



# Jack and Jill Childcare – Blaine & St. Anthony

## Menu: Week of October 9-13, 2017

### Four Seasons!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Rice Krispies Fresh Fruit Milk	<b>Breakfast</b> Cereal Fruit Grain Bar Apples/Applesauce Milk	<b>Breakfast</b> Apple Cinnamon Cheerios Bananas Milk	<b>Breakfast</b> Cottage Cheese & Peaches Raisin Muffin Milk	<b>Breakfast</b> Corn Flakes Cereal Bananas Milk
<b>Lunch</b> Rice, Broccoli and Chicken in Cheese Sauce Mandarin Oranges Milk	<b>Lunch</b> Beef Stroganoff over noodles Green Beans Pineapple Milk	<b>Lunch</b> Cheese & Refried Bean Enchiladas Rice and Corn Milk	<b>Lunch</b> Sloppy Joes with Ground Turkey on Roll Baked Beans Roasted Potatoes Milk	<b>Lunch</b> Mini Turkey Corn Dogs Baked Sweet Potato Fries Jello with Fruit Milk
<b>Snack</b> Pretzels Juice SA: PLUS FRUIT	<b>Snack</b> Whole wheat Crackers Cheese Slice Milk SA: PLUS FRUIT	<b>Snack</b> ¼ Banana Oyster Crackers Juice SA: PLUS FRUIT	<b>Snack</b> Goldfish Crackers Milk SA: PLUS FRUIT	<b>Snack</b> String Cheese Stick Saltines 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



Copy of Jack and Jill Childcare  
and cannot be reproduced.