Tender Hearts Family Child Care Center Non-Infant Menu

Fall/Winter Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cheerios Cereal Banana Milk	French Toast Peaches Milk	Cheerios Cereal Pears Milk	Waffles Apple Slices Milk	Pancakes Banana Milk
AM Snack	Carrot Sticks Crackers (WG) Water	Banana Crackers (WG) Water	Peaches Bagel Water	Pears Yogurt Water	Colby Cheese Crackers (WG) Water
Lunch	HM Tuna Casserole Carrots Peas Milk	Cheeseburgers on Bun Corn French Fries Milk	Chicken Breast Wheat Bread (WG) Peas Carrots Milk	Hot Dogs Wheat Bun (WG) Corn Peas Milk	Grilled Cheese on White Bread Tomato Soup Apple Slices Milk
PM Snack	Peaches Yogurt Water	Carrot Sticks Pretzels Water	Carrot Sticks Crackers Water	Colby Cheese Crackers Water	Pears Bagel 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