

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

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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

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W E E K 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

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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