

New Pisgah Day Care **Menu Plan**

Months: _____

Beginning Monday Dates): _____

Meal Type	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Pancakes – ½ or 1.1 oz Butter / Syrup Orange-Grapefruit Juice ½ cup Milk ¾ cup	2 – Corn Flakes – 1/3 cup Banana – ½ cup Milk ¾ cup	Biscuits ½ or 0.5 oz Butter Orange Juice ½ cup Milk ¾ cup	Waffles 0.6 oz / Syrup Blended Juice ½ cup Milk ¾ cup	7 Farina / Raisins ¼ cup Apple Juice ½ cup Milk ¾ cup
Lunch	Mostaccioli (noodles – 2 oz) / Beef Meatballs (h) – 2 oz. French Styles green beans – ½ cup Cooked Carrot ½ cup Wheat Bread 1- Slice Butter Diced Pear ½ cup Milk ¾ cup	Chicken w/gravy (h) – 2oz Scalloped Potatoes (h) ½ cup Broccoli, Cauliflower Carrot Medley (h) ½ cup White Bread 3- Citrus Fruit Cup ½ cup Milk ¾ cup	4 – Chili Mac (h) (2 oz beef & 2 oz Macaroni) Buttered Spinach (h) ½ cup 5 Tossed Salad ½ cup Dressing © Saltine Crackers 0.4 oz Butter Fresh Fruit in Season ½ cup Milk ¾ cup	Baked Turkey Ham (h) 2oz 6 Mixed greens (h) ½ cup Mashed Potatoes (h) ½ cup Bread 1 Slice / Butter Sliced Peaches ½ cup Milk ¾ cup	Pizza (Cheese, Ground Beef) 2 oz 8 Peas ½ cup Cole Slaw ½ cup Mandarin Oranges ½ cup Milk ¾ cup
Snack (1)	Ritz Crackers 0.4 oz Cream Cheese Grape Juice	Graham Crackers 0.4 oz Sliced Bananas – ½.	Peanut Butter Cookies 0.6 oz Pineapple Juice ½ cup	Hard Boiled Eggs ½ Cottage Crackers 0.4 oz Grape Juice ½ cup	Orange Juice ½ cup 10 Peanut Butter ½ oz White Bread ½ slice
Snack (2)	Mostaccioli w/ Vegetable and Tomato	Veggie Chicken Nuggets	Veggie Chili Mac	Kidney Bean Salad	Cheese Pizza

PROGRAM

- Head Start – Half Day
- Head Start – Full Day
- Child Care – Full Day
- Child Care – School Age