

North Queen Anne Child Care Center Menu

Serving sizes based on children ages 3-5 years

W E E K 2	Morning Snack	¾ cup- 1% chocolate milk 1 slice- whole grain cinnamon raisin bread w/ light cream cheese	Oatmeal	Cold Cereal	Mixed Fruit (1/2 cup) & cheese (1/2 oz) kabobs	2 oz. vanilla yogurt ½ cup mixed fruit in light syrup Served separately
	Lunch	¾ cup – 1% milk 2/3 cup – chicken, vegetable and rice casserole* ½ cup- frozen peas, cooked ½ cup- pears in light syrup	¾ cup – 1% milk ½ -tuna (1 ½ oz) and cheese sandwich on 1 slice whole grain bread ½ cup- frozen mixed vegetables, cooked ½ cup – orange slices	¾ cup – 1% milk 2 beef tacos* ½ cup- sliced peaches in light syrup	¾ cup – 1% milk ½ cup- whole grain cheese raviolis with tomato meat sauce ½ cup – frozen carrots, cooked ½ cup- apple slices	¾ cup – 1% milk 2 – chicken strips w/ catsup & low fat ranch 6 – sweet potato wedges ½ cup melon chunks
	Afternoon Snack	8- low fat animal crackers 1 cup- 1% milk	2-3 Ants on a Log* 3 Ants on a Log* 1 cup – 1% milk crackers	½ cup -Cheerio snack mix* ¾ cup – 1% milk	½ cup – pear slices 1 oz. cheese	1 cup low-fat, air popped popcorn ½ cup – 100% juice
	5:00 Snack	Graham Crackers	Ritz Crackers	Animal Crackers	Gold Fish	Cheez-Its