



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: # 4	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	Mandarin Oranges	1/4 cup	**Blueberries	1/4 cup	**Pineapple Chunks	1/4 cup	Applesauce	1/4 cup	Diced Peaches	1/4 cup
Cereal or Toast	Cheese Omelette	1 1/2 oz.	Life Cereal	1/2 cup	Cottage Cheese	1/3 cup	Pancakes sugar free syrup	1-2 2 T	Mini Toasted Bagle w/cream cheese	1/2 slice 1 tsp.
Milk	2 % Milk or Whole	6 oz.	2 % Milk or Whole	6 oz.	Water	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	Muffin w/ Strawberries	1 1/4 c.	**Apple Wedge w/ **cheese cubes	3-4 1 1/2 oz.	Vanilla Pudding & Vanilla Wafers	1/4 c. 2-3	Cheese Tortilla	1 1/2 oz.	Zucchini Muffin	1
* #2 Component	Water	6 oz.	Water	6 oz.	Water	6 oz.	Water	6 oz.	2% Milk or Whole	6 oz.
Lunch Time: <u>11:30 a.m.</u>										
Meat, Fish, Poultry, Eggs, etc.	White Bean Chili w/ chicken	1 1/2 oz. 1/2 cup	Cheese Ravioli	1/2 cup	Chicken & Noodle Casserole	1 1/2 oz. 1/4 cup	Chili Mac w/ beef	1 1/2 oz. 1/4 cup	Macaroni Chicken Salad	1 1/2 oz. 1/4 cup
Vegetarian Entree'	Veggie Wrap	1/2 cup			Broc./Noodle Casserole	1/2 cup	Soft Bean Taco	1/2 cup	Veggie Macaroni	1/2 cup
Vegetable / Fruit / Salad	Broccoli Florets	1/4 cup	Green Beans	1/4 cup	** Tossed Salad	1/4 cup	Carrots	1/4 cup	Peas	1/4 cup
Vegetable / Fruit / Salad	Diced Peaches	1/4 cup	Mandarin Oranges	1/4 cup	Applesauce	1/4 cup	Mixed Fruit	1/4 cup	Banana	1/2
Bread, Rice, or Pasta	Wheat Crackers	3-4	Wheat Bread	1/2 slice	Wheat Bread	1/2 slice	Wheat Crackers	3-4	Pasta	1/4 cup
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	Goldfish Crackers	1/4 c.	Blueberry Muffin	1	Graham Crackers	1 square	Waffle w/ cream cheese	1/2 1 tsp.	Pretzel w/ Ched. Cheese Slice	1 1 1/2 oz.
* #2 Component	Pineapple Juice	6 oz.	2 % Milk or Whole	6 oz.	Milk	6 oz.	Orange Juice	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.

<u>**Apple Wedge</u>	<u>**Blueberries</u>	<u>** Tossed Salad</u>
Applesauce	Mandarin Oranges	Peas
<u>**Pineapple Chunks</u>	<u>**Blueberries</u>	<u>**Cheese Cubes</u>
Strawberries	Strawberries	Cheese Slice

Fruit and Vegetables are purchased fresh and/or frozen