

Food components

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
• Milk	Milk	Milk	Milk	Milk	Milk
• Grain/Bread	Oatmeal	Bread	Cheerios	Raisin Bread	Farina
• Fruit/Veg	Banana	Blueberries	Orange Juice	Strawberries	Raisins
AM Snack					
• 1 st Food Group	Kasha	HM Milk Shake	Rice Pudding	Granola Bar	Frozen Fruit Bar
• 2 nd Food Group	Apple Juice	Banana	Cran/Raspberry Juice	Orange Juice	Cheese Crackers
Lunch					
• Milk	Milk	Milk	Milk	Milk	Milk
• Grain/Bread	Pie Crust	Macaroni	Rice	Spaghetti	Dough
• Fruit/Veg	Spinach	Apple	Green Beans	Green Salad	Green peppers
• Fruit/Veg	Apricots	Peas	Carrots	Peaches	Tomato Sauce
• Protein/Meat	Cheese	Cheese	Stewed Chicken	beef	Cheese/Pepperoni
PM Snack					
• 1 st Food Group	Carrot Muffin	Pretzels	Cheese Toast	Tortilla Chips	Cheese Cubes
• 2 nd Food Group	Milk	Grape Juice	Apple Juice	Milk /Salsa	Saltines
Dinner					
• Milk	Milk	Milk	Milk	Milk	Milk
• Grain/Bread	Wheat Bread	Toast	Corn Bread	Tortilla	Roll
• Fruit/Veg.	Apple Sauce	Mushrooms	Peas	Lettuce/Tomato	Peaches
• Protein/Meat	Green Beans	Melon	Pears	Refried Beans	Cole Slaw
• Fruit/Veg.	Beef Bologna	Eggs/ Bacon	Fish Fillet	Cheese	Beef
Provider Initials (daily)					

I certify that the above meals were served in my day care for the month claimed and that all the information is accurate and true.

Provider's Name

Provider's Signature

Date

MENU

Menu 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
	Milk	Milk	Milk	Milk	Milk
	Oatmeal	French Toast	Cheerios	Raisin Bread	Farina
	Banana	Blueberries	Orange Juice	Strawberries	Raisins
AM Snack					
	Kasha	HM Milk Shake	Rice Pudding	Granola Bar	Frozen Fruit Bar
	Apple Juice	Banana	Cran/Raspberry Juice	Orange Juice	Cheese Crackers
Lunch					
	Milk	Milk	Milk	Milk	Milk
	Spinach Quiche	Home Made Macaroni and Cheese with Peas	Chicken Stew	Spaghetti & HM Meat Sauce	Pizza with peppers
		Apple Slices		Green Salad	
	Apricots			Peaches	
PM Snack					
	Carrot Muffin	Pretzels	Cheese Toast	Tortilla Chips	Cheese Cubes
	Milk	Grape Juice	Apple Juice	Milk /Salsa	Saltines
Dinner					
	Milk	Milk	Milk	Milk	Milk
	Bologna Sandwich	Toast	Corn Bread	Bean Burrito	Hamburger
	Apple Sauce	Mushrooms & Bacon Omelet	Peas		Peaches
	Green Beans	Melon	Pears		Cole Slaw
			Fish		

Grocery List Menu #1

Dairy

Milk
Cheddar Cheese
Mozzarella Cheese
Eggs
Rice pudding

Cereals

Oatmeal
Cheerios
Farina

Bread

Whole Wheat Bread
Raisin Bread

Corn Bread
Carrot Muffin
Hamburger rolls
Whole Wheat Tortillas

Juice 100%

Apple Juice
Orange Juice
Cran/Raspberry Juice

Produce

Banana
Blueberries
Strawberries
Raisins

Apricots
Spinach
Peas
Carrots
Green Beans
Lettuce
Green Peppers
Melon
Pears
Peas
Mushrooms
Peaches
Tomato
Applesauce
Cabbage

Meat

Beef Bologna
Chicken
Ground Beef
Pepperoni

Saltines

Kasha
Spaghetti

100% Frozen Fruit Bars