



# Jack and Jill Childcare – Blaine & St. Anthony

## Menu: Week of September 18-22, 2017

### Fall Vegetables Week!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Corn Flakes Cereal Fruit Milk	<b>Breakfast</b> Blueberry Muffin Orange Quarters Milk	<b>Breakfast</b> Cheerios Cereal Bananas Milk	<b>Breakfast</b> Strawberry Yogurt Blueberries Milk	<b>Breakfast</b> Rice Krispies Cereal Bananas Milk
<b>Lunch</b> Open Face Tuna Melt on English Muffin Peaches Cooked Carrots Milk	<b>Lunch</b> Spanish Rice w/Ground Beef Peas Pears Milk	<b>Lunch</b> Ground Beef over Mashed Potatoes & Gravy Green Beans Peaches Milk	<b>Lunch</b> Homemade Vegetable Soup! Toasted Cheese Sandwich Milk	<b>Lunch</b> House Made Cheese Pizza Mixed Veggies Pineapple Milk
<b>Snack</b> Cinnamon Goldfish Milk SA: PLUS FRUIT	<b>Snack</b> Veggies & Ranch Tods: Saltines & Dip Milk SA: PLUS FRUIT	<b>Snack</b> Saltines Cheese Slice Cranberry Juice SA: PLUS FRUIT	<b>Snack</b> Goldfish Crackers Juice SA: PLUS FRUIT	<b>Snack</b> Strawberry Yogurt Nutri- Grain Bar 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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