

North Queen Anne Child Care Center Menu

Serving sizes based on children ages 3-5 years

		Monday	Tuesday	Wednesday	Thursday	Friday
W E E K 1	Morning Snack	Oatmeal	½ cup low-fat cottage cheese ½ cup mixed fruit in light syrup	Mixed Fruit (1/2 cup) & cheese (1/2 oz) kabobs	Cold cereal and milk	1 slice – toast and jam ¾ cup – 1% milk
	Lunch	¾ cup – 1% milk ¾ cup – Cheeseburger Pasta Bake* ½ cup – frozen peas, cooked ½ cup- melon chunks	¾ cup – 1% milk 5 (3oz) – chicken nuggets w/ low fat ranch and catsup ½ cup – frozen green beans, cooked ½ cup – orange slices	¾ cup – 1% milk 1 cup – chicken vegetable soup* 1 – whole grain bread stick ½ cup – apple slices	¾ cup – 1% milk ½ -ham (1 ½ oz) and cheese sandwich on 1 slice whole wheat bread ½ cup- frozen mixed vegetables, cooked ½ cup- peaches in light syrup	¾ cup – 1% milk 1 slice (5 oz.) - cheese pizza ½ cup – frozen carrots, cooked ½ cup- unsweetened applesauce
	Afternoon Snack	¼ cup - tomato basil hummus ½ cup - raw vegetables	¾ cup-1% milk 1 sheet-graham crackers 1/2 cup mixed fruit	¾ cup- 1% milk 1 whole grain soft pretzel & marinara sauce	½ cup apple slices 1 oz. cheese	½ cup raw baby carrots 2 tbsp. low-fat ranch dressing
	5:00 Snack	Ritz Crackers	Graham Crackers	Animal Crackers	Gold Fish	Cheez-Its