

### WEEKLY MENU RECORD

Southside Christian Day Care

Month: **Sample Menu**

Week: **A**

	Menu - Monday	Menu - Tuesday	Menu - Wednesday	Menu - Thursday	Menu - Friday
<b>Breakfast</b>					
Milk*	Milk	Milk	Milk	Milk	Milk
Fruit/Veg./Juice	Peaches	Applesauce	Pineapples	Fresh Fruit Salad	Pears
Bread/Grains	<b>WG-</b> Toasted Oats Cereal	<b>WG-</b> Whole Grain Biscuits	French Toast Sticks	<b>WG-</b> Whole Grain Blueberry Bagel	<b>WG-</b> Whole Wheat Waffles
<i>(Must serve 3 components)</i>					
<b>Lunch</b>					
Milk*	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternate	△ Chicken w/ Alfredo Sauce	△ Ham and Swiss Cheese Wrap	△ Meatballs w/Marinara Sauce <b>(CN)</b>	△ BBQ Chicken Sandwich	Fish/Pollock P/C Oven Ready <b>(CN)</b>
Vegetable	Peas	Corn	Green Beans	Pork and Beans	Carrots
Fruit/Vegetable	Sliced Apples	Green Beans	Mandarin Oranges	Applesauce	Peas
Bread/Grains	<b>WG-</b> 100% Whole Grain Elbow Macaroni	<b>WG-</b> Whole Wheat Tortillas	<b>WG-</b> 100% Whole Grain Elbow Macaroni	<b>WG-</b> Whole Wheat Hamburger Bun	<b>WG-</b> Breading on Fish Sticks <b>(CN)</b>
<i>(Must serve 5 components)</i>					
<b>P.M. Snack</b>					
Milk	Water		Water		Water
Meat/Meat Alternate			American Cheese		American Cheese
Fruit/Veg./Juice	Applesauce	100% Juice		100% Juice	
Bread/Grains	<b>WG-</b> Whole Grain Goldfish Crackers	Pretzels	Townhouse Crackers	Chex Mix	Saltine Crackers
<i>(Must serve 2 components)</i>					

\*Whole Milk served for children between 12-24 months. 1% Milk served for children 2 and older.

△ - Home-made menu items prepared in the center, not premade combination items.

## WEEKLY MENU RECORD

Southside Christian Day Care

Month: **Sample Menu**

Week: **B**

	Menu - Monday	Menu - Tuesday	Menu - Wednesday	Menu - Thursday	Menu - Friday
<b>Breakfast</b>					
Milk*	Milk	Milk	Milk	Milk	Milk
Fruit/Veg./Juice	Peaches	Applesauce	Pineapples	Fresh Fruit Salad	Pears
Bread/Grains	Kix Cereal	<b>WG</b> -Whole Grain English Muffins	Pancakes	<b>WG</b> - Whole Grain Biscuits	French Toast Sticks
<i>(Must serve 3 components)</i>					
<b>Lunch</b>					
Milk*	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternate	△ Turkey & Swiss Cheese Wrap	Chicken Nuggets <b>(CN)</b>	△ BBQ Chicken Sandwich	Beef Chili <b>(CN)</b>	△ Soft Chicken Taco w/ Cheese
Vegetable	Tator Tots	Green Beans	Carrots	Broccoli	Corn
Fruit/Vegetable	Peas	Mashed Potatoes	Pears	Applesauce	Applesauce
Bread/Grains	<b>WG</b> - Whole Wheat Tortillas	<b>WG</b> - Breading on Chicken Nuggets <b>(CN)</b>	<b>WG</b> - Whole Wheat Hamburger Buns	Saltine Crackers	<b>WG</b> - Whole Wheat Tortillas
<i>(Must serve 5 components)</i>					
<b>P.M. Snack</b>					
Milk	Water		Water		Water
Meat/Meat Alternate			American Cheese		American Cheese
Fruit/Veg./Juice	Applesauce	100% Juice		100% Juice	.
Bread/Grains	Cheese It Crackers	Chex Mix	<b>WG</b> - Whole Wheat Toast	<b>WG</b> - Whole Grain Goldfish Crackers	Saltine Crackers
<i>(Must serve 2 components)</i>					

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## WEEKLY MENU RECORD

Southside Christian Day Care

Month: **Sample Menu**

Week: **C**

	Menu - Monday	Menu - Tuesday	Menu - Wednesday	Menu - Thursday	Menu - Friday
<b>Breakfast</b>					
Milk*	Milk	Milk	Milk	Milk	Milk
Fruit/Veg./Juice	Peaches	Applesauce	Pineapples	Fresh Fruit Salad	Pears
Bread/Grains	<b>WG-</b> Toasted Oats Cereal	<b>WG-</b> Whole Grain Biscuits	Pancakes	<b>WG-</b> Whole Grain Blueberry Bagels	<b>WG-</b> Whole Grain English Muffins
<i>(Must serve 3 components)</i>					
<b>Lunch</b>					
Milk*	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternate	Hamburgers <b>(CN)</b>	△Turkey & Swiss Cheese Sandwich	△ Tuna Casserole w/Alfredo Sauce	△ Meatballs w/Marinara Sauce <b>(CN)</b>	Fish/Pollock P/C Oven Ready <b>(CN)</b>
Vegetable	Corn	Mashed Potatoes	Green Beans	Broccoli	Carrots
Fruit/Vegetable	Mandarin Oranges	Carrots	Peaches	Applesauce	Peas
Bread/Grains	<b>WG-</b> Whole Wheat Hamburger Buns	<b>WG-</b> Whole Wheat Bread	<b>WG-</b> 100% Whole Grain Elbow Macaroni	<b>WG-</b> 100% Whole Grain Elbow Macaroni	<b>WG-</b> Breading from Fish Sticks <b>(CN)</b>
<i>(Must serve 5 components)</i>					
<b>P.M. Snack</b>					
Milk	Water		Water		Water
Meat/Meat Alternate					American Cheese
Fruit/Veg./Juice	Applesauce	100% Juice	Applesauce	100% Juice	
Bread/Grains	Townhouse Crackers	<b>WG-</b> Whole Grain Goldfish Crackers	Pretzels	Chex Mix	Saltine Crackers
<i>(Must serve 2 components)</i>					

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## WEEKLY MENU RECORD

Southside Christian Day Care

Month: **Sample Menu**

Week: **D**

	Menu - Monday	Menu - Tuesday	Menu - Wednesday	Menu - Thursday	Menu - Friday
<b>Breakfast</b>					
Milk*	Milk	Milk	Milk	Milk	Milk
Fruit/Veg./Juice	Peaches	Applesauce	Pineapples	Fresh Fruit Salad	Pears
Bread/Grains	Kix Cereal	<b>WG-</b> Whole Grain Biscuits	<b>WG-</b> Whole Grain Blueberry Bagels	<b>WG-</b> Whole Wheat Waffles	<b>WG-</b> Whole Grain English Muffins
<i>(Must serve 3 components)</i>					
<b>Lunch</b>					
Milk*	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternate	△ Chicken w/Alfredo Sauce	Hamburger <b>(CN)</b>	△ Soft Chicken Taco w/Cheese	Beef Chili <b>(CN)</b>	△ Ham & Swiss Cheese Wrap
Vegetable	Peas	Mashed Potatoes	Corn	Tator Tots	Pork and Beans
Fruit/Vegetable	Mandarin Oranges	Pineapples	Green Beans	Pears	Applesauce
Bread/Grains	<b>WG-</b> 100% Whole Grain Elbow Macaroni	<b>WG-</b> Whole Wheat Hamburger Buns	<b>WG-</b> Whole Wheat Tortillas	Saltine Crackers	<b>WG-</b> Whole Wheat Tortillas
<i>(Must serve 5 components)</i>					
<b>P.M. Snack</b>					
Milk	Water		Water		Water
Meat/Meat Alternate			American Cheese		American Cheese
Fruit/Veg./Juice	Applesauce	100% Juice		100 % Juice	
Bread/Grains	Townhouse Crackers	Cheese It Crackers	<b>WG-</b> Whole Wheat Toast	<b>WG-</b> Whole Grain Goldfish Crackers	Saltine Crackers
<i>(Must serve 2 components)</i>					

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