

## Luv "N" Fun Family Daycare

BUILDING YOUR CHILD'S FUTURE

**SITE NAME** 

## WEEKLY MENU 2 LOVE N FUN FAMILY DAYCARE

AGE SERVED

**TODDLERS 1-2** 

le Milk //2 cup //ilk akes //4 cup	Whole Milk 2% Milk	½ cup	Whole Milk 2% Milk	½ cup	Whole Milk	½ cup	Whole Milk	½ cup
akes ¼ cup					2% Milk		2% Milk	
	Cereal	½ Cup	Oatmeal	½ slice	Whole wheat	½Slice	Waffle	1/4
vberries 4 cup	Banana	1/4 Cup	Raspberries	1/4 cup	toast	1/4 <b>cup</b>		Slice
voerries 74 cup	Банана	74 Cup	Kaspberries	/4 Cup	Blue berries	1/4cup	Grapes	¼ Cup
	Whole Milk 2% Milk	1/2 Cup	Whole Milk 2% Milk)	½ Cup	Whole Milk 2% Milk	½ cup	Whole Milk 2% Milk	½ Cup
fish ½ slice	Teddy Grahams	⅓ cup	Mini Banana Muffin		Nilla Cookies	1/ <sub>2</sub> Cup	Cheese Crackers	1/4 Cup
	Whole Milk 2% Milk	½ Cup	Whole Milk 2% Milk	½ Cup	Whole Milk 2%Milk	½ Cup	Whole Milk 2% Milk (2Years)	½ Cup
er	*Water Lasagna	⅓ cup	Water Turkey	½ Slice	*Water Mac N		*Water	
¼ Cur			Sandwich	1 oz	Cheese	¼ Cup	Waffle fries	1/4 cup
	Carrots	1/. oup	Baked	1 02	Progodi	1/. Cup	Chicken	1 0z
coli	Whole Wheat		Chips	¼ Cup	Dioccon	74 Cup		
	Bread	½ slice	Carrot		Whole wheat	1/4 Roll	Carrots	1/4 cup
¹⁄4 cup					roll		Applesauce	½ cups
	le Milk ½ Cup Milk	Milk  1/2 cup  2% Milk  Teddy Grahams  le Milk Wilk  2/2 Cup Whole Milk 2% Milk  *Water Lasagna  1/4 Cup  ken Carrots 1 oz coli 1/4 cup Bread	Milk  1/2 cup  2% Milk  Cup  Teddy Grahams  1/4 cup  le Milk Milk  Y2 Cup Whole Milk  2% Milk  *Water Lasagna  1/4 cup  ken 1 oz coli berries  1 vcup  Whole Wheat Bread  1/2 slice	Milk    ½ cup   2% Milk   Cup   2% Milk     ½ slice   Teddy   Grahams   ¼ cup   Mini   Banana   Muffin     Le Milk   ½ Cup   Whole Milk   ½ Cup   Whole Milk   2% Milk     2% Milk   ½ Cup   Water   Turkey   Sandwich     ken	Milk ½ cup 2% Milk Cup 2% Milk)  Teddy Grahams ¼ cup Mini Banana Muffin  Le Milk ½ Cup Whole Milk 2% Milk  Er *Water Lasagna ¼ cup Sandwich  *Water Turkey Sandwich  Le Milk ¼ Cup Whole Milk ½ Cup Whole Milk ½ Cup ½ Slice Turkey Sandwich  *Water Lasagna ¼ cup Baked Potato Chips ¼ Cup Whole Wheat Bread ½ slice Carrot  **Carrots	Milk ½ cup 2% Milk Cup 2% Milk)  Teddy Grahams ¼ cup Banana Muffin  Nilla Cookies  Nilla Cookies	Milk ½ cup 2% Milk Cup 2% Milk)  Teddy Grahams ¼ cup Mini Banana Muffin  Nilla Cookies ½ Cup  Whole Milk 2% Milk  Ya Cup Whole Milk 2% Milk  Ya Cup Whole Milk 2% Milk  Ya Cup Whole Milk 2% Milk  Water Turkey Sandwich  Ya Cup Water Mac N Cheese ¼ Cup  Sandwich  Toz Whole Wheat Bread  Ya Cup Whole Wheat Bread  Ya Cup Carrot  Whole Wheat 1/4 Cup Whole wheat 1/4 Roll	le Milk Wilk

P.M. SNACK	Whole Milk 2% Milk	1/4 cup	Cottage Cheese	4oz	Yogurt	4oz	Whole Milk 2% Milk	1/2 cup	Whole Milk 2% Milk	½ cup
	Popcorn Strawberries	¼ Cup ¼ Cup	Pita Chips Raspberries	1/4 Cup 1/4 Cup	Banana	¼ Cup	Apples Crackers	½ Slice ½ Cup	Teddy Grahams	½ Cup

SITE NAME

## WEEKLY MENU 2 LOVE N FUN FAMILY DAYCARE

**AGES** 

PRESCHOOL AGE 3,4.5

MEAL PATTERN	MONDAY	AMT	TUESDAY	AMT	WEDNESDAY	AMT	THURSDAY	AMT	FRIDAY	AMT
BREAKFAST:	2% Milk	¾ Cup	2% Milk	¾ Cup	2% Milk	¾ Cup	2% Milk	¾ Cup	2% Milk	3/4 Cup
BREAKI AST.	Corn Flakes	½ Cup	Waffles	½ Slice		½ Slice		½ Cup		1/2
				½ Cup	Whole wheat bagel		Oatmeal		French Toast	Slice\
	Oranges	½ Cup	Strawberries	/2 Cup		½ oz	Blueberries	½ Cup	Strawberries	½ Cup
					Cream Cheese					
						½ Cup				
					Strawberries					
A.M. SNACK	100%									
	Unsweetened	1/ 6	100%	1, 6	100%	1/2	2% Milk	¾ Cup	2% Milk	¾ Cup
	Juice	½ Cup	Unsweetened Juice	½ Cup	Unsweetened Juice	Cup				
	Goldfish	¼ Cup	Pretzels	½ Cup			Popcorn	½ Cup	Banana Nut	½ slice
						½ cup	Banana	½ cup	Bread	

					Teddy Grahams					
LUNCH:	2% Milk *Water Turkey Sandwich  Whole Wheat Bread  Carrots Apples	3/4 Cup 3/4 Egg 1/2 slice 1/2 cup 1/2 cup	2% Milk *Water Spaghetti Meatballs Cucumber	3/4 cup 1/2 cup 1-11/2 oz 1/4 cup 1/2 cup	2% Milk *Water  Rice  Chicken  Carrots Orange	3/4 Cup 1/4 Cup 1-1/2 0z 1/2 cup 1/4 cup	2% Milk *Water Waffle Fries Chicken nuggets Cucumbers Grapes	3/4 Cup 10z 1-10z 1/2 cup 1/4 Cup	2% Milk *Water Lasagna Whole wheat dinner roll  Cauliflower Apples	3/4 Cup 1/2 Cup 1/4 roll 1/2 Cup 1/4 cup
P.M. SNACK	2% Milk  Sweet potato chips  Grapes	3/4 Cup 1/2 Cup 1/4 cup	2% Milk Trail Mix	3/4 Cup 1/2 Cup	2% Milk Banana Nut Bread	3/4 Cup 1/2 slice	2% Milk Pita Chips Hummus	3/4 Cup 1/2 cup 3 tables poons	2% Milk  Applesauce  Baked chips	3/4 Cup  1/4  cup 1/4  cup