

# Tender Hearts Family Child Care Center Non-Infant Menu

Spring/Summer Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Pancakes Bananas Milk	Cheerios Cereal Applesauce Milk	French Toast Bananas Milk	Cheerios Cereal Applesauce Milk	Waffles Watermelon Milk
<b>AM Snack</b>	String Cheese WG Crackers Water	Watermelon Crackers Water	Carrot Sticks Bagels Water	String Cheese Bagels Water	Celery Sticks WG Crackers Water
<b>Lunch</b>	Cold Macaroni Salad with Ham Peas Carrot Sticks Milk	HM Hot Beef Sandwich on WG Bun Corn Green Beans Milk	Tuna Salad Sandwich on Wheat Bread Carrot Sticks Celery Sticks Milk	Ham & Cheese Sandwich on Wheat Bread Celery Sticks Watermelon Milk	Pork Chops Rye Bread Applesauce Carrots Milk
<b>PM Snack</b>	Yogurt Pretzels Water	Banana WG Crackers Water	Watermelon Pretzels Water	Yogurt Pretzels Water	String Cheese Bagels Water

HM ~ Homemade

WG ~ Whole Grain Rich

CN ~ Child Nutrition Labeling

Children one year of age are served Whole Milk

Children ages two and older are served 1% Milk