



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

Food and Vegetables are purchased fresh and/or frozen

**Carrot Sticks
Boiled Eggs, Goldfish Crackers

**Pineapple Chunks
Boiled Eggs, Goldfish Crackers

**Apple Wedge
Applesauce