

























Menu # 1

AMERICAN CHILD CARE CENTER



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Grain/Bread	Shredded Wheat	Whole Wheat Toast w/ Peanut Butter	Cheerios 	Biscuits
	Fruit/Veggie	 Strawberries	Pears 	 Peaches	 Blueberries
	Drink	Milk 	Milk	Milk 	Milk 
LUNCH		FISH STICKS (CN)	HOME MADE BISCUITS & GRAVY	HOME MADE BREAKFAST BURRITOS	HOME MADE BEEF LASAGNA
	Grain/Bread	 Bread	 Biscuits	Flour Tortilla	Noodles
	Meat/Alt.	Fish/Fish Sticks	Sausage/Cheese	Egg/Cheese	Beef/Cheese
	Veggie	Corn 	Green beans	Lettuce & Tomato 	Mixed Veg.: Green Beans Potato, Carrots, Celery
	Fruit	 Mandarin Oranges	Fruit Cocktail(Peaches, Pears, Pineapple, Cherries)	 Oranges	Fruit Medley: Pineapple, Mandarin Oranges, Pears
	Drink	Milk 	Milk	Milk 	Milk 
AM SNACK	Select 2 Components	 Flour Tortilla w/ Cheese	 Bagel w/ Peanut Butter & Bananas	Rolled Turkey & Cucumbers 	Celery, Carrots and Cheese Nips 
PM SNACK	Select 2 Components	 Flat Bread & Chicken Salad	Bean Burrito: Beans, Cheese, Pita Bread	Grilled Cheese w/ Whole Wheat Bread & Cheese 	Peanut Butter Sandwich w/ Milk 
					Chex Mix & Grapes (Corn/Rice Chex, Pretzel, White/Wheat Toast)

Whole Milk will be provided for children 1-2 years of age and 1% Milk will be provided for all children over the age of 2. Water is offered with all meals. All juices served are 100% fruit juices.

This institution is an equal opportunity provider and employer.

Menu # 2

AMERICAN CHILD CARE CENTER



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Bagel Sandwich (Whole Wheat)	Pancakes (Lite/Sugar-free Syrup)	Pita Bread with Peanut Butter	Whole Wheat Toast	Kix Cereal
	Fruit/Veggie	Applesauce	Apples	Fruit Cocktail: Peaches, Pears, Pineapple, Cherries	Grapes
LUNCH	Drink	Milk	Milk	Milk	Milk
	Grain/Bread	Macaroni	Whole Wheat Rolls	Tostada Shell	Hamburger Bun
	Meat/Alt.	Cheese	Chicken	Refried Beans/Cheese	Ground Turkey
	Veggie	Mixed Veg.: Potatoes, Pea Carrots, Green Beans, Corn	BBQ Beans	Lettuce & Tomato	Cauliflower
	Fruit	Pears	Applesauce	Peaches	Apple Wedges
	Drink	Milk	Milk	Milk	Milk
	AM SNACK	Cheerios w/ Milk & Fresh Pears	Saltines w/ Applesauce	Low fat strawberry Yogurt w/ Berry Blend (Strawberry, Blueberry, Raspberry)	Cheese Nips w/ Oranges
PM SNACK	Select 2 Components	Wheat Thins & String Cheese	Bread Sticks w/ Marinara Sauce	English Muffins w/ Cheese	Tortilla Chips w/ Salsa

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Menu # 3












AMERICAN CHILD CARE CENTER



BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Grain/Bread Cheerios 	Waffles (Lite/Sugar-free Syrup) 	Low fat Strawberry Yogurt w/ Granola	Breakfast Burrito w/ Scrambled Eggs, Cheese & Flour Tortilla	 Kix Cereal
Fruit/Veggie  Banana	Berry Blend: Strawberries, Blueberries & Raspberries	 Blueberries	 Pineapple Chunks	 Oranges
Drink Milk 	Milk	Milk 	Milk	Milk


LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Grain/Bread	HOME MADE PEPPERONI PIZZA	HOME MADE CHICKEN STIR-FRY	HOME MADE BAKED HAM 	HOME MADE BEEF STROGANOFF	HOME MADE BEAN BURRITO Flour Tortilla
Meat/Alt.	English Muffins Cheese & Pepperoni	Minute Rice Chicken	Whole Wheat Roll Ham	 Egg Noodles Canned Beef	Refried Beans
Veggie	Lettuce & Tomato 	Broccoli, Bell Peppers, Mushrooms	 Green Beans	Peas 	 Lettuce & Tomato
Fruit	 Pineapple	Fruit Cocktail (Peaches, Pears, Pineapple, Cherries)	 Strawberries	Peaches 	 Apple Wedges
Drink	Milk 	Milk	Milk	Milk	Milk

AM
SNACK

Select 2 Components	 Grapes & Pretzels	 Biscuit w/ Jelly & Milk 	 Cottage Cheese & Pineapple 	English Muffins w/ Sliced Cheese	 Low-fat Strawberry Yogurt w/ Peaches
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PM
SNACK

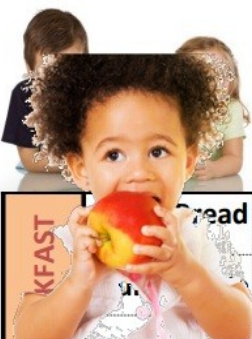
Select 2 Components	Tuna Salad in Flat Bread	Peanut Butter w/ Bread	 Animal Crackers w/ Carrots	Cheerios w/ Raisins (Dry) & Apple	Saltines w/ Cheese Slice
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Menu # 4

AMERICAN CHILD CARE CENTER































	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BKFAST	Grain/Bread Whole Wheat Toast Nectarines Bananas Drink Milk	Grain/Bread Pancakes (Lite/Sugar-free Syrup) Applesauce Milk	Grain/Bread Oatmeal Blueberries Milk	Grain/Bread Cheerios Oranges Milk	Grain/Bread Biscuits Pears Milk
LUNCH	HOME MADE TURKEY HAM SANDWICH Whole Wheat Bread Turkey Ham/Cheese Veggie Fresh Spinach Fruit Apple Wedges Drink Milk	HOME MADE MEATBALLS Bread Meatballs w/ Gravy Veggie Mashed Potatoes Fruit Fruit Cocktail (Peaches, Pears, Pineapple, Cherries) Drink Milk	HOME MADE CHICKEN SOFT TACOS Flour Tortilla Shredded Chicken Veggie Lettuce/Tomato Fruit Oranges Drink Milk	HOME MADE HAMBURGERS Whole Wheat Buns Ground Beef Patties Veggie Corn Fruit Grapes Drink Milk	HOME MADE TUNA SALAD Club Crackers Tuna Veggie Fresh Broccoli Fruit Mandarin Oranges & Pineapple Drink Milk
AM SNACK	Select 2 Component s Celery & Ritz Crackers	Select 2 Component s Rice Krispies w/ Milk & Cantaloupe	Select 2 Component s Rolled Turkey & Carrots	Select 2 Component s Cucumber Slices w/ Wheat Thins	Select 2 Component s Low-fat Strawberry Yogurt w/ Peaches
PM SNACK	Select 2 Component s String Cheese & Apple Wedges	Select 2 Component s Cheese Quesadilla (Flour Tortilla w/ Cheese)	Select 2 Component s Tomato Soup w/ Macaroni Noodles	Select 2 Component s Corn Dogs (CN) & Vegetables	Select 2 Component s Chocolate Chip Cookies w/ Milk

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Menu # 5

AMERICAN CHILD CARE CENTER

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Grain/Bread	Whole Wheat Toast 	Waffles (Lite/Sugar-free Syrup)	Low fat Strawberry Yogurt w/ Granola Bar	Oatmeal	Kix Cereal
	Fruit/Veggie	 Oranges	Baked Apples	Berry Blend: Strawberries, Blueberries & Raspberries	 Strawberries	Bananas 
	Drink	 Milk	Milk	 Milk	Milk	Milk
LUNCH		CHICKEN NUGGETS (CN) 	HOME MADE TURKEY SANDWICH	HOME MADE BREAKFAST BURRITOS	HOME MADE CHICKEN & RICE	HOME MADE TACO SALAD
	Grain/Bread	Whole Wheat Bread	Whole Wheat Bread	Flour Tortilla	Minute Rice	Tortilla Chips
	Meat/Alt.	 Chicken Nuggets	Turkey 	Egg/Cheese 	Chicken 	Ground Turkey w/ Cheese
	Veggie	Potato Salad 	Fresh Veg.: Celery, Carrots & Cucumber	Lettuce & Tomato 	Broccoli	Lettuce & Tomato 
	Fruit	 Peaches	Pineapple, Mandarin Oranges, Bananas	 Pineapple	Mandarin Oranges	Oranges 
	Drink	Milk 	Milk	Milk	Milk 	Milk
	Others					
AM SNACK	Select 2 Components	Rice Cakes w/ Pears 	Flour Tortilla w/ Cheese 	Rice Krispy Treats w/ Apple Wedges 	Flour Tortilla w/ Eggs 	Mini Bagels & Peaches 
PM SNACK	Select 2 Components	Soft Pretzels w/ Cheese 	Tuna Salad w/ Crackers 	Refried Beans w/ Pita Bread	Strawberry/Blueberry Gogurt w/ Saltines 	Saltines w/ Carrots, Celery, Cucumbers 























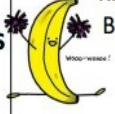










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Menu # 6

AMERICAN CHILD CARE CENTER

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Malt-O-Meal	French Toast	Oatmeal	English Muffins	Cheerios 
	Fruit/Veggie	 Mandarin Oranges	Strawberries 	 Applesauce	 Blueberries	 Oranges
	Drink	Milk 	Milk	Milk	Milk 	Milk
LUNCH	Grain/Bread	HOME MADE CHICKEN SALAD SANDWICH  Whole Wheat Bread	HOME MADE TUNA CASSEROLE Noodles/Bread Crumbs	HOME MADE CHIECKN ENCHILADAS Flour Tortilla	HOME MADE BEANS W/ Gr. TURKEY  Corn Bread	HOME MADE TOASTED HAM & CHEESE Bread
	Meat/Alt.	Chicken Salad	 Tuna	 Chicken (Enchiladas)	Ground Turkey	Toasted Ham & Cheese
	Veggie	 Broccoli	Peas 	Corn 	Broccoli Salad	 Potato Salad
	Fruit	Apples 	Fruit Salad (Fresh Apples, Mandarin Oranges, Pineapple)	 Peaches	Watermelon 	Pears 
	Drink	Milk	Milk 	Milk	Milk	Milk 
	Select 2 Components	 Rice Cakes & Bananas 	 Biscuits w/ Oranges 	Bread w/ Peanut Butter & Banana 	Wheat Thins w/ String Cheese	Rice Krispies w/ Milk & Grapes 
PM SNACK	Select 2 Components	 Pretzels w/ Raisins & Cantaloupe 	 Bread w/ Cheese	 Life Cereal w/ Milk & Pears 	Chex Mix and Fruit Cocktail (Peaches, Pineapple, Grapes, Pears, Cherries)	Nachos (Refried Beans, Cheese & Corn chips)

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