

Tender Hearts Family Child Care Center Non-Infant Menu

Fall/Winter Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cheerios Cereal Applesauce 1% Milk	Waffles Pears 1% Milk	Pancakes Fruit Cocktail 1% Milk	Cheerios Cereal Banana 1% Milk	French Toast Banana 1% 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 1% Milk	Pork Chops Wheat Bread (WG) Applesauce Corn 1% Milk	HM Tacos Taco Shell Tomatoes & Lettuce Applesauce 1% Milk	Chicken Breast Wild Rice (WG) Green Beans Corn 1% Milk	Sloppy Joes on Bun Peas Green Beans 1% 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