



4-WEEK CHILDCARE MENU

Breakfast • Lunch • Snack | Milk served with breakfast and lunch

WEEK 1 | Weekly Menu

Day	Breakfast Fruit/Juice	Breakfast Grain/Entrée	Lunch Protein/Entrée	Lunch Vegetable	Lunch Fruit	Lunch Grain	Snack Item 1	Snack Item 2
Monday	Mandarin Oranges	Whole Grain Bagel (Whole Grain Rich) + Cream Cheese	Homestyle Chicken Stew	Green Beans	Mixed Fruit	Rice	Yogurt 4 oz	100% Apple Juice
Tuesday	100% Apple Juice	Life Cereal (Whole Grain Rich)	Beef Meatloaf	Mashed Potatoes	Applesauce	100% Whole Grain Bread	Animal Crackers	
Wednesday	Fresh Cantaloupe	Scrambled Eggs + 100% Whole Grain Toasted Bread	Baked Chicken	Black Beans	Banana	Yellow Rice	Peaches	Graham Crackers (plain or honey)
Thursday	100% Orange Juice	Muffins (syrup)	Cheese in Macaroni Main Entree	Carrots	Pears	Macaroni (100% Whole Grain)	Pretzels	
Friday	Banana	English Muffin (Whole Grain Rich)	Roast Turkey	Sweet Peas	Pineapple	Rice Pilaf	Fresh Sliced Apples	Goldfish

CHILDCARE MEAL PATTERN

Portion sizes should follow the applicable age group and meal-pattern requirements. For ages 1-5, the approved menu notes that portion sizes are based on meal-pattern requirements for ages 3-5. Water is recommended with snacks when milk is not specifically listed.

Monica's Comfort Meals & Care • Orlando, Florida



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WEEK 2 | Weekly Menu

Day	Breakfast Fruit/Juice	Breakfast Grain/Entrée	Lunch Protein/Entrée	Lunch Vegetable	Lunch Fruit	Lunch Grain	Snack Item 1	Snack Item 2
Monday	100% Apple Juice	English Muffin (Whole Grain Rich)	Turkey Meatloaf	Mashed Potato	Banana	100% Whole Grain Bread	Pretzels	
Tuesday	Banana	Chex Cereal (100% Whole Grain)	Chicken Fajita in a Bowl	Black Beans	Mixed Fruit	Yellow Rice	Yogurt 4 oz	Animal Crackers
Wednesday	100% Orange Juice	100% Whole Grain Toasted Bread	Turkey Meatballs	Green Beans	Applesauce	Rice	Pears	Goldfish
Thursday	Pineapple	French Toast (100% Whole Grain) (Syrup)	Chicken Tenders	Corn	Fruit Cup	Macaroni and Cheese (100% Whole Grain)	Banana	Graham Crackers (plain or honey)
Friday	Fresh Orange Wedges	Life Cereal (Whole Grain Rich)	Ground Beef	Broccoli	Peaches	Whole Grain Spaghetti (100% Whole Grain)	Sliced Cheese 1 oz	Keebler Club Crackers

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WEEK 3 | Weekly Menu

Day	Breakfast Fruit/Juice	Breakfast Grain/Entrée	Lunch Protein/Entrée	Lunch Vegetable	Lunch Fruit	Lunch Grain	Snack Item 1	Snack Item 2
Monday	100% Apple Juice	Whole Grain Bagel (Whole Grain Rich) + Cream Cheese	Turkey Meatballs	Carrots	Fruit Cup	Whole Grain Roll (100% Whole Grain)	Tortilla Chips + Salsa (100% Whole Grain)	
Tuesday	Banana	Life Cereal (Whole Grain Rich)	Baked Chicken	California Blend Vegetables	Applesauce	Yellow Rice	Pineapple	Goldfish
Wednesday	Mandarin Oranges	Corn Bread Scrambled Eggs + 100% Whole Grain Toasted Bread	BBQ Chicken	Roasted Potatoes	100% Apple Juice	Whole Grain Bread (100% Whole Grain)	Cubed Cheese 1 oz	Ritz Crackers
Thursday	Fresh Sliced Apples		Ground Beef in Chili Main Entree	Corn	Banana	Yellow Rice	Fresh Cantaloupe	Pretzels
Friday	100% Orange Juice	Waffles (Syrup)	Chicken Alfredo	Broccoli	Mixed Fruit	Whole Grain Pasta (100% Whole Grain)	Yogurt 4 oz	Graham Crackers (plain or honey)

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WEEK 4 | Weekly Menu

Day	Breakfast Fruit/Juice	Breakfast Grain/Entrée	Lunch Protein/Entrée	Lunch Vegetable	Lunch Fruit	Lunch Grain	Snack Item 1	Snack Item 2
Monday	Pears	English Muffin (Whole Grain Rich)	Homestyle Chicken Stew	Black Beans	Banana	Yellow Rice	Graham Crackers (plain or honey)	
Tuesday	100% Apple Juice	Whole Grain Bagel (Whole Grain Rich) + Cream Cheese	Roast Turkey	Roasted Potatoes	Fruit Cup	Whole Grain Bread (100% Whole Grain)	Yogurt 4 oz	Goldfish
Wednesday	Banana	Life Cereal (Whole Grain Rich) 100% Whole Grain Toasted Bread + Cheese Slice (1 oz)	BBQ Chicken	Mashed Potatoes	Applesauce	Whole Grain Bread (100% Whole Grain)	Animal Crackers	
Thursday	Fresh Cantaloupe		Turkey Meatballs	Mixed Vegetables	Peaches	Rice	Cubed Cheese (1 oz)	Ritz Crackers
Friday	100% Orange Juice		Chicken Teriyaki	California Blend Vegetables	Pineapple	Whole Grain Pasta (100% Whole Grain)	Banana	Pretzels

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