

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 1% Milk	Cheerios Cereal Banana 1% Milk	Waffles Orange Slices 1% Milk	Pancakes Grapes 1% Milk	Oatmeal (unflavored) Fruit Cocktail 1% 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 1% Milk	HM Beef Stew Wheat Bread (WG) Carrots Potatoes 1% Milk	HM Meatloaf Wheat Bread (WG) Mashed Potatoes Corn 1% Milk	HM Chicken Alfredo Broccoli Carrots 1% 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