

Creative Campus Child Care Menu

DATE: Week 4 of 4 (Spring/Summer)

MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				
FOOD ITEM	1-2	3-5	6+	FOOD ITEM	1-2	3-5	6+	FOOD ITEM	1-2	3-5	6+	FOOD ITEM	1-2	3-5	6+	FOOD ITEM	1-2	3-5	6+	
<b>BREAKFAST:</b>	Orange Juice	2 oz	4 oz	8 oz	Mixed Fruit	¼	½	½	Oranges	¼	½	½	Apple Juice	2 oz	4 oz	8 oz	Pineapple	¼	½	½
<b>MILK, FLUID JUICE, FRUIT, VEGETABLE</b>	English Muffin	1	1	1	Toast and Sausage Patty	1	1	1	Cheerios	¼	⅓	¾	Cinnamon Toast	1	1	1	Poptarts	1	1	1
<b>GRAIN/ BREAD</b>	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz
<b>A.M. SNACK:</b>	Goldfish	¼	1/3	¾	Blueberry muffin	1	1	1	Cheese and Crackers	½ oz	½ oz	1 oz	Graham Sticks	¼	1/3	¾	Hard Boiled Egg	1	1	1
<b>CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE</b>	Apple Raspberry Juice	4 oz	4 oz	8 oz	Milk	4 oz	4 oz	8 oz	Apple Raspberry Juice	4 oz	4 oz	8 oz	Milk	4 oz	4 oz	8 oz	Milk	4 oz	4 oz	8 oz
<b>GRAIN/ BREAD JUICE/FRUIT/ VEGETABLE</b>																				
<b>LUNCH:</b>	Spaghetti with meat sauce	1 oz	1 ½ oz	2 oz	Chicken Nuggets	1 oz	1 ½ oz	2 oz	Bologna and Cheese Sandwich	½ oz	2 oz	3 oz	Chicken and Cheese Quesadilla	1 oz	1 ½ oz	2 oz	Fish Sticks and Macaroni and Cheese	1 oz	1 ½ oz	2 oz
<b>MILK, FLUID MEAT/MEAT ALTERNATE 1ST</b>	Tropical Fruit Salad	¼	½	¾	Peaches	¼	½	¾	Pears	¼	½	¾	Grapes	¼	½	¾	Applesauce	¼	½	¾
<b>FRUIT/VEG 2NDFRUIT/VE G</b>	Broccoli with cheese sauce	¼	½	¾	Tator Tots	¼	½	¾	Carrots with dip	¼	½	¾	Peas	¼	½	¾	Mixed Vegetables	¼	½	¾
<b>GRAIN/ BREAD OTHER</b>	Bun	1	1	1	Bread	1	1	1	Bread	1	1	1	Soft Shell	1	1	1	Macaroni	¼	¼	¼
	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz
<b>P.M. SNACK:</b>	Cheese and Crackers	½ oz	½ oz	1 oz	Pumpkin Bars	1	1	1	Vanilla Wafers	¼	1/3	¾	Party Mix	¼	½	¾	Ice Cream	½	½	¾
<b>CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE</b>	Milk	4 oz	4 oz	8 oz	Milk	4 oz	4 oz	8 oz	Milk	4 oz	4 oz	8 oz	Milk	4 oz	4 oz	8 oz	Graham Crackers	¼	1/3	¾
<b>GRAIN/ BREAD JUICE/FRUIT/ VEGETABLE</b>																	Water	4 oz	4 oz	8 oz

MENUS PLANNED BY \_\_\_\_\_

CYCLE WEEK# \_\_\_\_\_