



Luv "N" Fun
Family Daycare
BUILDING YOUR CHILD'S FUTURE

WEEKLY MENU 2

SITE NAME

LOVE N FUN FAMILY DAYCARE

AGE SERVED

TODDLERS 1-2

MEAL PATTERN	MONDAY	AMT	TUESDAY	AMT	WEDNESDAY	AMT	THURSDAY	AMT	FRIDAY	AMT
<u>BREAKFAST:</u>	Whole Milk 2% Milk	½ cup	Whole Milk 2% Milk	½ cup	Whole Milk 2% Milk	½ cup	Whole Milk 2% Milk	½ cup	Whole Milk 2% Milk	½ cup
	Pancakes	¼ cup	Cereal	¼ Cup	Oatmeal	½ slice	Whole wheat toast	½Slice	Waffle	¼ Slice
	Strawberries	¼ cup	Banana	¼ Cup	Raspberries	¼ cup	Blue berries	1/4cup	Grapes	¼ Cup
<u>A.M. SNACK</u>	Whole Milk 2% Milk	½ 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
	Goldfish	½ slice	Teddy Grahams	¼ cup	Mini Banana Muffin		Nilla Cookies	½ Cup	Cheese Crackers	¼ Cup
<u>LUNCH:</u>	Whole Milk 2% Milk	½ 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
	Water		*Water Lasagna	¼ cup	Water Turkey Sandwich	½ Slice	*Water Mac N Cheese	¼ Cup	*Water	
	Rice	¼ Cup				1 oz			Waffle fries	¼ cup
	Chicken	1 oz	Carrots	¼ cup	Baked Potato Chips	¼ Cup	Broccoli	¼ Cup	Chicken nuggets	1 0z
	Broccoli	¼ cup	Whole Wheat Bread	½ slice	Carrot		Whole wheat roll	¼ Roll	Carrots	¼ cup
	Raspberries	¼ cup							Applesauce	¼ cups
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P.M. SNACK	Whole Milk 2% Milk	¼ cup	Cottage Cheese	4oz	Yogurt	4oz	Whole Milk 2% Milk	1/2 cup	Whole Milk 2% Milk	½ cup
	Popcorn	¼ Cup	Pita Chips	¼ Cup	Banana	¼ Cup	Apples	½ Slice	Teddy Grahams	½ Cup
	Strawberries	¼ Cup	Raspberries	¼ Cup			Crackers	½ Cup		

WEEKLY MENU 2

SITE NAME

LOVE N FUN FAMILY DAYCARE

AGES

**PRESCHOOL
AGE 3,4.5**

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

					Teddy Grahams					
<u>LUNCH:</u>	2% Milk *Water Turkey Sandwich Whole Wheat Bread Carrots Apples	¾ Cup ¾ Egg ½ slice ½ cup ½ cup	2% Milk *Water Spaghetti Meatballs Cucumber Kiwi	¾ cup ½ cup 1-11/2 oz ¼ cup ½ cup	2% Milk *Water Rice Chicken Carrots Orange	¾ Cup ¼ Cup 1-1/2 oz ½ cup ¼ cup	2% Milk *Water Waffle Fries Chicken nuggets Cucumbers Grapes	¾ Cup 1oz 1-1oz ½ cup ¼ Cup	2% Milk *Water Lasagna Whole wheat dinner roll Cauliflower Apples	¾ Cup ½ Cup ¼ roll ½ Cup ¼ cup
<u>P.M. SNACK</u>	2% Milk Sweet potato chips Grapes	¾ Cup ½ Cup ¼ cup	2% Milk Trail Mix	¾ Cup ½ Cup	2% Milk Banana Nut Bread	¾ Cup ½ slice	2% Milk Pita Chips Hummus	¾ Cup ½ cup 3 tables poons	2% Milk Applesauce Baked chips	¾ Cup ¼ cup¼ cup