

CHILD CARE LICENSING APPROVED MENUS

MEAL	AGE 1-2	AGE 3-5	AGE 6-12	Monday (1)	Tuesday (2)	Wednesday (3)	Thursday (4)	Friday (5)
Breakfast (Serve all 3 of the components listed.)								
1. Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
2. Fruit or Vegetable or 100% Juice	1/4 cup	1/2 cup	1/2 cup	Fruit Cocktail	Peaches	Pineapple	Apple Sauce	Oranges
3. Grain/Bread or Alternate or Cereal Cold, dry or Cereal Hot or Pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/3 cup 1/4 cup	1 slice 3/4 cup 1/2 cup	Bran Muffin	Biscuits	Pancakes	Cheese Toast	Cold Cereal
Other Non-Credible Items					Country Gravy	Syrup		
A.M. Snack (Serve 2 of the 4 components listed.)								
1. Milk	1/2 Cup	1/2 cup	1 cup			Milk		Milk
2. Fruit or Vegetable or 100% Juice	1/2 Cup	1/2 cup	3/4 cup	Apple Sauce	Fruit Cocktail		100% Fruit Juice	
3. Meat or Alternate	1/2 oz.	1/2 oz.	1 oz.					
4. Grain/Bread or Alternate or Cereal Cold, Dry or Cereal Hot or Pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/3 cup 1/4 cup	1 slice 3/4 cup 1/2 cup	Raisin Bread	Pretzels	Corn Bread	Cheese Crackers	Peanut Butter Cookies
Other Non-Credible Items						Honey Butter		
Lunch (Serve all 4 of the components listed.)								
1. Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
2. Meat/Poultry/Fish or Cheese or Cottage Cheese or Eggs (Large) or Cooked Beans or Peanut Butter or Nuts (1/2 Serving) or Yogurt (Commercial Only)	1 oz. 1 oz. 2 oz. 1/2 1/4 cup 2 Tbl. 1/2 oz. 1/2 cup	1 1/2 oz. 1 1/2 oz. 3 oz. 3/4 3/8 cup 3 Tbl. 3/4 oz. 3/4 cup	2 oz. 2 oz. 4 oz. 1 1/2 cup 4 Tbl. 1 oz. 1 cup	Beef & Cheese Stroganoff	Baked Beans & Hot Dogs	Chicken Nuggets (CN Labeled)	Bean & Cheese Burritos (CN Labeled)	Bologna & Cheese Sandwiches
3. Fruit and/or Vegetable (2 different items for a total serving. Serving must be at least 1/8 cup.)	1/4 cup	1/2 cup	3/4 cup	Peas Pineapple	Apple Sauce Corn	Mashed Potatoes Green Beans	Corn Tropical Fruit	Pineapple Carrots & Celery Sticks
4. Grain/Bread or Alternate	1/2 slice	1/2 slice	1 slice	Noodles Bread	Corn Bread	Rolls	Tortilla Shells (Flour or Whole Corn)	Bread
Other Non-Credible Items						Gravy		Mayonnaise & Mustard
P.M. Snack (Serve 2 of the 4 components listed.)								
1. Milk	1/2 cup	1/2 cup	1 cup		Milk		Milk	
2. Fruit or Vegetable or 100% Juice	1/2 cup	1/2 cup	3/4 cup	Apricots		Apple Juice		Fruit Cocktail
3. Meat or Alternate	1/2 oz.	1/2 oz.	1 oz.					
4. Grain/Bread or Alternate or Cereal Cold, Dry or Cereal Hot or Pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/3 cup 1/4 cup	1 slice 3/4 cup 1/2 cup	Crackers	Carrot Cake	Wheat Crackers	Peanut Butter & Jelly Sandwiches	Snack Crackers
Other Non-Credible Items								

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BUREAU OF CHILD CARE LICENSING APPROVED MENUS

MEAL	AGE 1-2	AGE 3-5	AGE 6-12	Monday (6)	Tuesday (7)	Wednesday (8)	Thursday (9)	Friday (10)
Breakfast (Serve all 3 of the components listed.)								
1. Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
2. Fruit or Vegetable or 100% Juice	1/4 cup	1/2 cup	1/2 cup	Fruit Cocktail	Pears	Orange Slices	Apple Sauce	Bananas
3. Grain/Bread or Alternate or Cereal Cold, dry or Cereal Hot or Pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/3 cup 1/4 cup	1 slice 3/4 cup 1/2 cup	English Muffins	Toast	French Toast	Biscuits	Cold Cereal
Other Non-Credible Items					Butter & Jelly	Syrup		
A.M. Snack (Serve 2 of the 4 components listed.)								
1. Milk	1/2 Cup	1/2 cup	1 cup	Milk				Milk
2. Fruit or Vegetable or 100% Juice	1/2 Cup	1/2 cup	3/4 cup		Apple Sauce	Fruit Juice	Vegetable Sticks	
3. Meat or Alternate	1/2 oz.	1/2 oz.	1 oz.					
4. Grain/Bread or Alternate or Cereal Cold, Dry or Cereal Hot or Pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/3 cup 1/4 cup	1 slice 3/4 cup 1/2 cup	Donuts	Bran Muffins	Cinnamon Toast	Saltine Crackers	Oatmeal Cookies
Other Non-Credible Items						Butter		
Lunch (Serve all 4 of the components listed.)								
1. Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
2. Meat/Poultry/Fish or Cheese or Cottage Cheese or Eggs (Large) or Cooked Beans or Peanut Butter or Nuts (1/2 Serving) or Yogurt (Commercial Only)	1 oz. 1 oz. 2 oz. 1/2 1/4 cup 2 Tbl. 1/2 oz. 1/2 cup	1 1/2 oz. 1 1/2 oz. 3 oz. 3/4 3/8 cup 3 Tbl. 3/4 oz. 3/4 cup	2 oz. 2 oz. 4 oz. 1 1/2 cup 4 Tbl. 1 oz. 1 cup	Corn Dogs (CN Labeled) Cheese Sticks	Macaroni & Cheese with Ham	Spaghetti with Meat Sauce & Cheese	Fish Sticks (CN Labeled)	Ham Slices Cheese Slices
3. Fruit and/or Vegetable (2 different items for a total serving. Serving must be at least 1/8 cup.)	1/4 cup	1/2 cup	3/4 cup	Cooked Carrots Pineapple	Fruit Cocktail Green Beans	Green Salad Corn	Mashed Potatoes Cooked Broccoli	Carrots & Celery Sticks Apple Slices
4. Grain/Bread or Alternate	1/2 slice	1/2 slice	1 slice		Macaroni & Bread	Bread & Noodles	Rolls	Snack Crackers
Other Non-Credible Items						Ranch Dressing		Ranch Dressing
P.M. Snack (Serve 2 of the 4 components listed.)								
1. Milk	1/2 cup	1/2 cup	1 cup	Milk			Milk	
2. Fruit or Vegetable or 100% Juice	1/2 cup	1/2 cup	3/4 cup		Pineapple	Apple Slices		Apple Sauce
3. Meat or Alternate	1/2 oz.	1/2 oz.	1 oz.					
4. Grain/Bread or Alternate or Cereal Cold, Dry or Cereal Hot or Pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/3 cup 1/4 cup	1 slice 3/4 cup 1/2 cup	Raisin Bread	Graham Crackers	Vanilla Wafers	Cookies	Crackers
Other Non-Credible Items						pudding		

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BUREAU OF LICENSING APPROVED MENUS

MEAL	AGE 1-2	AGE 3-5	AGE 6-12	Monday (11)	Tuesday (12)	Wednesday (13)	Thursday (14)	Friday (15)
Breakfast (Serve all 3 of the components listed.)								
1. Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Chocolate Milk	Milk	Milk
2. Fruit or Vegetable or 100% Juice	1/4 cup	1/2 cup	1/2 cup	Orange Slices	Grape Fruit Slices	Apricots	Fruit Cocktail	Banana's
3. Grain/Bread or Alternate or Cereal Cold, dry or Cereal Hot or Pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/3 cup 1/4 cup	1 slice 3/4 cup 1/2 cup	Toast	Oatmeal	Whole Wheat Toast	Bagels	Cold Cereal
Other Non-Credible Items				Butter & Jam	Brown Sugar	Butter	Cream Cheese	
A.M. Snack (Serve 2 of the 4 components listed.)								
1. Milk	1/2 Cup	1/2 cup	1 cup			Milk		Milk
2. Fruit or Vegetable or 100% Juice	1/2 Cup	1/2 cup	3/4 cup	Bananas	Tomato Juice		Pineapple Juice	
3. Meat or Alternate	1/2 oz.	1/2 oz.	1 oz.		Cheese Sticks			
4. Grain/Bread or Alternate or Cereal Cold, Dry or Cereal Hot or Pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/3 cup 1/4 cup	1 slice 3/4 cup 1/2 cup	Saltine Crackers		Cold Cereal	Muffins	Animal Crackers
Other Non-Credible Items								
Lunch (Serve all 4 of the components listed.)								
1. Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
2. Meat/Poultry/Fish or Cheese or Cottage Cheese or Eggs (Large) or Cooked Beans or Peanut Butter or Nuts (1/2 Serving) or Yogurt (Commercial Only)	1 oz. 1 oz. 2 oz. 1/2 1/4 cup 2 Tbl. 1/2 oz. 1/2 cup	1 1/2 oz. 1 1/2 oz. 3 oz. 3/4 3/8 cup 3 Tbl. 3/4 oz. 3/4 cup	2 oz. 2 oz. 4 oz. 1 1/2 cup 4 Tbl. 1 oz. 1 cup	Meat Loaf	Baked Chicken	Peanut Butter & Jelly Sandwich Cheese Sticks	Sloppy Joe's	Ham & Cheese Sandwiches
3. Fruit and/or Vegetable (2 different items for a total serving. Serving must be at least 1/8 cup.)	1/4 cup	1/2 cup	3/4 cup	Green Beans Pineapple	Mashed Potatoes Peas	Vegetable Soup Apple Slices	Carrots & Celery Sticks Pears	Broccoli & Cauliflower Fruit Cocktail
4. Grain/Bread or Alternate	1/2 slice	1/2 slice	1 slice	Rice	Rolls	Bread	Hamburger Buns	Bread
Other Non-Credible Items					Gravy			Ranch Dressing
P.M. Snack (Serve 2 of the 4 components listed.)								
1. Milk	1/2 cup	1/2 cup	1 cup				Milk	Milk
2. Fruit or Vegetable or 100% Juice	1/2 cup	1/2 cup	3/4 cup	Apple Juice	Apple Sauce			Banana'sl
3. Meat or Alternate	1/2 oz.	1/2 oz.	1 oz.			Cheese Sticks		
4. Grain/Bread or Alternate or Cereal Cold, Dry or Cereal Hot or Pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/3 cup 1/4 cup	1 slice 3/4 cup 1/2 cup	Cereal Trail Mix	Snack Crackers	Snack Crackers	Graham Crackers	Vanilla Wafers
Other Non-Credible Items								Pudding

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BUREAU OF LICENSING APPROVED MENUS

MEAL	AGE 1-2	AGE 3-5	AGE 6-12	Monday (16)	Tuesday (17)	Wednesday (18)	Thursday (19)	Friday (20)
Breakfast (Serve all 3 of the components listed.)								
1. Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
2. Fruit or Vegetable or 100% Juice	1/4 cup	1/2 cup	1/2 cup	Fruit Cocktail	Apple Sauce	Baked Apples	Peaches	Apple Slices
3. Grain/Bread or Alternate or Cereal Cold, dry or Cereal Hot or Pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/3 cup 1/4 cup	1 slice 3/4 cup 1/2 cup	English Muffins	Bagels	Waffles	Toast	Cold Cereal
Other Non-Credible Items					Cream Cheese	Syrup	Butter & Jam	
A.M. Snack (Serve 2 of the 4 components listed.)								
1. Milk	1/2 Cup	1/2 cup	1 cup		Chocolate Milk			Milk
2. Fruit or Vegetable or 100% Juice	1/2 Cup	1/2 cup	3/4 cup	Apple Sauce			100% Fruit Juice	
3. Meat or Alternate	1/2 oz.	1/2 oz.	1 oz.			Cheese Sticks		
4. Grain/Bread or Alternate or Cereal Cold, Dry or Cereal Hot or Pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/3 cup 1/4 cup	1 slice 3/4 cup 1/2 cup	Wheat Crackers	Graham Crackers	Snack Crackers	Vanilla Wafers	Cinnamon Biscuits
Other Non-Credible Items								
Lunch (Serve all 4 of the components listed.)								
1. Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
2. Meat/Poultry/Fish or Cheese or Cottage Cheese or Eggs (Large) or Cooked Beans or Peanut Butter or Nuts (½ Serving) or Yogurt (Commercial Only)	1 oz. 1 oz. 2 oz. 1/2 1/4 cup 2 Tbl. 1/2 oz. 1/2 cup	1 1/2 oz. 1 1/2 oz. 3 oz. 3/4 3/8 cup 3 Tbl. 3/4 oz. 3/4 cup	2 oz. 2 oz. 4 oz. 1 1/2 cup 4 Tbl. 1 oz. 1 cup	Turkey Slices	Beef & Cheese Soft Tacos	Chicken & Rice Casserole with Cheese	Hot Dog Boats	Tuna & Cheese Sandwiches
3. Fruit and/or Vegetable (2 different items for a total serving. Serving must be at least 1/8 cup.)	1/4 cup	1/2 cup	3/4 cup	Corn Mashed Potatoes	Lettuce Fruit Cocktail Green Beans	Green Salad Tropical Fruit	Mashed Potatoes Cooked Mixed Vegetables	Peaches Carrots & Celery Sticks
4. Grain/Bread or Alternate	1/2 slice	1/2 slice	1 slice	Rolls	Tortilla Shells (Flour or Whole Corn)	Rice Bread	Bread	Bread
Other Non-Credible Items				Gravy		Ranch Dressing		Mayonnaise
P.M. Snack (Serve 2 of the 4 components listed.)								
1. Milk	1/2 cup	1/2 cup	1 cup	Milk			Milk	
2. Fruit or Vegetable or 100% Juice	1/2 cup	1/2 cup	3/4 cup		Cauliflower & Broccoli			Tropical Fruit
3. Meat or Alternate	1/2 oz.	1/2 oz.	1 oz.			Turkey & Cheese Slices		
4. Grain/Bread or Alternate or Cereal Cold, Dry or Cereal Hot or Pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/3 cup 1/4 cup	1 slice 3/4 cup 1/2 cup	Peanut Butter Cookies	Saltine Crackers	Snack Crackers	Blue Berry Muffins	Snack Crackers
Other Non-Credible Items					Ranch Dressing			

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