		100%		2% Milk		2% Milk		2% Milk	
·····	Pinapple Juice	6 oz.	Orange Juice	6 oz.	or Whole	6 oz.	or Whole	6 oz.	or Whole	6 oz.
Lunch Time:11:30 a.m	Vegetable		Veggie	1 slice	Homemade	1 1/2 oz.	Chicken		Macaroni &	1/2 cup
Meat, Fish, Poultry, Eggs, etc.	Stew w/ Potatoes	1/2 cup	Cheese Pizza	1 1/2 oz.	Italian Chicken	1/2 cup	Nuggets	1 1/2 oz.	Cheese	1 1/2 oz.
Vegetarian Entre'					Bean Burrito w/ cheese	1 1/2 oz. 1/2 cup	Veggie Burger	1 1/2 oz.		
Vegetable / Fruit / Salad	**Carrot				Green		Sweet		Broccoli	
	Sticks	3-4	Peas	1/4 cup	Beans	1/4 cup	Potato Cubes	1/4 cup	Florets	1/4 cup
Vegetable / Fruit / Salad	**Pineapple		Diced		Mandarin				Mixed	
	Chunks	1/4 cup	Peaches	1/4 cup	Oranges	1/4 cup	Applesauce	1/4 cup	Fruit	1/4 cup
Bread, Rice, or Pasta	Wheat		Pizza				Wheat		Wheat	
	Bread	1/2 slice	Crust	1 slice	Rice	1/4 cup	Bread	1/2 slice	Bread	1/2 slice
Milk	2% Milk		2% Milk		2% Milk		2% Milk		2% Milk	
	or Whole	6 oz.	or Whole	6 oz.	or Whole	6 oz.	or Whole	6 oz.	or Whole	6 oz.
P.M. Snack Time: <u>2:30 p.m.</u>			Graham		Cheddar	1 1/2 oz.	Banana 1 Muffin 1	Moz. String		
	Blueberry		Crackers	1 square	Cheese			1	Cheese	1 1/2 oz.
* #1 Component	Muffin	1	w/ cream cheese	1 tsp.	Pretzel Stick	1			Wheat Crackers	3-4
* #2 Component	2% Milk		2% Milk				2% Milk			
	or Whole	6 oz.	or Whole	6 oz.	Water	6 oz.	or Whole	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 **Carrot Sticks Boiled Eggs, Goldfish Crackers

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.

Fruit and Vegetables are purchased fresh and/or frozen

**Apple Wedge Applesauce

**Pineapple Chunks

Boiled Eggs, Goldfish Crackers