


Sun Mon Tue Wed Thu Fri Sat

<p>WEEK 1</p> <p>BREAKFAST 7:30-8:30</p> <p>*****</p> <p>LUNCH 10:30-12:30</p> <p>*****</p> <p>SNACK 2:00-3:00</p>	<p>3</p> <p>Cake Doughnut (Wheat) Pineapple Rings Milk(whole 12-24 mos) (1% two's and above)</p> <p>*****</p> <p>Chicken Slider - CN Enriched White Bun *Fresh Carrots & Dip Apple Slices Milk (whole-12-24 m) Milk (1% two and up)</p> <p>*****</p> <p>Yogurt Vanilla Wafers Water</p>	<p>4</p> <p>Biscuits/Apricot Jam Applesauce Milk(whole 12-24 mos) (1% two's and above)</p> <p>*****</p> <p>Fish Star Nuggets-CN Broccoli and Cheese Sliced Peaches Roll (Whole Wheat) Milk (whole-12-24 m) Milk (1% two and up)</p> <p>*****</p> <p>Cheezit Crackers Water</p>	<p>5</p> <p>Cheerios Banana Milk(whole 12-24 mos) (1% two's and above)</p> <p>*****</p> <p>Whole Wheat Spaghetti Beef Meat sauce-HMD03 Niblet Corn Tropical Fruit Milk (whole-12-24 mos.) Milk(1% two and up)</p> <p>*****</p> <p>Graham crackers Water</p>	<p>6</p> <p>Mini Bagels/Cream Cheese and Raisins Milk(whole 12-24 mos) (1% two's and above)</p> <p>*****</p> <p>Chicken w/BBQ Sauce Baked Beans Sliced Pears Corn Bread Milk (whole-12-24 mos.) Milk (1% two and up)</p> <p>*****</p> <p>String Cheese Water</p>	<p>7</p> <p>Pancakes (Whole Grain) Mandarin Oranges Milk(whole 12-24 mos) (1% two's and above)</p> <p>*****</p> <p>Turkey Sausage CN Hash Brown Potatoes Stewed Sweet Apples Grits w/Cheddar Cheese Milk (whole-12-24 mos.) Milk (1% two and up)</p> <p>*****</p> <p>Raisin Bread Water</p>	<p>USDA Child nutrition programs are available to all children without regard to race, national origin, sex, age, or disability</p> <p>Water is served throughout the day as needed</p> <p>For One year olds substitutions for hard fresh fruits or veggies are as follows: cooked carrots applesauce and other soft fruits or veggies</p>
<p>WEEK 2</p> <p>BREAKFAST 7:30-8:30</p> <p>*****</p> <p>LUNCH 10:30-12:30</p> <p>*****</p> <p>SNACK 2:00-3:00</p>	<p>10</p> <p>Raisin Bread Pineapple Rings Milk(whole 12-24 mos) (1% two's and above)</p> <p>*****</p> <p>Beef-Burger CN Enriched White Bun Corn on the Cobb Apple Slices Milk (whole-12-24 m) Milk (1% two and up)</p> <p>*****</p> <p>Fresh Apple Slices Wheat Ritz Crackers Water</p>	<p>11</p> <p>Rice Krispies Banana Milk (whole 12-24 mos) (1% two's and above)</p> <p>*****</p> <p>Turkey Corn Dogs CN Broccoli Sliced Peaches Roll (whole wheat) Milk (whole-12-24 m) Milk (1% two and up)</p> <p>*****</p> <p>Cheddar Cheese Cubes Celery Sticks Water</p>	<p>12</p> <p>Wheat Bread/Butter Applesauce Milk(whole 12-24 mos) (1% two's and above)</p> <p>*****</p> <p>Beef Meatballs-CN Brown Rice and Gravy Sweet Potato Tropical Fruit Milk (whole-12-24 mos.) Milk(1% two and up)</p> <p>*****</p> <p>Banana Wheat Saltine Crackers Water</p>	<p>13</p> <p>Corn Kix Fresh Strawberries Milk(whole 12-24 mos) (1% two's and above)</p> <p>*****</p> <p>Chicken Taquito HMF07 Pinto Beans Sliced Pears Flour Tortilla Milk (whole-12-24 mos.) Milk (1% two and up)</p> <p>*****</p> <p>Watermelon (Seedless) Pretzel Sticks Water</p>	<p>14</p> <p>Biscuits/Jam Fresh Oranges Milk(whole 12-24 mos) (1% two's and above)</p> <p>*****</p> <p>Sweet/Sassy Pork Chop Vegetable Eggroll CN Curried Pineapple Low Mein Wheat Pasta Milk (whole-12-24 mos.) Milk (1% two and up)</p> <p>*****</p> <p>Fresh Blueberries Yogurt Water</p>	<p>To review Recipe ingredients search Child Care Recipes, Food for Health & Fun USDA-FNS 304, 1999</p> <p>CN – Child Nutrition HM – Home Made If Fresh Fruit is out of season Frozen can be used instead</p> <p>Cereals contain less than 6 grams of sugar per serving.</p> <p>Serving sizes below are minimum requirements by USDA</p>
<p>WEEK 3</p> <p>BREAKFAST 7:30-8:30</p> <p>*****</p> <p>LUNCH 10:30-12:30</p> <p>*****</p> <p>SNACK 2:00-3:00</p>	<p>17</p> <p>CLOSED</p> <p>*****</p> <p></p> <p>EASTER HOLIDAY</p> <p>*****</p>	<p>18</p> <p>Oat Cheerios Banana Milk(whole 12-24 mos) (1% two's and above)</p> <p>*****</p> <p>Lil' Beef Smokies-CN Macaroni and Cheese Broccoli Sliced Peaches Milk (whole-12-24 m) Milk (1% two and up)</p> <p>*****</p> <p>Fresh Apple Slices Mozzarella Cheese Water</p>	<p>19</p> <p>Croissant/Butter Apple Sauce Milk(whole 12-24 mos) (1% two's and above)</p> <p>*****</p> <p>Beefy Brown Rice Casserole HM-D07 Sweet Potato Tropical Fruit Milk (whole-12-24 mos.) Milk(1% two and up)</p> <p>*****</p> <p>Celery Sticks Wheat Saltine Crackers Water</p>	<p>20</p> <p>Rice Chex Fresh Blue Berries Milk(whole 12-24 mos) (1% two's and above)</p> <p>*****</p> <p>Chili Bean Con Carne HM-D25 Tomatoes/Cucumbers Sliced Pears Wheat Saltines Milk (whole-12-24 mos.) Milk (1% two and up)</p> <p>*****</p> <p>Watermelon (Seedless) Pretzel Sticks Water</p>	<p>21</p> <p>Wheat English Muffin/Jam Fresh Oranges Milk(whole 12-24 mos) (1% two's and above)</p> <p>*****</p> <p>Teriyaki Meatballs HM Vegetable Eggroll CN Curried Pineapple Low Mein Wheat Pasta Milk (whole-12-24 mos.) Milk (1% two and up)</p> <p>*****</p> <p>Fresh Strawberries Yogurt Water</p>	<p>Milk servings: 1-2 years 1/2 cup (whole) 3-5 years 3/4 cup (1 %) 6-12 years 1 cup (1%)</p> <p>Grain servings: 1-2 years 1/2 ounce 3-5 years 1/2 ounce 6-12 years 1/2 ounce</p>
<p>WEEK 4</p> <p>BREAKFAST 7:30-8:30</p> <p>*****</p> <p>LUNCH 10:30-12:30</p> <p>*****</p> <p>SNACK 2:00-3:00</p>	<p>24</p> <p>Raisin Bread Pineapple Rings Milk(whole 12-24 mos) (1% two's and above)</p> <p>*****</p> <p>Turkey/Cheese Pizza-CN Whole Wheat Crust Corn on the Cob Fresh Apple Slices Milk (whole-12-24 m) Milk (1% two and up)</p> <p>*****</p> <p>Fresh Apple Slices Cheddar Cheese Cubes Water</p>	<p>25</p> <p>Rice Krispies Banana Milk (whole 12-24 mos) (1% two's and above)</p> <p>*****</p> <p>Roasted Chicken Leg Broccoli Sliced Peaches Wheat Roll Milk (whole-12-24 m) Milk (1% two and up)</p> <p>*****</p> <p>Cheddar Cheese Cubes Celery Sticks Water</p>	<p>26</p> <p>Wheat Bread/Butter Applesauce Milk(whole 12-24 mos) (1% two's and above)</p> <p>*****</p> <p>Meat Loaf - CN Brown Rice/Gravy Sweet Potato Tropical Fruit Milk (whole-12-24 mos.) Milk(1% two and up)</p> <p>*****</p> <p>Banana Wheat Saltine Crackers Water</p>	<p>27</p> <p>Corn Kix Fresh Strawberries Milk(whole 12-24 mos) (1% two's and above)</p> <p>*****</p> <p>Beef Bean Burrito CN Wheat Tortilla Tomatoes/Cucumbers Sliced Pears Milk (whole-12-24 mos.) Milk (1% two and up)</p> <p>*****</p> <p>Watermelon (Seedless) Pretzel Sticks Water</p>	<p>28</p> <p>Biscuits/Jam Fresh Oranges Milk(whole 12-24 mos) (1% two's and above)</p> <p>*****</p> <p>Sweet/Sassy Chicken HM Vegetable Eggroll Curried Pineapple Low Mein Wheat Pasta Milk (whole-12-24 mos.) Milk (1% two and up)</p> <p>*****</p> <p>Fresh Blueberries Yogurt Water</p>	<p>Meat servings: 1-2 years 1 ounce 3-5 years 1 1/2 ounce 6-12 years 2 ounce</p> <p>Fruit/Vegetable servings 1-2 years 1/8 ounce each 3-5 years 1/4 ounce each 6-12 years 1/2 ounce each</p>

Dear Parents,

The USDA in conjunction with the SC Child and Adult Care Food Program has made changes to the menu patterns which will go into effect in October 2017. In order to start early Miss Hazel and I are already implementing changes to the menus...this is not a final version and recipes will still change quarterly. We will still have to submit the menus to DSS over the course of several months until we have a final "perfect" menu that meets the national standard.

I decided to put all three meals on one page which helps in planning a whole day in one glance. Week 1 is the original menu and weeks 2-4 are based on the new guidelines as best as I can interpret them at this point. Please bear with me as I continue to study the changes and calculate the details!!! Parents of those who have food allergies or other dietary needs please look over and mark anything that needs to be eliminated from your child's diet.

Thank you so much for your suggestions and ideas as we moved forward.

Jean Knowlton

