Sample Menu – Bizzy Bees Family Child Care

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|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast7:45-8:15 | Whole Grain CerealBanana Milk | Whole Grain ToastOrangesMilk | Whole Grain BagelAppleMilk | Whole Grain WaffleGrapesMilk | Whole Grain Cereal StrawberriesMilk |
| A.M. Snack9:30 | AnimalCrackersMilk | Whole Grain Cereal Snack MixMilk | English MuffinMilk | Snack CrackersMilk | PretzelsMilk |
| Lunch11:30 – 12:00 | Spaghetti w/meat sauceCornWatermelonMilk | Baked ChickenDinner RollMashed PotatoesPearsMilk | Grilled Cheese Bakes Tater TotsGreen BeansPineappleMilk | Pork ChopNoodlesBroccoliClementinesMilk | Chicken Stir FryBrown RiceMixed VegetablesPeachesMilk |
| PM Snack 3:00  | GoldfishMilk | String CheeseW.G. CrackersMilk | Graham CrackersMilk | Chex MixMilk | W.G Cheese & CrackersMilk |

* No juices are served
* Low sugar content cereal-only Whole Grain cereals are offered.
* High in sugar treats are offered minimally (homemade cookies & birthday cupcakes)
* No processed meats: bologna, hot dogs, chicken nuggets, lunch meats
* Milk is offered at every meal
* Fresh cold water is available all day, inside and outside
* Children are given some dining options throughout the day – choosing a cereal, fruit, vegetable or snack
* Children are not required to clean their plates
* Children are encouraged to try new foods but not required
* Whole Grain and whole fruits