Tender Hearts Family Child Care Center Non-Infant Menu

Fall/Winter Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cheerios Cereal Applesauce Milk	Waffles Pears Milk	Pancakes Fruit Cocktail Milk	Cheerios Cereal Banana Milk	French Toast Banana Milk
AM Snack	Fruit Cocktail English Muffins Water	Peaches English Muffins Water	Pears Wheat Bread (WG) Water	Peaches Pretzels Water	Carrot Sticks Bagel Water
Lunch	HM Tuna Casserole Peas Carrots Milk	Pork Chops Wheat Bread (WG) Applesauce Corn Milk	HM Tacos Taco Shell Tomatoes & Lettuce Applesauce Milk	Chicken Breast Wild Rice (WG) Green Beans Corn Milk	Sloppy Joes on Bun Peas Green Beans Milk
PM Snack	Carrot Sticks Crackers (WG) Water	Fruit Cocktail Bagel Water	Peaches Crackers Water	Carrot Sticks Bagel Water	Pears Crackers (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