



Jack and Jill Childcare – Blaine & St. Anthony

Menu: Week of October 2-6, 2017

Hello Fall & Leaves!

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| Breakfast Rice Krispy Cereal Fresh Fruit Milk | Breakfast Pancakes with Syrup Mandarin Oranges Milk | Breakfast Cheerios Bananas Milk | Breakfast Cheerios Cereal Bar Apples/Applesauce Milk | Breakfast Corn Flakes Cereal Bananas Milk |
| Lunch Hamburger on Roll Baked French Fries Broccoli Milk | Lunch Cheese Pizza Pineapple Cooked Diced Carrots Milk | Lunch Chicken Bites & BBQ Sauce Mashed Potatoes Baked Beans Milk | Lunch Spaghetti with ground beef & Marinara Sauce Green Beans Fruit Cocktail Milk | Lunch Fish Sticks w/Tartar Sauce Sweet Potato Fries Peas Milk |
| Snack Mozzarella Cheese Stick Crackers Apple Juice SA: PLUS FRUIT | Snack Whole Wheat Cheez-Its Milk SA: PLUS FRUIT | Snack ¼ Banana Graham Crackers Juice SA: PLUS FRUIT | Snack Orange Quarter Oyster Crackers Milk SA: PLUS FRUIT | Snack Goldfish Crackers Cranberry Juice SA: PLUS FRUIT |

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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| Serving Sizes: Ages 1-2 | Milk: ½ cup | Grain: ½ serving | Protein: 1oz | Fruit/Vegetable: ¼ cup |
| Ages 3-5 | Milk: ¾ cup | Grain: ½ serving | Protein: 1.5oz | Fruit/Vegetable: ½ cup |
| Ages 6-12 | Milk: 1 cup | Grain: 1 serving | Protein: 2oz | Fruit/Vegetable: ½ cup |

*Protein, fruit and vegetable
serving size adjust for snack