

MENUS FOR 18 Mos. & Older - THE CHILDREN'S SPOT



MENU ONE

All meals are served Family Style.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Serve 1% milk	Banana W/G Frosted Mini Wheats	Diced Apples W/G Waffle w/syrup	Orange Slices W/G Cheerios Cereal	Diced Peaches W/G English Muffins	Mandarin Oranges W/G Pancake w/ Syrup
Lunch Serve 1% milk	Grilled Chicken Bites Black Beans Diced Potatoes W/G Roll	Sun Butter/Banana W/G Sandwich Sweet Potatoe Fries Fresh Carrots Yogurt	W/G Fish Nuggets Kidney Beans Diced Carrots W/G Roll	W/G Chicken Rings Pinto Beans Mixed Fruit W/G Bread-n-Butter	W/G Cheese Pizza Salad Diced Peaches
PM Snack Served with water	Green Apple Slices W/G Saltine Crax.	Green Cut-Up Grapes W/G Wheat Thins	Strawberries W/G Sunchips	Orange Slices W/G Cheerios	Pineapple Chunks W/G Graham Crackers

Wholegrain; Vit C; Beans/Legumes; Dark Green/Red Vegetables

MENU TWO

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Serve 1% milk	Banana W/G Waffle/Syrup	Pineapple W/G Pancake & Syrup	Orange Slices W/G Rice Chex Cereal	Applesauce W/G Toast	Mandarin Oranges W/G English Muffin
Lunch Serve 1% milk	W/G Nachos with Meat & Cheese Black Beans Fresh Carrots Sticks w/Ranch Dressing	W/G Spaghetti w/Meat Balls Salad Diced Peaches	W/G Chicken Nuggets Sweet Potatoes Mandarin Oranges W/G Roll	Swedish Meatballs W/G Roll Cauliflower Kidney Beans	Soft Tacos W/WG Tortilla Fajita Beef Meat Pinto Beans Pineapple Tidbits
PM Snack Served with water	Cantaloupe W/G Wheat Thins	Banana W/G Chex Mix	Watermelon W/G Goldfish Crackers	Orange Slices W/G Teddy Grahams	Red Cut-Up Grapes W/G Sunchips

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MENU THREE

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Serve 1% milk	Banana W/G Toast	Diced Apples W/G Waffle w/Syrup	Diced Peaches W/G Cheerios Cereal	Orange Slices W/G English Muffins	Mandarin Oranges W/G Pancake w/Syrup
Lunch Serve 1% milk	Turkey/Cheese W/G Quesadilla Mixed Fruit Kidney Beans	W/G Cheese Pizza Diced Peaches Carrot Sticks w/Ranch Dressing	Steak Fingers Cream Gravy Pinto Beans Diced Pears W/G Wheat Roll	Noodles w/Beef s Diced Carrots English Peas W/G Wheat Roll	Chicken with W/G Spaghetti Mixed Fruit Salad W/G Roll
PM Snack Served with water	Cantaloupe W/G Saltine Crackers	Orange Slices W/G Wheat Thins	Strawberries W/G Sunchips	Green cut-Up Grapes W/G Cheerios	Pineapple Chunks W/G Graham Crackers

MENU FOUR

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Serve 1% milk	Banana W/G Toast	Pineapple W/G Waffle w/Syrup	Orange Slices W/G Chex Cereal	Applesauce W/G English Muffins	Mandarin Oranges W/G Pancake w/Syrup
Lunch Serve 1% milk	Meatballs Diced Pears Sweet Potatoes English Peas W/G Roll	Diced Ham Navy Beans Mandarin Oranges W/G Saltine Crackers	Salisbury Steak AuGratin Potatoes Diced Carrots W/G Roll	Grilled Cheese with W/G Bread Applesauce Kidney Beans	Char Patties Pinto Beans Salad W/G Wheat Roll
PM Snack Served with water	Orange Slices W/G Wheat Thins	Banana W/G Chex Mix	Watermelon W/G Goldfish Crackers	Strawberries W/G Teddy Grahams	Red Cut-Up Grapes W/G Sunchips

