Sample Menu – Bizzy Bees Family Child Care

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|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast  7:45-8:15 | Whole Grain Cereal  Banana  Milk | Whole Grain Toast  Oranges  Milk | Whole Grain Bagel  Apple  Milk | Whole Grain Waffle  Grapes  Milk | Whole Grain Cereal  Strawberries  Milk |
| A.M. Snack  9:30 | Animal  Crackers  Milk | Whole Grain Cereal Snack Mix  Milk | English Muffin  Milk | Snack Crackers  Milk | Pretzels  Milk |
| Lunch  11:30 – 12:00 | Spaghetti w/meat sauce  Corn  Watermelon  Milk | Baked Chicken  Dinner Roll  Mashed Potatoes  Pears  Milk | Grilled Cheese Bakes Tater Tots  Green Beans  Pineapple  Milk | Pork Chop  Noodles  Broccoli  Clementines  Milk | Chicken Stir Fry  Brown Rice  Mixed Vegetables  Peaches  Milk |
| PM Snack  3:00 | Goldfish  Milk | String Cheese  W.G. Crackers  Milk | Graham Crackers  Milk | Chex Mix  Milk | W.G Cheese & Crackers  Milk |

* 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