

North Queen Anne Child Care Center Menu

Serving sizes based on children ages 3-5 years

W E E K 4	Morning Snack	¾ cup- 1% chocolate milk 1 slice- whole grain cinnamon raisin bread w/ light cream cheese	Mixed Fruit (1/2 cup) & cheese (1/2 oz) kabobs	Cold Cereal	2 oz. vanilla yogurt ½ cup mixed fruit in light syrup Served separately	Oatmeal
	Lunch	¾ cup – 1% milk 1 cup- tuna noodle casserole* ½ cup- frozen carrots, cooked ½ cup- pears in light syrup	¾ cup – 1% milk ¾ cup – turkey & brown rice chili* ½ cup- frozen corn, cooked ½ cup- melon chunks	¾ cup – 1% milk ¾ cup- beef stir fry* ¼ cup – steamed brown rice or enriched rice ½ cup- orange slices	¾ cup – 1% milk 1 (5.75 oz)- chicken & mozzarella cheese burrito ½ cup- frozen mixed vegetables 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	2-3 Ants on a Log* 1 cup – 1% milk crackers	8- low fat animal crackers 1 cup- 1% milk	1 cup low-fat, air popped popcorn ½ cup – 100% juice	½ cup – pear slices 1 oz. cheese	½ cup -Cheerio snack mix* ¾ cup – 1% milk
	5:00 Snack	Graham Crackers	Ritz Crackers	Animal Crackers	Gold Fish	Cheez-Its