

## North Queen Anne Child Care Center Menu

\*Serving sizes based on children ages 3-5 years\*

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>W E E K  1</b>	<b>Morning Snack</b>	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
	<b>Lunch</b>	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
	<b>Afternoon Snack</b>	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
	<b>5:00 Snack</b>	Ritz Crackers	Graham Crackers	Animal Crackers	Gold Fish	Cheez-Its

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<b>W E E K  2</b>	<b>Morning Snack</b>	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
	<b>Lunch</b>	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
	<b>Afternoon Snack</b>	8- low fat animal crackers 1 cup- 1% milk	2-3 Ants on a Log*2-3 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
	<b>5:00 Snack</b>	Graham Crackers	Ritz Crackers	Animal Crackers	Gold Fish	Cheez-Its

# Menu - Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>A.M. Snack</b>	1/2 c orange sections and 1/2 whole grain cinnamon roll	Baked scrambled eggs, 1/2 slice whole wheat toast	1/2 c Mixed fruit in light syrup, drained, 1/2 biscuit, and slice of 1/2 oz ham	1/2 c diced fresh Berries or seasonal fruit and 1/3 c cooked oatmeal	1/2 cup fresh banana slices and 1/3 c unsweetened cereal
	3/4 c 1%Milk*	3/4 c 1%Milk*	3/4 c 1%Milk*	3/4 c 1%Milk*	3/4 c 1%Milk*

\*Whole milk for Yellow Ducks and Purple Bunnies Classrooms

<b>Lunch</b>	1/2 turkey breast (3/4 oz) sandwich	1 serving Pepperoni and cheese pizza	Chicken Quesadilla	1 portion macaroni and cheese	1 1/2 oz baked fish fillet
	on whole wheat bread with 1 tsp light mayonnaise	on whole wheat crust (serving = 4"x4" square)	on a 6" tortilla	1/4 c peas and carrots cooked	1/4 c. string green beans
	1/2 c broccoli cheese soup	1/4 c Fresh Fruit	1/2 c cooked corn	1/4 c tropical fruit salad	1 piece corn muffin squares
	1/4 cup applesauce	4 oz low fat yogurt	Fresh Fruit		1/2 c gelatin with fruit
	3/4 cup 1% milk*	3/4 c 1%Milk*	3/4 c 1%Milk*	3/4 c 1%Milk*	3/4 c 1%Milk*

<b>P.M. Snack</b>	2 oz low fat yogurt sprinkled with 1 Tbsp granola	1/4 c mixed dried fruit	1 oz reduced fat cheddar cheese	1 Banana Muffin square	1/4 c lightly steamed carrots and broccoli
		1/2 oz wheat crackers	1/2 c diced pears in extra light syrup	1/2 c 1% milk	1 tbsp low fat salad dressing
	Water**	1/2 c 1% milk*	water	water	1/4 c apple juice

\*\*Water is served with every P.M. Snack even if another beverage is served

<b>5 p.m snack</b>	1/4 c. gold fish crackers and water	4 animal crackers and water	2 ginger snaps and water	4 Ritz crackers and water	1/4 c cheez-it
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<b>W E E K  4</b>	<b>Morning Snack</b>	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
	<b>Lunch</b>	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
	<b>Afternoon Snack</b>	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
	<b>5:00 Snack</b>	Graham Crackers	Ritz Crackers	Animal Crackers	Gold Fish	Cheez-Its