

Child Care Village Weekly Menu

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Provider Name _____ Week of December 9, 2012 through December 15, 2012	Provider No. _____ PROVIDER SIGNATURE: _____	Provider signature certifies review of menu to ensure: menu meets local guidelines; meal components reported are the components that were served; substitutions made by provider have been indicated on menu.
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Meal	Components	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Milk*	Milk*	Milk*	Milk*	Milk*	Milk*	Milk*	Milk*
	Fruit or Veg	Peaches	Banana	Strawberries	Blueberries	Banana	Orange	Peaches
	Bread/Grain	Cream of wheat	Waffles	Pancakes	French toast	Cheerios	Pancakes	Banana bread
AM snack /Eve snack	Any 2 different meal components	Mango	Apple	Yogurt	Pears	Mixed fruit	Apricots	Nectarine
		Raisin toast	Triscuits	Granola cereal	Ritz crackers	Raisin toast	Vegetable thins	Bread sticks
Lunch	Milk*	Milk*	Milk*	Milk*	Milk*	Milk*	Milk*	Milk*
	Meat/Alternate	Macaroni & cheese	Scrambled eggs	Chicken bites	Meatball pockets	Cheese quesadillas	Chicken pasta bowl	Tuna salad
	Veg. or Fruit	Cauliflower	Mixed fruit	Broccoli	(tomato sauce)	Spinach salad	Green peas	Lettuce/tomato
	Fruit or Veg.	Green beans	Avocado	Apricots	Peaches	Applesauce	Cauliflower	Grapes, halved
	Bread/Grain	(Macaroni)	English muffin	Whole wheat roll	(Pita bread)	(Flour tortilla)	(Pasta)	Wheat bread
PM snack	Any 2 different meal components	Cantaloupe	Milk*	Orange	Grapes, halved	Kiwi	Yogurt	Apple
		Animal crackers	Oatmeal cookies	Goldfish crackers	Soft pretzel	Wheat thins	Strawberries	Oyster crackers
Dinner	Milk*	Milk*	Milk*	Milk*	Milk*	Milk*	Milk*	Milk*
	Meat/Alternate	Baked chicken	Fish nibbles	Beef meatloaf	Pork chops	Parmesan garlic chicken	Roast beef	Shredded cheese
	Veg. or Fruit	Creamed spinach	Baked sweet potato fries	Mixed veggies	Baked beans	Zucchini	Green beans	on Baked potato
	Fruit or Veg.	Roasted okra	Asparagus	Mashed potatoes	Baked kale	Carrots	Yellow squash	Broccoli
	Bread/Grain	Bread stuffing	Couscous	Dinner roll	Biscuit	Cornbread	Garlic toast	Brown rice

MENU NOTES	Use only whole-grain, enriched or fortified breads, grains and cereals.	Follow CACFP meal pattern charts for serving sizes for each age group.	*Serve only fat-free or 1% milk to children ages 2 and over. Whole milk recommended for children 12 - 24 months. Check local regulations.	Water should be made available to children to drink upon their request. Serve water with snacks when no other beverage is being served.
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Child Care Guidelines Sample Menus And Recipes

Peipei Pang



Child Care Guidelines Sample Menus And Recipes:

Child Care Food Program Cycle Menus and Recipes ,1988 **A Planning Guide for Food Service in Child Care Centers** ,1981 *Publications: Food and Nutrition Service* ,1974 **Menu Magic for Children** ,2002 Food and Nutrition Resources for Grades Preschool Through 6 Shirley King Evans,1998 **Infant, Child and Adolescent Nutrition** Judy More,2013-01-22 This evidence based practical guide provides an introduction to the theory behind child nutrition with practical advice on how to put that theory into practice including case studies key points and activities to help readers learn Divided into three sections the chapters cover prenatal nutrition and nutrition throughout childhood from preterm babies to adolescents up to the age of 18 Section 1 Introduction to the growth nutrients and food groups Section 2 Providing a balanced eating pattern for each age group chapters include expected growth patterns development affecting eating and drinking skills as well as common problems such as reflux in babies fussy eaters in the toddler years and eating disorders and pregnancy in the teenage years Section 3 Common problems disorders that can occur at any stage throughout childhood such as obesity diabetes and food intolerances Chapters will also cover nutritional support in the community reflecting the increasing numbers of chronically sick children who are now managed in the primary care setting This book is essential reading for nutrition and dietetics students as well as student children s nurses and health and social care students It will also be a useful reference for those responsible for the nutritional health of children in primary care and community settings including nurses midwives health visitors GPs social workers nursery nurses early years workers and school nurses *Food Buying Guide for Child Nutrition Programs* ,2001 **Healthy Child Care America** ,1996 **FNS** ,1977 **Building Blocks for Fun and Healthy Meals** ,2000 Describes how to meet children s nutritional needs Includes CACFP meal pattern requirements practical advice on how to serve high quality meals and snacks ideas and tips for menu planning and nutrition education sample menus guidance on keeping and using production records and information on food safety and sanitation

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