



Jack and Jill Childcare – Blaine & St. Anthony

Menu: Week of September 25-29, 2017

Shape-Up With Shapes!

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Corn Flakes Cereal Apples/Applesauce Milk	Breakfast Rice Krispies Peaches Milk	Breakfast Apple Cinnamon Cheerios Applesauce Milk	Breakfast Cinnamon Oatmeal Blueberries Milk	Breakfast Strawberry Yogurt Bananas Milk
Lunch Ground Beef & Gravy Over Mashed Potatoes Peas Pears Milk	Lunch Spanish Rice with Ground Turkey & Black Beans Pineapple Milk	Lunch SoyNut Butter & Banana Roll-Up Cheese Stick Green Beans Milk	Lunch Whole Wheat Cheese Pizza Corn Mixed Fruit Milk	Lunch Cold Tuna Sandwich on Whole wheat Bread Cooked Carrots Pears Milk
Snack Graham Crackers CranApple Juice SA: PLUS FRUIT	Snack Fruit Muffin Juice SA: PLUS FRUIT	Snack Carrots/Saltines and Ranch Apple Juice SA: PLUS FRUIT	Snack Cheerios 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