

B R E A K F A S T	Food Components	Ages 1-2	Ages 3-5	Ages 6-12
	Fluid Milk	4 oz	6 oz	8 oz
	Vegetables, fruits, or portions of both ⁴	½ cup	½ cup	½ cup
	Grains, bread Whole grain-rich or enriched bread product, such as biscuit, roll or muffin Whole grain-rich, enriched or fortified cooked breakfast cereal ⁸ , cereal grain, and/or pasta Flakes or rounds	½ slice ½ serving ½ cup ½ cup	½ slice ½ serving ½ cup ½ cup	1 slice 1 serving ½ cup 1 cup

L U N C H	Food Components	Ages 1-2	Ages 3-5	Ages 6-12
	Fluid Milk	4 oz	6 oz	8 oz
	Vegetables	1/8 cup	¼ cup	½ cup
	Fruit	1/8 cup	¼ cup	½ cup
	Meat/Meat Alternative	1 ounce	1 ½ ounce	2 ounces
	Grains, bread Biscuit/roll Bun Pita Tortilla Shell Pasta Brown Rice	½ slice ½ serving Serving size ½ shell ½ cup ½ cup	½ slice ½ serving Serving size ½ shell ½ cup ½ cup	1 slice 1 serving Serving size 1 serving ½ cup ½ cup

S N A C K	Food Components	Ages 1-2	Ages 3-5	Ages 6-12
	Fluid Milk	4 oz	6 oz	8 oz
	Meat Alternative/Yogurt Cheese	2 oz or ½ cup 1 slice	2 oz or ½ cup 1 slice	4 oz or ½ cup 2 slices
	Vegetable	½ cup	½ cup	¾ cups
	Fruits, (can, cut or juice)	½ cup	½ cup	¾ cup
	Grains bread Muffin Cereal	½ slice ½ serving ½ cup	½ slice ½ serving ½ cup	1 slice 1 serving 1 cup



Creative Playrooms Montessori & Child Care Centers
Week 1- Panda NEW



THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
WG Cheerios Peaches Milk	Pancake w/jelly Banana Milk	WG Waffles Fruit Juice Milk	Cream of Wheat Apple Juice Milk	Cinnamon Toast Fruit Cocktail Milk
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
Chicken and Cheese WG Tortilla Wrap Broccoli Pineapple Tidbits Milk	Rigatoni and Meatballs Peas Peaches Bread Slice Milk	English muffin cheese w/ pepperoni pizza Green Beans Mixed Fruit Milk	Salami and Cheese WW Sandwich Tomato Soup Diced Pears Milk	Turkey Hotdog on WW bun Baked Beans Banana Milk
<u>Snack</u>	<u>Snack</u>	<u>Snack</u>	<u>Snack</u>	<u>Snack</u>
Corn Chips Salsa Apple Juice	WW Crackers Cheese Slices Water	Apple Slices Graham WG Crackers Water	WW Gold Fish Applesauce Water	WG Cheerio trail mix Fruit Juice

**WW or WG Cereal- Cheerios, Corn Flakes, Rice Krispies, Raisin Bran
and/or Toast is always available for breakfast.
Juice is 100% Vitamin C Fortified Orange Pineapple, Apple, White Grape**

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**Creative Playrooms Montessori & Child Care Centers
Week 2 – Tiger Week NEW**



B R E A K F A S T	Food Components	Ages 1-2	Ages 3-5	Ages 6-12
	Fluid Milk	4 oz	6 oz	8 oz
	Vegetables, fruits, or portions of both ⁴	½ cup	½ cup	½ cup
	Grains, bread Whole grain-rich or enriched bread product, such as biscuit, roll or muffin Whole grain-rich, enriched or fortified cooked breakfast cereal ⁸ , cereal grain, and/or pasta Flakes or rounds	½ slice ½ serving ½ cup ½ cup	½ slice ½ serving ½ cup ½ cup	1 slice 1 serving ½ cup 1 cup

L U N C H	Food Components	Ages 1-2	Ages 3-5	Ages 6-12
	Fluid Milk	4 oz	6 oz	8 oz
	Vegetables	1/8 cup	¼ cup	½ cup
	Fruit	1/8 cup	¼ cup	¼ cup
	Meat/Meat Alternative	1 ounce	1 ½ ounce	2 ounces
	Grains, bread Biscuit/roll Bun Pita Tortilla Shell Pasta Brown Rice	½ slice ½ serving Serving size ½ shell ½ cup ½ cup	½ slice ½ serving Serving size ½ shell ½ cup ½ cup	1 slice 1 serving Serving size 1 serving ½ cup ½ cup

S N A C K	Food Components	Ages 1-2	Ages 3-5	Ages 6-12
	Fluid Milk	4 oz	6 oz	8 oz
	Meat Alternative/Yogurt Cheese	2 oz or ¼ cup 1 slice	2 oz or ¼ cup 1 slice	4 oz or ½ cup 2 slices
	Vegetable	½ cup	½ cup	¾ cups
	Fruits, (can, cut or juice)	½ cup	½ cup	¾ cup
	Grains bread Muffin Cereal	½ slice ½ serving ½ cup	½ slice ½ serving ½ cup	1 slice 1 serving 1 cup

THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
WG Cheerios Mixed Fruit Milk	WG Oatmeal Banana Milk	Scrambled Egg w/cheese WG Toast Apple Juice Milk	French Toast Sticks Grape Juice Milk	WG Cinnamon Toast Orange Smiles Milk
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
Chicken Nuggets Rice Pilaf Fruit Cocktail Mixed Vegetables Bread w/ margarine Milk	Roast Turkey Buttered Noodles Green Beans Pineapple Tidbits Bread w butter Milk	Turkey and Cheese Sandwich Cucumbers Pears Milk	Pasta with peas and chicken Applesauce Pita Triangle Milk	Sloppy Joe on WG bun Diced Peaches Corn Milk
<u>Snack</u>	<u>Snack</u>	<u>Snack</u>	<u>Snack</u>	<u>Snack</u>
WW Bread w/Jelly Apple Slices Water	Yogurt Graham Crackers Fruit Juice	Banana Animal Crackers Water	WG Cheez-Its Grape Juice	Cheerios Applesauce Water

**WW or WG Cereal- Cheerios, Corn Flakes, Rice Krispies, Raisin Bran
and/or Toast is always available for breakfast.
Juice is 100% Vitamin C Fortified Orange Pineapple, Apple, White Grape**

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B R E A K F A S T	Food Components	Ages 1-2	Ages 3-5	Ages 6-12
	Fluid Milk	4 oz	6 oz	8 oz
	Vegetables, fruits, or portions of both ⁴	½ cup	½ cup	½ cup
	Grains, bread Whole grain-rich or enriched bread product, such as biscuit, roll or muffin Whole grain-rich, enriched or fortified cooked breakfast cereal ⁸ , cereal grain, and/or pasta Flakes or rounds	½ slice ½ serving ½ cup ½ cup	½ slice ½ serving ½ cup ½ cup	1 slice 1 serving ½ cup 1 cup

L U N C H	Food Components	Ages 1-2	Ages 3-5	Ages 6-12
	Fluid Milk	4 oz	6 oz	8 oz
	Vegetables	1/8 cup	¼ cup	½ cup
	Fruit	1/8 cup	¼ cup	½ cup
	Meat/Meat Alternative	1 ounce	1 ½ ounce	2 ounces
	Grains, bread Biscuit/roll Bun Pita Tortilla Shell Pasta Brown Rice	½ slice ½ serving Serving size ½ shell ½ cup ½ cup	½ slice ½ serving Serving size ½ shell ½ cup ½ cup	1 slice 1 serving Serving size 1 serving ½ cup ½ cup

S N A C K	Food Components	Ages 1-2	Ages 3-5	Ages 6-12
	Fluid Milk	4 oz	6 oz	8 oz
	Meat Alternative/Yogurt Cheese	2 oz or ½ cup 1 slice	2 oz or ½ cup 1 slice	4 oz or ½ cup 2 slices
	Vegetable	½ cup	½ cup	¾ cups
	Fruits, (can, cut or juice)	½ cup	½ cup	¾ cup
	Grains bread Muffin Cereal	½ slice ½ serving ½ cup	½ slice ½ serving ½ cup	1 slice 1 serving 1 cup



**Creative Playrooms Montessori & Child Care Centers
Week 3 – Zebra Week NEW**

THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY
<u>Breakfast</u> WG Corn Flakes Apple Slice Milk	<u>Breakfast</u> Pancake w/jelly Banana Milk	<u>Breakfast</u> WG Apple Cheerios Peaches Milk	<u>Breakfast</u> WG Toast w/ Jelly Applesauce Milk	<u>Breakfast</u> WW Cream of Wheat Oranges Milk
<u>Lunch</u> Baked Chicken Brown Rice Casserole Cauliflower Pineapple Tidbits Milk	<u>Lunch</u> Turkey WW Hotdog on Bun Carrot and Celery sticks Peaches Milk	<u>Lunch</u> Taco w/ground beef w/ cheese Corn Fruit Cocktail Bread Milk	<u>Lunch</u> Chicken and Vegetable Noodle Soup Ham and Cheese WW Sandwich Pears Milk	<u>Lunch</u> Macaroni and Cheese (extra cheese) Diced Pears Steamed Broccoli Bread w/ WW Butter Milk
<u>Snack</u> Animal Crackers Fruit Punch	<u>Snack</u> Cheerios Trail Mix Apple Juice	<u>Snack</u> Chips and Salsa Fruit Juice	<u>Snack</u> Pretzels Peaches Water	<u>Snack</u> WW Bread w/Jelly Applesauce Water

**WW or WG Cereal- Cheerios, Corn Flakes, Rice Krispies, Raisin Bran
and/or Toast is always available for breakfast.
Juice is 100% Vitamin C Fortified Orange Pineapple, Apple, White Grape**

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B R E A K F A S T	Food Components	Ages 1-2	Ages 3-5	Ages 6-12
	Fluid Milk	4 oz	6 oz	8 oz
	Vegetables, fruits, or portions of both ⁴	½ cup	½ cup	½ cup
	Grains, bread Whole grain-rich or enriched bread product, such as biscuit, roll or muffin Whole grain-rich, enriched or fortified cooked breakfast cereal ⁸ , cereal grain, and/or pasta Flakes or rounds	½ slice ½ serving ½ cup ½ cup	½ slice ½ serving ½ cup ½ cup	1 slice 1 serving ½ cup 1 cup

L U N C H	Food Components	Ages 1-2	Ages 3-5	Ages 6-12
	Fluid Milk	4 oz	6 oz	8 oz
	Vegetables	1/8 cup	¼ cup	½ cup
	Fruit	1/8 cup	¼ cup	½ cup
	Meat/Meat Alternative	1 ounce	1 ½ ounce	2 ounces
	Grains, bread	½ slice	½ slice	1 slice
	Biscuit/roll Bun Pita Tortilla Shell Pasta Brown Rice	½ serving Serving size ½ shell ½ cup ½ cup	½ serving Serving size ½ shell ½ cup ½ cup	1 serving Serving size 1 serving ½ cup ½ cup

S N A C K	Food Components	Ages 1-2	Ages 3-5	Ages 6-12
	Fluid Milk	4 oz	6 oz	8 oz
	Meat Alternative/Yogurt Cheese	2 oz or ½ cup 1 slice	2 oz or ½ cup 1 slice	4 oz or ½ cup 2 slices
	Vegetable	½ cup	½ cup	½ cups
	Fruits, (can, cut or juice)	½ cup	½ cup	½ cup
	Grains bread Muffin Cereal	½ slice ½ serving ½ cup	½ slice ½ serving ½ cup	1 slice 1 serving 1 cup



Creative Playrooms Montessori & Child Care Centers Week 4 – Turtle Week NEW

THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
WG Raisin Bran Apple Juice Milk	WW Oatmeal Apple Sauce Milk	Scrambled Eggs WW Toast Fruit Juice Milk	WG Cheerios Banana Milk	Pancake w/Jelly Banana Milk
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
Turkey w/gravy Diced Potatoes Bread w/butter Peas Mixed Fruit Milk	Chicken and Cheese on Tortilla Pineapple Tidbits Steamed Cauliflower Milk	Pasta w/ Meat sauce Applesauce Green Beans Bread w/ Butter Milk	Bologna and Cheese Sandwich Carrots Fruit Cocktail Milk	Chili W/Beans Pita Triangle Corn Oranges Milk
<u>Snack</u>	<u>Snack</u>	<u>Snack</u>	<u>Snack</u>	<u>Snack</u>
Graham Crackers Mixed Fruit Water	Orange Smiles Ritz Crackers Water	Cheerios Apple Slices Water	WG Cheez-its Water	Carrot Sticks w ranch WW Crackers Fruit Juice

**WW or WG Cereal- Cheerios, Corn Flakes, Rice Krispies, Raisin Bran and/or Toast is always available for breakfast.
Juice is 100% Vitamin C Fortified Orange Pineapple, Apple, White Grape**

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B R E A K F A S T	Food Components	Ages 1-2	Ages 3-5	Ages 6-12
	Fluid Milk	4 oz	6 oz	8 oz
	Vegetables, fruits, or portions of both	½ cup	½ cup	½ cup
	Grains, bread Whole grain-rich or enriched bread product, such as biscuit, roll or muffin Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta Flakes or rounds	½ slice ½ serving ½ cup ½ cup	½ slice ½ serving ½ cup ½ cup	1 slice 1 serving ½ cup 1 cup

L U N C H	Food Components	Ages 1-2	Ages 3-5	Ages 6-12
	Fluid Milk	4 oz	6 oz	8 oz
	Vegetables	1/8 cup	¼ cup	½ cup
	Fruit	1/8 cup	¼ cup	½ cup
	Meat/Meat Alternative	1 ounce	1 ½ ounce	2 ounces
	Grains, bread	½ slice	½ slice	1 slice
	Biscuit/roll	½ serving	½ serving	1 serving
	Bun	Serving size	Serving size	Serving size
Pita	½ shell	½ shell	1 serving	
Tortilla Shell	½ cup	½ cup	½ cup	
Pasta	½ cup	½ cup	½ cup	
Brown Rice	½ cup	½ cup	½ cup	

S N A C K	Food Components	Ages 1-2	Ages 3-5	Ages 6-12
	Fluid Milk	4 oz	6 oz	8 oz
	Meat Alternative/Yogurt	2 oz or ¼ cup	2 oz or ¼ cup	4 oz or ½ cup
	Cheese	1 slice	1 slice	2 slices
	Vegetable	½ cup	½ cup	¾ cups
	Fruits, (can, cut or juice)	½ cup	½ cup	¾ cup
	Grains	bread ½ slice Muffin ½ serving Cereal ½ cup	½ slice ½ serving ½ serving ½ cup	1 slice 1 serving 1 cup



Creative Playrooms Montessori & Child Care Centers
Week 5 – Polar Bear Week NEW



THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
WG Cheerios Grape Juice Milk	Pancakes w/jelly Mixed Fruit Milk	WG Waffles Apple Sauce Milk	WW Toast Scrambled Eggs Fruit Juice Milk	Rice Krispies Apple Sauce Milk
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
Chicken and Noodle Casserole Carrots WW Crackers Peaches Milk	Meatball on WW Sub bun Green Beans Pears Butter Milk	Chicken Nuggets Steamed Broccoli Mandarin Oranges Rice Pilaf Milk	Grilled Cheese WW Sandwich Tomato vegetable Soup Mixed Fruit Milk	Turkey WW Hot Dog on Bun Mixed Veggies Pineapple Milk
<u>Snack</u>	<u>Snack</u>	<u>Snack</u>	<u>Snack</u>	<u>Snack</u>
Bread w/Jelly Apples Water	Animal Crackers Banana Water	Cheese Slices WW Crackers Water	Yogurt Cheerios Water	Teddy Grahams Orange Smiles Water

WW or WG Cereal- Cheerios, Corn Flakes, Rice Krispies, Raisin Bran and/or Toast is always available for breakfast.
Juice is 100% Vitamin C Fortified Orange Pineapple, Apple, White Grape

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