

Childcare Menu Sept 30 to Oct 4 2024



	1-5 YRS	6-18 YRS	MONDAY (9/30)	TUESDAY (10/1)	WEDNESDAY (10/2)	THURSDAY (10/3)	FRIDAY (10/4)
B R E A K F A S T							
Milk	¾ cup	1 cup	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk
Grains or Meat/Meat Alt	½ oz eq	1 oz eq	Rice Krispies	WW English Muffin	WGR Honey Scooters	Waffles Cold Alt: WW Roll	Marshmallow Mateys
Vegetable and/or Fruit	½ cup	½ cup	Clementine	Unsweetened Applesauce	Pear	Orange	Nectarine
Extra				Margarine		Syrup or Jelly	
L U N C H (Regular)							
Milk	¾ cup	1 cup	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk
Meat / Meat Alternate	1.5 oz	2 oz	BBQ Chicken	Beef-a-Roni	Low Fat Cheese	Chicken Tenders (2.25/3 oz)	Turkey Sandwich
Grains / Bread	½ oz eq	1 oz eq	Brown Rice	WW Pasta	Macaroni	Brown Rice	WW Bun
Vegetable	¼ cup	½ cup	Peas in Rice	Corn	Carrots	String Beans	Coleslaw
Fruit	¼ cup	½ cup	Apple	Apricot	Banana	Applesauce	Apricot
P M S N A C K							
Meat / Meat Alt	½ oz	1 oz					
Grains / Bread	½ oz eq	1 oz eq	WGR Graham Crackers	WGR Goldfish	WW Pretzels	Club Crackers	WGR Corn Muffin
Fruit	½ cup	¾ cup	Pear	100% Apple Juice	Apple	100% Fruit Punch	100% Apple Juice

Fruit subject to change based on availability.

3 Meals

Childcare Menu Oct 7 to 11 2024

Healthy
Heart



	1-5 YRS	6-18 YRS	MONDAY (10/7)	TUESDAY (10/8)	WEDNESDAY (10/9)	THURSDAY (10/10)	FRIDAY (10/11)
BREAKFAST							
Milk	¾ cup	1 cup	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk
Grains or Meat/Meat Alt	½ oz eq	1 oz eq	Low Fat Yogurt	Croissant	Marshmallow Mateys	Pancake Cold Alt: WW English Muffin	WGR Honey Scooters
Vegetable and/or Fruit	½ cup	½ cup	Clementine	Unsweetened Applesauce	Pear	Orange	Nectarine
Extra						Syrup or Margarine	
LUNCH (Regular)							
Milk	¾ cup	1 cup	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk
Meat / Meat Alternate	1.5 oz	2 oz	Beef Burger	Chinese Chicken and Broccoli	Baked Ziti (1.5 oz/2 oz cheese)	Popcorn Chicken (2.25/3 oz)	Pizza Bagel (1.5 oz/2 oz cheese)
Grains / Bread	½ oz eq	1 oz eq	WW Bun	Brown Rice	(Pasta in Dish)	Brown Rice	(WW Bagel in Dish)
Vegetable	¼ cup	½ cup	Mashed Potatoes	Broccoli in Dish	Carrots	String Beans	Corn
Fruit	¼ cup	½ cup	Apple	Orange	Banana	Unsweetened Applesauce	Apricots
PM SNACK							
Meat / Meat Alt	½ oz	1 oz		Low fat String Cheese			
Grains / Bread	½ oz eq	1 oz eq	WGR Graham Crackers		Ritz Crackers	WW Pretzels	WW Bear Grahams
Fruit	½ cup	¾ cup	Pear	Apple	100% Fruit Punch	100% Apple Juice	100% Fruit Punch

Fruit subject to change based on availability.

3 Meals

Childcare Menu October 14 to 18 2024

Healthy Heart

★columbus★
INDIGENOUS
people's day



	1-5 YRS	6-18 YRS	MONDAY (10/14)	TUESDAY (10/15)	WEDNESDAY (10/16)	THURSDAY (10/17)	FRIDAY (10/18)
BREAKFAST							
Milk	¾ cup	1 cup	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk
Grains or Meat/Meat Alt	½ oz eq	1 oz eq	Rice Krispies	WW English Muffin	WGR Honey Scooters	Waffles Cold Alt: Croissant	Marshmallow Mateys
Vegetable and/or Fruit	½ cup	½ cup	Clementine	Unsweetened Applesauce	Pear	Orange	Nectarine
Extra				Margarine		Syrup w/ Waffles	
LUNCH (Regular)							
Milk	¾ cup	1 cup	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk
Meat / Meat Alternate	1.5 oz	2 oz	BBQ Chicken	Beef-a-Roni	Low Fat Cheese	Chicken Tenders (2.25/3 oz)	Turkey Sandwich
Grains / Bread	½ oz eq	1 oz eq	Brown Rice	WW Pasta	Macaroni	Brown Rice	WW Bun
Vegetable	¼ cup	½ cup	Peas in Rice	Corn	Carrots	String Beans	Coleslaw
Fruit	¼ cup	½ cup	Apple	Apricot	Banana	Applesauce	Apricot
PM SNACK							
Meat / Meat Alt	½ oz	1 oz					
Grains / Bread	½ oz eq	1 oz eq	WGR Graham Crackers	WGR Goldfish	WW Pretzels	Club Crackers	WGR Corn Muffin
Fruit	½ cup	¾ cup	Pear	100% Apple Juice	Apple	100% Fruit Punch	100% Apple Juice

Fruit subject to change based on availability.

3 Meals

Childcare Menu Oct 21 to 25 2024

Healthy Heart



	1-5 YRS	6-18 YRS	MONDAY (10/21)	TUESDAY (10/22)	WEDNESDAY (10/23)	THURSDAY (10/24)	FRIDAY (10/25)
BREAKFAST							
Milk	¾ cup	1 cup	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk
Grains or Meat/Meat Alt	½ oz eq	1 oz eq	Low Fat Yogurt	Croissant	Marshmallow Mateys	Pancake Cold Alt: WW English Muffin	WGR Honey Scooters
Vegetable and/or Fruit	½ cup	½ cup	Clementine	Unsweetened Applesauce	Pear	Orange	Nectarine
Extra						Syrup or Margarine	
LUNCH (Regular)							
Milk	¾ cup	1 cup	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk
Meat / Meat Alternate	1.5 oz	2 oz	Swedish Meatballs (3oz/4oz)	Chinese Chicken and Broccoli	Baked Ziti (1.5 oz/2 oz cheese)	Popcorn Chicken (2.25/3oz)	Pizza Bagel (1.5 oz/2 oz cheese)
Grains / Bread	½ oz eq	1 oz eq	WW Bread	Brown Rice	(Pasta in Dish)	Brown Rice	(WW Bagel in Dish)
Vegetable	¼ cup	½ cup	String Beans	Broccoli in Dish	Carrots	String Beans	Corn
Fruit	¼ cup	½ cup	Apple	Orange	Banana	Unsweetened Applesauce	Apricots
PM SNACK							
Meat / Meat Alt	½ oz	1 oz		Low fat String Cheese			
Grains / Bread	½ oz eq	1 oz eq	WGR Graham Crackers		WGR Animal Crackers	WGR Cheese It	WW Bear Grahams
Fruit	½ cup	¾ cup	Pear	Apple	100% Fruit Punch	100% Apple Juice	100% Fruit Punch

Fruit subject to change based on availability.

3 Meals

Childcare Menu October 28 to Nov 1 2024



	1-5 YRS	6-18 YRS	MONDAY (10/28)	TUESDAY (10/29)	WEDNESDAY (10/30)	THURSDAY (10/31)	FRIDAY (11/1)
BREAKFAST							
Milk	¾ cup	1 cup	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk
Grains or Meat/Meat Alt	½ oz eq	1 oz eq	Croissant	Marshmallow Mateys	WW Bagels	French Toast Cold Alt: Crispy Rice Cereal	WGR Honey Scooters
Vegetable and/or Fruit	½ cup	½ cup	Clementine	Pear	Unsweetened Applesauce	Orange	Nectarine
Extra					Jelly	Syrup w/ French Toast	
LUNCH (Regular)							
Milk	¾ cup	1 cup	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk
Meat / Meat Alternate	1.5 oz	2 oz	Sweet & Sour Meatballs (3oz/4oz)	Fish Sticks (3oz/4oz) Alt: Teriyaki Chicken	Low Fat Cheese	Chicken Tenders (2.25/3 oz)	Turkey Sandwich
Grains / Bread	½ oz eq	1 oz eq	WW Bread	Brown Rice	Macaroni	Brown Rice	(WW Bun in Dish)
Vegetable	¼ cup	½ cup	Mashed Potatoes	String Beans in Rice	Carrots	Green Peas	Potato Salad
Fruit	¼ cup	½ cup	Apple	Apricot	Banana	Unsweetened Applesauce	Apricots
PM SNACK							
Meat / Meat Alt	½ oz	1 oz	Cheese Stick				
Grains / Bread	½ oz eq	1 oz eq	WGR Graham Crackers	Club Crackers	WW Pretzels	WGR Cinnamon Bites	Ritz Crackers
Fruit	½ cup	¾ cup		100% Apple Juice	Apple	100% Fruit Punch	100% Apple Juice

Fruit subject to change based on availability.

3 Meals