Tender Hearts Family Child Care Center Non-Infant Menu

Fall/Winter Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	French Toast on Wheat Bread (WG) Applesauce Milk	Cheerios Cereal Banana Milk	Waffles Orange Slices Milk	Pancakes Grapes Milk	Oatmeal (unflavored) Fruit Cocktail Milk
AM Snack	String Cheese Fruit Cocktail Water	Applesauce Pretzels Water	Banana Yogurt Water	Orange Slices Wheat Bread (WG) Water	Grapes English Muffins Water
Lunch	HM Hamburger Casserole Peas Carrots Milk	HM Beef Stew Wheat Bread (WG) Carrots Potatoes Milk	HM Meatloaf Wheat Bread (WG) Mashed Potatoes Corn Milk	HM Chicken Alfredo Broccoli Carrots Milk	HM Pizza on Pizza Crust Sausage & Cheese Tomato Sauce Apple Slices Milk
PM Snack	Banana Bagel Water	Fruit Cocktail Bagel Water	Applesauce Pretzels Water	Grapes Yogurt Water	Orange Slices Wheat Bread (WG) 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