

Toddler and Preschool Snack and Lunch Menu

June 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	Cereal with Milk and Water	½ cup of Yogurt with Granola and Water	Cheese Grits with Fruit Juice	Pancakes with syrup and Milk	Cereal with Milk and Water
PM Snack	PB and Nilla Wafer Sandwiches	Animal Crackers and Fruit Juice	Trail Mix and Water	Cookies with Milk	Pudding with Water
Lunch	Turkey N Cheese Sandwich Corn Fruit	Mac and Cheese with Beef Franks, mixed veggies and fruit	PB& J Sandwich with Ranch dipped carrots	Tacos with black beans, toppings and tropical 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