



Rhodes State College Child Care Center



Menu #1

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|---|--|--|--|--|
| Breakfast | Cereal (Life) (Whole Grain) Mandarin Oranges Milk | Pancakes 100% Fruit Juice Milk | Cereal (Toasty O's) (Whole Grain) Banana Milk | Waffles Strawberries Milk | Blueberry Loaf (Whole Grain) Peaches Milk |
| Lunch | Hot Ham Slice Butter Bread (Whole Grain) Peas Pineapple Milk | Hot Dog w/Bun Butter Bread (Infants) (Whole Grain) Baked Beans Mixed Fruit Milk | Chicken Patty (Whole Grain) Green Beans Peaches Milk | Taco (Whole Grain) Corn Pears Milk | Cheese Pizza (Whole Grain) Carrot Sticks/ Carrots (Infants) Applesauce Milk |
| Snack | Vanilla Wafers 100% Fruit Juice | Cheese & Crackers (Whole Grain) Water | Cinnamon Graham Crackers (Whole Grain) 100% Fruit Juice | Mini Alphabet Cookies (Whole Grain) 100% Fruit Juice | Trail Mix 100% Fruit Juice |

Menu #2

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|---|---|---|--|---|
| Breakfast | French Toast Sticks (Whole Grain) 100% Fruit Juice Milk | Cereal (Kix) (Whole Grain) Peaches Milk | Pancakes Mandarin Oranges Milk | Sugar Donuts Banana Milk | Cereal (Toasty O's) (Whole Grain) Banana Milk |
| Lunch | Chicken Nuggets (Whole Grain) Corn Peaches Milk | Meatballs Butter Bread (Whole Grain) Green Beans Applesauce Milk | Macaroni & Cheese w/Diced Ham Butter Bread (Whole Grain) Mixed Vegetables Fruit Cocktail Milk | Spaghetti w/ Meat Garlic Bread (Whole Grain) Salad Orange Slices Milk | Hamburger w/Bun Butter Bread (Infants) (Whole Grain) French Fries Mixed Fruit Milk |
| Snack | Apple Smiles (apple slices, marshmallows) Crackers Water | Cheez-Its 100% Fruit Juice | Animal Crackers (Whole Grain) 100% Fruit Juice | Yogurt Graham Cracker (Whole Grain) Water | Goldfish 100% Fruit Juice |



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Menu #3

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|---|--|--|--|---|
| Breakfast | Blueberry Loaf (Whole Grain) Peaches Milk | Waffles Applesauce Milk | Cereal (Corn Flakes) Mandarin Oranges Milk | Cereal (Kix) (Whole Grain) Banana Milk | Pancakes 100% Fruit Juice Milk |
| Lunch | Taco (Whole Grain) Corn Applesauce Milk | Hamburger Gravy Mashed Potatoes Butter Bread (Whole Grain) Pineapple Milk | Mini Corn Dogs (Whole Grain) Bakes Beans Mixed Fruit Milk | Sub Sandwich (Whole Grain) Carrot Sticks/ Carrots (Infants) Apple Slices Milk | Cheese Pizza (Whole Grain) Green Beans Peaches Milk |
| Snack | Vanilla Wafers 100% Fruit Juice | Mini Alphabet Cookies (Whole Grain) 100% Fruit Juice | Carrots & Celery w/Ranch Animal Crackers (Infants) (Whole Grain) 100% Fruit Juice | Pretzels 100% Fruit Juice | String Cheese Crackers (Whole Grain) Water |

Menu #4

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|--|---|--|--|--|
| Breakfast | Cereal (Crispy Rice) Pineapple Milk | Sugar Donuts Peaches Milk | Cereal (Toasty O's) (Whole Grain) Banana Milk | Apple Cinnamon Loaf (Whole Grain) Fruit Cocktail Milk | Pancakes 100% Fruit Juice Milk |
| Lunch | Chicken Nuggets (Whole Grain) Butter Bread (Whole Grain) Corn Peaches Milk | Hot Ham Slice Butter Bread (Whole Grain) Mixed Vegetables Pineapple Milk | Spaghetti w/ Meat Garlic Bread (Whole Grain) Salad Orange Slices Milk | Sloppy Joe Sandwich Peas Pears Milk | Meatballs Butter Bread (Whole Grain) Green Beans Applesauce Milk |
| Snack | Cinnamon Graham Crackers (Whole Grain) 100% Fruit Juice | Trail Mix (Whole Grain) 100% Fruit Juice | Goldfish 100% Fruit Juice | Animal Crackers (Whole Grain) 100% Fruit Juice | Rainbow Toast (bread, colored h2o) (Whole Grain) Orange Slices Water |



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Menu #5

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|--|---|--|---|---|
| Breakfast | Cereal (Life) (Whole Grain) Peaches Milk | Cereal (Crispy Rice) Pineapple Milk | French Toast Sticks (Whole Grain) 100% Fruit Juice Milk | Cereal (Toasty O's) (Whole Grain) Banana Milk | Pancakes Applesauce Milk |
| Lunch | Hamburger Patty Butter Bread (Whole Grain) French Fries Mandarin Oranges Milk | Chicken Patty (Whole Grain) Corn Peaches Milk | Cheese Pizza (Whole Grain) Green Beans Applesauce Milk | Hotdog w/Bun Butter Bread (Infants) (Whole Grain) Baked Beans Mixed Fruit Milk | Sub Sandwich (Whole Grain) Carrot Sticks/ Carrots (Infants) Orange Slices Milk |
| Snack | Pretzels 100% Fruit Juice | Yogurt Graham Cracker (Whole Grain) Water | Cheese & Crackers Water | Cheez-Its 100% Fruit Juice | Mini Alphabet Cookies (Whole Grain) 100% Fruit Juice |

Menu #6

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|---|---|--|---|--|
| Breakfast | Cereal (Corn Flakes) Pineapple Milk | Apple Cinnamon Loaf (Whole Grain) Fruit Cocktail Milk | Cereal (Kix) (Whole Grain) Peaches Milk | Pancakes 100% Fruit Juice Milk | Cereal (Life) (Whole Grain) Banana Milk |
| Lunch | Mini Corn Dogs (Whole Grain) Corn Applesauce Milk | Tuna Noodle Casserole Butter Bread (Whole Grain) Peas Mixed Fruit Milk | Salisbury Steak Butter Bread (Whole Grain) Mashed Potatoes Peaches Milk | Fish Sticks (Whole Grain) Butter Bread (Whole Grain) Green Beans Pineapple Milk | Macaroni & Cheese w/Diced Ham Peas Fruit Cocktail Milk |
| Snack | Goldfish (Whole Grain) 100% Fruit Juice | String Cheese 100% Fruit Juice | Pizza Biscuit (pizza sauce, cheese, biscuit) 100% Fruit Juice | Vanilla Wafers Banana Water | Trail Mix (Whole Grain) 100% Fruit Juice |



Rhodes State College Child Care Center Meal Requirements



Breakfast must contain **2 food groups PLUS fluid milk...**

| | Age 1-2 years | Age 3-5 years |
|-------------------|---------------|---------------|
| Milk | 4 oz. | 6 oz. |
| Fruit/Vegetable | 1/4 cup | 1/2 cup |
| Grains/Breads | 1/2 slice | 1/2 slice |
| Pasta | 1/4 cup | 1/3 cup |
| Meat or alternate | 1/3 oz. | 1/2 oz. |

*Water may be served, plus offered throughout the day.

Lunch must contain **3 food groups PLUS fluid milk...**

| | Age 1-2 years | Age 3-5 years |
|-------------------|---------------|---------------|
| Milk | 4 oz. | 6 oz. |
| Fruit/Vegetable | 1/4 cup | 1/2 cup |
| Grains/Breads | 1/2 slice | 1/2 slice |
| Pasta | 1/4 cup | 1/4 cup |
| Meat or alternate | 1 oz. | 1 ½ oz. |

*Water may be served, plus offered throughout the day.

Snack must contain **2 food groups...**

| | Age 1-2 years | Age 3-5 years |
|-------------------|---------------|---------------|
| Milk | 1/2 cup | 1/2 cup |
| Fruit/Vegetable | 1/2 cup | 1/2 cup |
| Grains/Breads | 1/2 slice | 1/2 slice |
| Dry Cereal | 1/4 cup | 1/3 cup |
| Meat or alternate | 1/2 oz. | 1/2 oz. |

*Water may be served, plus offered throughout the day.