

NEW YORK STATE
OFFICE OF CHILDREN AND FAMILY SERVICES
SAMPLE MENU TEMPLATE

Program Name: Grow A child Childcare Too

Facility ID Number: 884141

Week (check one) ☒ 1 ☐ 2 ☐ 3 ☐ 4

Authorized Reviewer Name: _____

Signature: _____

Date: _____ / _____ / _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Cereal chex-WGR oranges * Milk	oatmeal-WG blueberries * Milk	Pancakes-WGR melon *milk	Cinnamon Bread strawberries *Milk	ham and cheese bake with later tots pineapples * Milk	* Whole Milk Served Ages 1-2 1% Served Ages 2-12 At Breakfast and Lunch	Snack Served water or 100% Juice
AM Snack	x	x	x	x	x		WGR-Whole Grain Rich
Lunch	Turkey Kilbasa Rice-WG corn peaches *Milk	Chicken Alfredo Fettechini Broccoli Pears *Milk	Pepperoni Pizza carrots oranges *Milk	beef goulash mixed Veggies apples *Milk	PbJ Sandwiches-WG Cheese Stick Tropical fruit Cucumbers *Milk		
PM Snack	animal crackers Apples water	hummus sweet peppers crackers-WG	Graham crackers applesauce water	Cheese Crackers -WG Water	Banana Split Yogurt water		
Supper							

***Only for Day Care Centers** Menus for Day Care Centers must be reviewed and signed by an authorized reviewer who has one of the following qualifications: (check the box to indicate the qualifications held by the reviewer).

☐ a federal CACFP Program Specialist responsible for reviewing and approving menus

☐ a person who has a Bachelor's or Master's degree with a Major in Food and Institutional Management or a closely related field

☐ has completed a Dietician Internship

☐ certified as a Registered Dietician or has an equivalent state certification

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 Authorized Reviewer Name: _____ Date: _____ / _____ / _____
 Signature: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Cereal-cherrios-WG oranges *Milk	sausage crecents rolls applesauce *milk	eggs and toast-WG melon *Milk	oatmeal-WG strawberries *Milk	fruit muffins mixed berries *Milk	* Whole Milk Served Ages 1-2 1% Served Ages 2- 12 At Breakfast and Lunch	Snack Served water or 100% Juice
AM Snack	x	x	x	x	x		WG-Whole Grain
Lunch	Sloppy Joes/buns Green Beans apples *Milk	mac n cheese-WG peas pears *Milk	Fish on a roll celery mixed fruit *Milk	Homemade Chicken Noodle Soup Soup crackers Cooked carrots Peaches *Milk	grilled cheese-WG ham pineapples corn *Milk		
PM Snack	pretzels cottage cheese water	mini waffles bananas Water	Yogurt blueberries water	breadsticks with Marniara Apple Juice	Graham crackers cream cheese dip Apples water		
Supper							

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Program Name: Grow A Child Childcare Inc. Facility ID Number: 884141 Week (check one) ☐ 1 ☐ 2 ☒ 3 ☐ 4
 Authorized Reviewer Name: _____ Signature: _____ Date: _____ / _____ / _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Cereal-Kix oranges * Milk	Oatmeal-WG Blueberries *milk	French Toast-WG strawberries *milk	scrambled eggs/toast-WG Melon *milk	Zucchini bread bananas *Milk	*Milk is served at Breakfast and Lunch 1% Milk Ages 2-12 Whole Milk Ages 1-2 Water or 100% Juice Served at Snack	Breakfast is Served Between 730-830
AM Snack	x	x	x	x	x		WG-Whole Grain
Lunch	Pizza-WG Carrot Sticks fruit salad *Milk	tacos tomato and cucumber salad grapes *Milk	Chicken Potatoes green beans Peaches *Milk	Ill smokies Rice and mixed Veggies Pineapple *Milk	Grilled cheese-WG Tomato soup peas pears *Milk		Lunch is Served Between 11-1130
PM Snack	animal crackers apples Water	yogurt granola-WG water	Cottage Cheese Mandarin oranges water	Pasta salad green peppers water	PB protein bars apple juice water		Snack is Served at 2pm School Age 215pm & 330 Pm
Supper							

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Cheerios-WG oranges *Milk	Peanut butter (Soy Butter)/jelly toast-WG bread apples *Milk	yogurt blueberries granola *Milk	Eggs english muffins-WG melon *Milk	cinnamon toast-WG bananas *Milk	* 1% Milk Ages 2-12 Whole Milk Ages 1-2 Served At Breakfast and Lunch	WG-Whole Grain
AM Snack	x	x	x	x	x	* Snack is Either Water or 100% Apple Juice	WG-Whole Grain
Lunch	Spaghetti and Meatballs fresh tomato sauce and zucchini pears *milk	Homemade Chickens nuggets rolls Corn Peaches *Milk	Breaded fish Rolls/Bread peas pineapple *Milk	Hot dogs and buns Green beans applesauce *Milk	turkey and cheese roll ups cucumber tropical fruit *milk		
PM Snack	goldfish cracker, chex, dried fruit trail mix apple juice	graham crackers apples water	WG crackers fresh berries water	pretzels and cheese water	Pizza pinwheels grapes water		
Supper							

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