

North Queen Anne Child Care Center Menu

Serving sizes based on children ages 3-5 years

		Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 3	Morning Snack	Oatmeal	Cold Cereal	Mixed Fruit (1/2 cup) & cheese (1/2 oz) kabobs	Cold Cereal	Oatmeal
	Lunch	3/4 cup – 1% milk 1/2 -turkey (1 1/2 oz) and cheese sandwich on 1 slice whole grain bread 6 - sweet potato wedges 1/2 cup- sliced oranges	3/4 cup – 1% milk 1 slice (5 oz.) – pepperoni & cheese pizza 1/2 cup- frozen peas 1/2 cup- unsweetened apple sauce	3/4 cup – 1% milk 1 portion homemade macaroni and cheese* 1/2 cup- frozen green beans, cooked 1/2 cup – peaches in light syrup	3/4 cup – 1% milk 6 pieces- fish sticks w/ tarter sauce 1/2 cup- frozen mixed vegetables, cooked 1/2 cup- sliced pears in light syrup	3/4 cup – 1% milk 1 serving- chicken & vegetable quesadilla* 1/2 cup frozen corn, cooked 1/2 cup-melon chunks
	Afternoon Snack	1/2 cup apple slices 1 oz. cheese	1/4 cup – tomato basil hummus 1/2 cup – raw vegetables	3/4 cup- 1% milk 1 oz.- whole grain soft pretzels & marinara sauce	1/2 cup raw baby carrots 2 tbsp. low-fat ranch dressing	3/4 cup-1% milk 1 sheet-graham crackers
	5:00 Snack	Graham Crackers	Ritz Crackers	Animal Crackers	Gold Fish	Cheez-Its