

Toddler and Preschool Snack and Lunch Menu

July 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	Cereal with Milk and Water	½ cup of Yogurt with Granola and Water	Boiled Egg with Apple Sauce and Water	Oatmeal w/ Brown Sugar, dried fruit and Milk	Mini Muffins and Water
PM Snack	PB& J Crackers and water	Animal Crackers and Fruit Juice	Pretzels with Cheese and Water	Cookies with Milk	Popcorn and Fruit Juice
Lunch	Turkey N Cheese Sandwich Veggies Fruit	Spaghetti w/meat sauce Fruit	PB & J rolls Veggies w/ ranch Apples	Chicken Nuggets beans and Fruit	Pizza Veggies Apple Sauce

Fruit could be one of the following: Banana, Apple, Oranges, Watermelon, (Fresh or Canned) Peach, Pears, Pineapple, Tropical Fruit or Fruit Cocktail.

USDA Snack Requirement:

Any two (2) of the following foods:
4 oz. Milk, 1 slice cheese,
½ c. Fruit or Vegetable,
1 child sized portion of bread, cereal
Rice or noodles.

USDA Lunch Requirement:

¾ c. Milk
2 (1/2 c.) servings fruit or vegetable
1 child size portion of bread,
cereal, rice or noodles.
1 child size portion of
Meat or meat alternative