

Revised: 4/21/2011

Gretchen's House Child Care Centers
Spring/Summer Menu 2011
Week A

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST Fluid Milk; Fruit, Vegetable or Full Strength Juice; Cereal and/or Bread Equivalent	Milk 100% Fruit Spread Whole wheat toast	Milk Craisins Bran Flakes Cereal	Milk Berries Multi-grain waffles	Milk Pears Oatmeal	Milk 100% Fruit juice Life Cereal
AM Snack (Choose 2 of 4) Milk/Juice Fruit/Veggie Meat/protein Whole Grains	Milk Cheerios & raisins	Milk Yogurt and tropical fruit	Milk Whole wheat or multigrain bagel with leftover fresh veggie spread or cream cheese	Milk Whole Wheat bread, cinnamon sprinkles & seasonal fruit	Milk Cottage cheese and fruit
Lunch Fluid Milk; Meat and/or Alternative; 2 Vegetables and/or Fruits; Bread or Grain Equivalent	Milk Sliced turkey and natural cheese roll ups Whole grain tortillas Broccoli Unsweetened applesauce	Milk Individual cheese pizza with black/green olives for topping Whole wheat Pitas Black /green olives carrots Bananas	Milk Chicken Stir Fry Brown rice Mixed vegetables Mandarin Oranges	Milk Lean beef Spaghetti Whole Grain Noodles Green beans Apples	Milk White bean/broccoli spread on whole grain buns Whole wheat bread or buns Peas Peaches
PM Snack (Choose 2 of 4) Milk/Juice Fruit/Veggie Meat/protein Whole Grains	Graham Crackers and seasonal fruit	Whole grain crackers with Fresh Vegetable Cream cheese spread	Whole wheat crackers w/natural cheese slices	Goldfish crackers and fruit	Trail Mix: Cereal, crackers & raisins/dried fruit w/leftover fruits and veggies

Week of: May 2 May 30 June 27 July 25 Aug 15 Sept 12 Oct 16

Unsweetened Dry Cereal: Cheerios, Chex, Kix, Bran Flakes and Original Life Cereal
Lightly Sweetened Dry Cereal: Cinnamon Life, Fruity Cheerios, Cinnamon Toast Crunch and Honey Kix
Fruit: Fresh, canned, frozen, or dried fruits. Serve fresh fruits whenever possible
Trail Mix: A Mix of unsweetened, lightly sweetened cereals, crackers, raisins and other dried fruit.
Leftover fruits and vegetables should be served w/in 48 hours and can be added to breakfast, snacks or lunch.

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Week B

	Monday	Tuesday	Wednesday	Thursday	Friday		
BREAKFAST Fluid Milk; Fruit, Vegetable or Full Strength Juice; Cereal and/or Bread Equivalent	Milk 100% Fruit Spread Whole wheat English muffins	Milk Mandarin Oranges Whole grain pancakes	Milk Bananas Kix Cereal	Milk 100% Fruit Juice Cheerios	Milk 100% Fruit Spread Whole wheat toast		
AM Snack (Choose 2 of 4) Milk/Juice Fruit/Veggie Meat/protein Whole Grains	Milk Cottage cheese and pineapple	Milk Bran Flakes and raisins	Milk Goldfish Crackers & seasonal or leftover breakfast fruit	Milk Whole grain English muffins w/leftover bean spread	Milk No Sugar Added Applesauce and Cheerios		
Lunch Fluid Milk; Meat and/or Alternative; 2 Vegetables and/or Fruits; Bread or Grain Equivalent	Milk Ham and cheese veggie wrap Whole grain tortilla cauliflower & broccoli Peaches	Milk Mini hamburgers on a multi-grain bun or smashed beans on a bun Whole grain hamburger buns Green Beans Bananas	Milk Macaroni w/natural cheese Whole grain noodles Fresh Vegetable Romaine Salad Apples	Milk High protein pancakes, with fresh fruit spread Oatmeal (cottage cheese) Carrots Pineapple	Milk Chicken and cheese quesadillas Wheat tortilla Peas Pears		
PM Snack (Choose 2 of 4) Milk/Juice Fruit/Veggie Meat/protein Whole Grains	Trail Mix: Cereal, crackers & raisins/dried fruit and fresh or blanched veggies	Yogurt and seasonal fruit	Whole wheat pita bread with homemade bean spread	Whole grain crackers and natural cheese slices.	Graham crackers and leftover fruit and vegetables		
Week:	May 9	June 6	July 4	Aug 1	Aug 29	Sept 26	Oct 23

Unsweetened Dry Cereal: Cheerios, Chex, Kix, Bran Flakes and Original Life Cereal
Lightly Sweetened Dry Cereal: Cinnamon Life, Fruity Cheerios, Cinnamon Toast Crunch and Honey Kix
Fruit: Fresh, canned, frozen, or dried fruits. Serve fresh fruits whenever possible
Trail Mix: A Mix of unsweetened, lightly sweetened cereals, crackers, raisins and other dried fruit.
Leftover fruits and vegetables should be served w/in 48 hours and can be added to breakfast, snacks or lunch.

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Gretchen's House Child Care Centers
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Week C

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST Fluid Milk; Fruit, Vegetable or Full Strength Juice; Cereal and/or Bread Equivalent	Milk Tropical fruit Oatmeal	Milk 100% Fruit juice Cheerios	Milk Craisins Bran Flakes	Milk 100% fruit spread Whole wheat toast	Milk Berries Whole grain waffles
AM Snack (Choose 2 of 4) Milk/Juice Fruit/Veggie Meat/protein Whole Grains	Milk Yogurt with granola topping (no nuts or nut products)	Milk Cottage cheese and mandarin oranges	Milk Whole wheat pita bread with leftover fresh veggie cream cheese spread	Milk Chex cereal and peaches	Milk Kix and raisins
Lunch Fluid Milk; Meat and/or Alternative; 2 Vegetables and/or Fruits; Bread or Grain Equivalent	Milk Baked ziti Whole grain noodles Carrots Pears	Milk Sliced turkey and natural cheese roll ups Whole grain flat-outs Broccoli Bananas	Milk Lean beef tacos Wheat tortillas Shredded lettuce/salsa Apple	Milk Individual cheese pizza with black/green olives for topping Whole wheat pita Bread Black /green olives Broccoli Unsweetened applesauce	Milk Chicken stir fry Brown Rice Mixed vegetables Peaches
PM Snack (Choose 2 of 4) Milk/Juice Fruit/Veggie Meat/protein Whole Grains	Goldfish crackers and fresh or blanched vegetables	Whole grain crackers with fresh vegetable cream cheese spread	Trail Mix: Cereal, crackers & raisins/dried fruit	Grahams and bananas	Whole grain cheese crackers with leftover fruit and vegetables

Week: April 18 May 16 June 13 July 11 Aug 8 Sept 5 Oct 2 Oct 30

Unsweetened Dry Cereal: Cheerios, Chex, Kix, Bran Flakes and Original Life Cereal
Lightly Sweetened Dry Cereal: Cinnamon Life, Fruity Cheerios, Cinnamon Toast Crunch and Honey Kix
Fruit: Fresh, canned, frozen, or dried fruits. Serve fresh fruits whenever possible
Trail Mix: A Mix of unsweetened, lightly sweetened cereals, crackers, raisins and other dried fruit.
Leftover fruits and vegetables should be served w/in 48 hours and can be added to breakfast, snacks or lunch.

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Week D

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST Fluid Milk; Fruit, Vegetable or Full Strength Juice; Cereal and/or Bread Equivalent	Milk	Milk	Milk	Milk	Milk
	100% Fruit juice	Berries	100% Fruit spread	Tropical fruit	Pears
	Cheerios	Whole grain waffles	English muffins	Kix	Whole wheat toast w/cinnamon sprinkles
AM Snack (Choose 2 of 4) Milk/Juice Fruit/Veggie Meat/protein Whole Grains	Milk	Milk	Milk	Milk	Milk
	Graham crackers and pineapple	Chex and raisins	Yogurt and mandarin oranges	No sugar added applesauce & Life Cereal	Bran Flakes cereal and craisins
Lunch Fluid Milk; Meat and/or Alternative; 2 Vegetables and/or Fruits; Bread or Grain Equivalent	Milk	Milk	Milk	Milk	Milk
	High protein pancakes, with fresh fruit spread	Chicken and cheese quesadillas	Ham, & cheese Sandwich	Macaroni w/natural cheese	Lean beef sloppy joes or smashed beans on a bun
	Oatmeal (cottage cheese)	Whole grain tortilla	Whole grain Bread	Whole Grain Noodles	Whole grain hamburger buns
	Carrots	Peas	Cauliflower & broccoli	Fresh vegetable romaine salad	Green beans
	Apple	Pears	Peaches	Pineapple	Bananas
PM Snack (Choose 2 of 4) Milk/Juice Fruit/Veggie Meat/protein Whole Grains	Whole wheat bagels with pizza sauce & shredded mozzarella	Whole grain crackers and homemade bean spread	Gold Fish with fresh or blanched vegetables	Trail Mix: Cereal, crackers & raisins/dried fruit	Wheat tortillas and salsa w/leftover fruits and veggies

Week: April 25 May 23 June 20 July 18 Aug 15 Sept 12 Oct 10

Unsweetened Dry Cereal: Cheerios, Chex, Kix, Bran Flakes and Original Life Cereal
Lightly Sweetened Dry Cereal: Cinnamon Life, Fruity Cheerios, Cinnamon Toast Crunch and Honey Kix
Fruit: Fresh, canned, frozen, or dried fruits. Serve fresh fruits whenever possible
Trail Mix: A Mix of unsweetened, lightly sweetened cereals, crackers, raisins and other dried fruit.
Leftover fruits and vegetables should be served w/in 48 hours and can be added to breakfast, snacks or lunch.