Tender Hearts Family Child Care Center Non-Infant Menu

Fall/Winter Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Waffles Apple Slices Milk	Pancakes Banana Milk	Oatmeal (unflavored) Apple Slices Milk	French Toast on Wheat Bread (WG) Orange Slices Milk	Cheerios Cereal Apple Slices Milk
AM Snack	American Cheese Crackers (WG) Water	Apple Slices Yogurt Water	Banana Crackers (WG) Water	Yogurt Crackers Water	Orange Slices Muffins Water
Lunch	HM Chicken Casserole Peas Carrots Milk	Hot Beef Sandwich on Bun Corn Peas Milk	Sloppy Joes on Bun Carrots Green Beans Milk	Spaghetti & Meatballs Peas Corn Milk	Fish Sticks (CN) Rye Bread Green Beans French Fries Milk
PM Snack	Banana Yogurt Water	Orange Slices Crackers (WG) Water	Orange Slices Muffins Water	Apple Slices Pretzels Water	American Cheese 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