



Jack and Jill Childcare – Blaine & St. Anthony

Menu: Week of October 16-20, 2017

Fire Safety!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast</p> <p>Apple Cinnamon Cheerios Peaches Milk</p>	<p>Breakfast</p> <p>Raisin Biscuit Applesauce Milk</p>	<p>Breakfast</p> <p>Breakfast Bar Blueberries Milk</p>	<p>Breakfast</p> <p>Oatmeal w/Cinnamon Pears Milk</p>	<p>Breakfast</p> <p>Corn Flakes Cereal Bananas Milk</p>
<p>Lunch</p> <p>Pancakes Turkey Sausage Fruit Cocktail Hash browns Milk</p>	<p>Lunch</p> <p>Soy Nut Butter and Banana Roll-Up Cheese Stick Carrots Milk</p>	<p>Lunch</p> <p>Chef's Choice Vegetables Fruit Milk</p>	<p>Lunch</p> <p>Beef Sloppy Joes On Roll Sweet Potato Fries Corn Milk</p>	<p>Lunch</p> <p>Cheese Tortellini w/Herb Butter Sauce Green Beans Warm Apple Slices Milk</p>
<p>Snack</p> <p>Goldfish Graham Crackers Juice SA: PLUS FRUIT</p>	<p>Snack</p> <p>Chex Mix Milk SA: PLUS FRUIT</p>	<p>Snack</p> <p>Swiss American Cheese Slice Oyster Cracker Juice SA: PLUS FRUIT</p>	<p>Snack</p> <p>Nutri-Grain Bar Juice SA: PLUS FRUIT</p>	<p>Snack</p> <p>Whole Wheat Cheez-Its Apple Juice SA: PLUS FRUIT</p>

Serving Sizes: Ages 1-2
Ages 3-5
Ages 6-12

Milk: ½ cup
Milk: ¾ cup
Milk: 1 cup

Grain: ½ serving
Grain: ½ serving
Grain: 1 serving

Protein: 1oz
Protein: 1.5oz
Protein: 2oz

Fruit/Vegetable: ¼ cup
Fruit/Vegetable: ½ cup
Fruit/Vegetable: ½ cup

*Protein, fruit and vegetable serving size adjust for snack



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