

# MARY BOBB DAY CARE, INC.

## MENU 1

WEEK OF: \_\_\_\_\_



MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>					
Must serve 3 Components					
1. Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Veg/Fruit/Juice	PEACH SLICES	APPLESAUCE	ORANGES	RAISINS QUAKER OATS	STRAWBERRY SLICES
3. Grains/ Breads	RICE KRISPIES	HOME MADE PANCAKES SYRUP	FROOT LOOP CEREAL	PORRIDGE	CHEX WHEAT CEREAL
Other food					
<b>LUNCH</b>					
Must serve 5 Components					
1. Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Meat/Meat Alt.	SLOPPY JOE BURGER	MACARONI SALAD W/ CHICKEN	EGG SALAD SANDWICH	SPAGHETTI & MEAT SAUCE	TURKEY & CHEESE SANDWICH
3. Vegetable/ Fruit	CORN	MIXED VEGETABLES	GARDEN SALAD	SWEET CORN	FRESH CUT GREEN BEANS
4. Vegetable/ Fruit	BELL PEPPER MEDLEY	WATERMELON SLICES	FRUIT CUP	PEACHES	FRESH FRUIT SALAD
5. Grains/ Breads	WHOLE WHEAT BUN	WHOLE WHEAT BREAD BUTTER	WHOLE WHEAT BREAD	WHEAT BREAD BUTTER	WHOLE WHEAT BUN
Other food					
<b>SNACK</b>					
Must serve 2 Components					
1. Fluid Milk	1% Milk	1% Milk	1% Milk		1% Milk
2. Veg/Fruit/Juice				STRAWBERRY YOGURT W/ FRUIT COCKTAIL	
3. Grains/ Breads	CINNAMON RICE CAKES	TOWNHOUSE CRACKERS	APPLESAUCE		GOLD FISH CRACKERS
4. Meat/Meat Alt.					
Other food				WATER	

