

MENU

MY WORLD OF LEARNING CHILD CARE ASSOCIATION WINTER-SPRING MENU – WEEK ONE

MEAL PATTERN		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM:	MORNING SNACK	<i>Fruit Cocktail & Milk</i>	<i>Crackers & Orange Juice</i>	<i>Cereal with Bananas & Milk</i>	<i>English Muffins & Juice</i>	<i>Applesauce & Milk</i>
		Fruit Cocktail	Whole Grain Crackers	Cherrios Cereal	Whole Wheat English Muffins	Applesauce
		Milk	Orange Juice	Bananas Milk	Fruit Juice	Milk
PM:	LUNCH MEAL	<i>Chili, Roll & Milk</i>	<i>Scrambled Eggs, Toast, Pears & Milk</i>	<i>Salmon Loaf, Rice, Tomatoes & Milk</i>	<i>Lasagna, Salad & Milk</i>	<i>Wow & Jam Sandwiches, Edamame & Milk</i>
	Grain Products	Whole Wheat Rolls	Whole Wheat Bread-Toasted	Rice	Whole Wheat Lasagna Noodles Bulgur	Whole Wheat Bread
	Vegetables & Fruits	Sweet Potatoes Corn Diced Tomatoes	Pears	Tomatoes	Homemade Tomato Sauce Romaine Lettuce Cucumber	Edamame
	Milk Products	Milk	Milk	Milk	Cheese Milk	Milk
	Meat & Alternatives	Red Lentils Kidney Beans	Eggs	Salmon	Ground Beef	Soy Butter
	Others		Ketchup		Salad Dressing	Jam
PM:	AFTERNOON SNACK	<i>Apples & Pudding</i>	<i>Carrot Sticks & Milk</i>	<i>Broccoli & Pita</i>	<i>Fruit/Vegetable Tray & Milk</i>	<i>Smoothies & Crackers</i>
		Apples	Carrot Sticks	Broccoli	Tray including Apples, Turnip	Fruit Smoothies
		Pudding	Milk	Pita Rounds	Milk	Rice Crackers

NOTE: Water is served with all snacks and lunches. Fruit juice is a blend of 100% fruit juices. Children under 2 years are served whole milk.

I have followed the Food and Beverage Criteria to ensure this menu meets the Standards for Food and Nutrition.

Signature: Natasha Doreen Moxon, Executive Director Date: November 3, 2016 *Effective November 21, 2016*

MENU

MY WORLD OF LEARNING CHILD CARE ASSOCIATION WINTER-SPRING MENU – WEEK TWO

MEAL PATTERN		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	MORNING SNACK	<i>Muffins & Juice</i>	<i>Apples & Milk</i>	<i>Cereal with Bananas & Milk</i>	<i>Granola & Applesauce</i>	<i>Bagels & Oranges</i>
		Homemade Blueberry Muffins	Apples	Shreddies Cereal	Homemade Granola	Bagels
		Orange Juice	Milk	Bananas Milk	Applesauce	Oranges
PM	LUNCH MEAL	<i>Tomato Soup, Grilled Cheese Sandwiches & Milk</i>	<i>Shepherd's Pie & Milk</i>	<i>Pancakes, Eggs, Peaches & Milk</i>	<i>Sweet and Sour Chicken, Couscous, Green Beans & Milk</i>	<i>Tuna Casserole & Milk</i>
	Grain Products	Whole Wheat Bread-toasted	Bulgur	Pancakes	Couscous	Macaroni
	Vegetables & Fruits	Crushed Tomatoes	Potatoes Peas Carrots	Peaches	Green Beans	Pumpkin
	Milk Products	Cheese Milk	Milk	Milk	Milk	Cheese Milk
	Meat & Alternatives	Red Lentils	Ground Beef	Egg	Chicken	Tuna
	Others	Margarine	Ketchup	Syrup	Homemade Sweet & Sour Sauce	
PM	AFTERNOON SNACK	<i>Green Pepper & Milk</i>	<i>Crackers & Grapes</i>	<i>Oranges & Pudding</i>	<i>Bread & Juice</i>	<i>Carrot Sticks & Milk</i>
		Green Pepper	Whole Wheat Soda Crackers	Mandarin Oranges	Whole Wheat Bread with Soy Butter	Carrot Sticks
		Milk	Grapes	Pudding	Apple Juice	Milk

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MEAL PATTERN		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	MORNING SNACK	<i>Applesauce & Oatmeal</i>	<i>Oranges & Milk</i>	<i>Cereal with Bananas & Milk</i>	<i>Fruit Cocktail & Milk</i>	<i>Yogurt & Apples</i>
		Applesauce	Oranges	Cherrios Cereal	Fruit Cocktail	Yogurt
		Oatmeal	Milk	Bananas Milk	Milk	Apples
PM	LUNCH MEAL	<i>French Toast, Peaches & Milk</i>	<i>Tuna Burgers, Peas & Milk</i>	<i>Mini Pizzas, Yellow Beans & Milk</i>	<i>Chicken Noodle Soup, Crackers & Milk</i>	<i>Roast Beef, Potatoes, Green Beans, Roll & Milk</i>
	Grain Products	Whole Wheat Bread, grilled	Whole Wheat Buns	Whole Wheat English Muffins	Whole Wheat Spaghetti Noodles WW Soda Crackers	Whole Wheat Rolls
	Vegetables & Fruits	Peaches	Peas	Homemade Tomato Sauce Yellow Beans	Carrots	Mashed Potatoes Green Beans
	Milk Products	Milk	Milk	Cheese Milk	Milk	Milk
	Meat & Alternatives	Egg	Tuna	Red Lentils in Sauce Ham	Chicken	Beef
	Others	Syrup	Salad Dressing	Dip		
PM	AFTERNOON SNACK	<i>Cucumbers & Milk</i>	<i>Crackers & Juice</i>	<i>Broccoli & Pita</i>	<i>Crisps & Juice</i>	<i>Fruit/Vegetable Tray & Milk</i>
		Cucumbers	Whole Grain Crackers	Broccoli	Homemade Cinnamon Crisps	Vegetables include Broccoli, Oranges
		Milk	Apple Juice	Pita Rounds	Orange Juice	Milk

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MY WORLD OF LEARNING CHILD CARE ASSOCIATION WINTER-SPRING MENU – WEEK FOUR

MEAL PATTERN		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	MORNING SNACK	<i>Apples & Milk</i>	<i>Crackers & Juice</i>	<i>Cereal with Bananas & Milk</i>	<i>Applesauce & Milk</i>	<i>Oranges & Milk</i>
		Apples	Whole Grain Crackers	Mini Wheat Cereal	Applesauce	Oranges
		Milk	Fruit Juice	Bananas	Milk	Milk
PM	LUNCH MEAL	<i>Toasted Egg Sandwiches, Green Peppers & Milk</i>	<i>Spaghetti & Milk</i>	<i>Salmon Sandwiches, Corn & Milk</i>	<i>Hamburger Soup, Roll & Milk</i>	<i>Honey Garlic Pork, Rice, Green Beans & Milk</i>
	Grain Products	Whole Wheat English Muffins	Whole Wheat Spaghetti Noodles	Whole Wheat Bread	Whole Wheat Rolls	Rice
	Vegetables & Fruits	Green Peppers	Homemade Tomato Sauce	Corn	Celery Carrots Diced Tomatoes	Green Beans
	Milk Products	Milk	Milk	Milk	Milk	Milk
	Meat & Alternatives	Eggs	Red Lentils in Sauce	Salmon	Ground Beef	Pork
	Others	Ketchup		Salad Dressing		Homemade Honey Garlic Sauce
PM	AFTERNOON SNACK	<i>Smoothies & Crackers</i>	<i>Carrot Sticks & Milk</i>	<i>Cantaloupe & Yogurt</i>	<i>Grapes & Cheese</i>	<i>Muffins & Juice</i>
		Fruit Smoothies	Carrot Sticks	Cantaloupe	Grapes	Homemade Pumpkin Muffins
		Rice Crackers	Milk	Yogurt	Cheese	Orange Juice

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