



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

WEEKLY MENU 1

SITE NAME	LOVE N FUN FAMILY DAYCARE				AGE SERVED	TODDLERS 1-2				
MEAL PATTERN	MONDAY	AMT	TUESDAY	AMT	WEDNESDAY	AMT	THURS DAY	AMT	FRIDAY	AMT
<u>BREAKFAST:</u> MILK, FLUID JUICE/FRUIT/VEGETABLE GRAIN/BREAD	Whole Milk 2% Milk (2 years) Kix Oranges	½ cup ¼ cup ¼ cup	Whole Milk 2% Milk (2 years) Oatmeal Grapes	½ cup ¼ Cup ¼ Cup	Whole Milk 2% Milk (2 years) French toast Strawberries	½ cup ½ slice ¼ cup	Whole Milk 2% Milk (2 years} Waffles Blue berries	½ cup ½Slice 1/4cup	Whole Milk 2% Milk (2 years) Cornflakes Peaches	½ cup ¼ Cup ¼ Cup
<u>A.M. SNACK (SELECT 2)</u> MILK, FLUID MEAT/MEAT ALTERNATE FRUIT/JUICE/VEGETABLE GRAIN/BREAD	Whole Milk 2% Milk (2 years) English Muffin	½ cup ½ slice	Whole Milk 2% Milk (2 years) Teddy Grahams	1/2 Cup ¼ cup	Whole Milk 2% Milk) 2 Years) Apple sauce	½ Cup ¼ cup	Whole Milk 2% Milk (2Years) Cornbread	½ cup ½ slice	Whole Milk 2% Milk (2 Years) Banana	½ Cup ¼ Cup
<u>LUNCH:</u> MILK, FLUID MEAT/MEAT ALTERNATE FRUIT/JUICE/VEGETABLE FRUIT OR VEGETABLE GRAIN/BREAD	Whole Milk 2% Milk (2 Years) *Water Whole wheat pasta Chicken Broccoli	½ Cup ¼ Cup 1 oz ¼ cup	Whole Milk 2% Milk (2 Years) *Water Corn Fish Carrots Whole Wheat Bread	½ Cup ¼ cup 1 oz ¼ cup ½ slice	Whole Milk 2% Milk (2Years) Mashed Potatoes Baked Chicken Broccoli Whole Wheat Bread	½ Cup ¼ Cup 1 oz ¼ Cup ½ slice	Whole Milk 2%Milk (2Years) *Water Sweet baked Potatoes Chicken Nuggets	½ Cup ¼ Cup 1oz ¼ Cup ¼ cup	Whole Milk 2% Milk (2Years) *Water Rice Chicken Cucumbers Apples	½ Cup ¼ cup 1oz ¼ cup

							Zucchini Barley			
SS <u>P.M. SNACK (SELECT 2)</u> MILK, FLUID MEAT/MEAT ALTERNATE FRUIT/JUICE/VEGETABLE GRAIN/BREAD	Whole Milk 2% Milk (2 Years) Strawberries	¼ cup ¼ Cup	Cottage Cheese Raspberries	4oz ¼ Cup	Yogurt Banana	4oz ¼ Cup	Whole Milk 2% Milk (2Years) Teddy Graham s	1/2 cup ½ slice	Whole Milk 2% Milk (2 Years) English Muffin	½ cup ½ Slice

WEEKLY MENU 1

SITE NAME	LOVE N FUN FAMILY DAYCARE	AGE	PRESCHOOL AGE 3-5
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MEAL PATTERN	MONDAY	AMT	TUESDAY	AMT	WEDNESDAY	AMT	THURSDAY	AMT	FRIDAY	AMT
<u>BREAKFAST:</u> MILK, FLUID FRUIT/JUICE/VEGETABLE GRAIN/BREAD	2% Milk Whole Wheat Bagel Real Natural Cheese Oranges	¾ Cup ½ Slice ½ oz. ½ Cup	2% Milk Honey bunches of oats Grapes	¾ Cup 1/3 Cup ½ Cup	2% Milk French Toast Strawberries	¾ Cup ½ Slice ½ Cup	2% Milk Waffles Blueberries	¾ Cup ½ Slice ½ Cup	2% Milk Cornflakes Peaches	¾ Cup 1/3 Cup ½ Cup
<u>A.M. SNACK (SELECT 2)</u> MILK, FLUID	100% Unsweetened Juice	½ Cup	100% Unsweetened	½ Cup	100% Unsweetened	½ Cup	2% Milk	¾ Cup	2% Milk	¾ Cup

MEAT/MEAT ALTERNATE FRUIT/JUICE/VEGETABLE GRAIN/BREAD	Tortilla Chips	¼ Cup	Juice Popcorn	½ Cup	Juice Trail Mix	½ cup	Applesauce	½ Cup	English Muffin	½ slice
<u>LUNCH:</u> MILK, FLUID MEAT/MEAT ALTERNATE FRUIT/JUICE/VEGETABLE FRUIT OR VEGETABLE GRAIN/BREAD	2% Milk *Water Egg Whole Wheat Bread Broccoli Apples	¾ Cup ¾ Egg ½ slice ½ cup ½ cup	2% Milk *Water Whole grain pasta Chicken Cauliflower Kiwi	¾ cup ½ cup 1-1/2 ¼ cup ½ cup	2% Milk *Water Mashed Potatoes Chicken Cornbread Carrots Orange	¾ Cup ¼ Cup 1-1/2 oz ½ Slice ½ cup ¼ cup	2% Milk *Water Turkey Whole Wheat Bread Green Beans Grapes	¾ Cup 1-1/2oz ½ slice ½ cup ¼ Cup	2% Milk *Water Rice Chicken Cucumber Blueberries	¾ Cup ½ Cup 1-1/2 oz ½ Cup ¼ cup
<u>P.M. SNACK (SELECT 2)</u> MILK, FLUID MEAT/MEAT ALTERNATE FRUIT/JUICE/VEGETABLE GRAIN/BREAD	2% Milk Pretzels	¾ Cup ½ Cup	2% Milk Yogurt	¾ Cup ½ Cup	2% Milk English Muffin	¾ Cup ½ slice	2% Milk Pita Chips Hummus	¾ Cup ½ cup 3 tables poons	2% Milk Popcorn	¾ Cup ¼ cup