

SAMPLE CHILD AND ADULT CARE MENU

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Breakfast 1% or fat-free milk Cheerios Banana	Breakfast 1% or fat-free milk Whole-wheat bagel Grape Jelly Apple	Breakfast 1% or fat-free milk Waffles Maple syrup Peaches	Breakfast 1% or fat-free milk Blueberry Muffin Mixed Fruit	Breakfast 1% or fat-free milk KIX Cereal Pear
Snack Strawberries Vanilla yogurt Water	Snack Baby Carrots Cottage cheese ranch dip Water	Snack Pretzel rods Cheddar cheese cubes Water	Snack Apple Slices Cereal Bar Water	Snack Wheat Crackers Cheddar Cheese Water
Lunch/Supper - Hot 1% or fat-free milk Hot turkey sandwich on whole-wheat bread Green beans Plum	Lunch/Supper - Hot 1% or fat-free milk Salisbury Steak Brown rice Garden salad Cantaloupe	Lunch/Supper - Hot 1% or fat-free milk Chicken breast Whole-wheat roll Mashed potatoes Cherries	Lunch/Supper - Hot 1% or fat-free milk Roast beef Mashed Potatoes Mixed Vegetables Fresh pear slices	Lunch/Supper - Hot 1% or fat-free milk Turkey Chili Whole-corn tortilla Kernel Corn Apple
Lunch/Supper – Cold Turkey Breast Swiss Cheese 2 Slices Wheat Bread Baby Carrot Fresh Fruit Mustard 1% Chocolate Milk	Lunch/Supper - Cold Chicken Salad mixed with Mayonnaise Whole Wheat Bread 1/2 Cup Tossed Salad Fresh Fruit 1 Ind. packet Salad Dressing 1% Milk	Lunch/Supper - Cold 2 oz. Lean Pastrami Whole Wheat Bun Shredded Lettuce Applesauce Mustard 1% Flavored Milk	Lunch/Supper - Cold Grilled Chicken Shredded Taco Cheese Tossed Salad 1 Whole Wheat Wrap or Pita Fruit Cup Salad Dressing 1% Milk	Lunch/Supper - Cold 2 oz. Beef Bologna Hamburger Bun wheat pasta/ vegetable salad Applesauce Mustard 1% Milk