

# Tender Hearts Family Child Care Center Non-Infant Menu

| Spring/Summer<br>Week 4 | Monday  | Tuesday  | Wednesday  | Thursday  | Friday   |
|-------------------------|---|--|--|---|--|
| <b>Breakfast</b>        | French Toast<br>Bananas<br>Milk   | Cheerios Cereal<br>Orange Slices<br>Milk                                       | Waffles<br>Bananas<br>Milk   | Pancakes<br>Orange Slices<br>Milk   | Cheerios Cereal<br>Orange Slices<br>Milk   |
| <b>AM Snack</b>         | Honeydew Melon<br>Crackers<br>Water                                       | American Cheese Slice<br>Crackers<br>Water                                     | Broccoli & Cauliflower<br>Pretzels<br>Water                            | Honeydew Melon<br>Yogurt<br>Water   | String Cheese<br>WG Cracker<br>Water   |
| <b>Lunch</b>            | Tacos on Flour<br>Tortillas<br>Lettuce & Tomatoes<br>Apple Slices<br>Milk | Chicken Salad<br>Sandwich<br>on Wheat Bread<br>Broccoli<br>Cauliflower<br>Milk | Hot Dogs (Beef)<br>on WG Bun<br>Corn on the Cob<br>Baked Beans<br>Milk | Grilled Cheese<br>Sandwich<br>on White Bread<br>Tomato Soup<br>Apple Slices<br>Milk | HM Pizza<br>on Pizza Crust<br>Sausage & Cheese<br>Tomato Sauce<br>Apple Slices<br>Milk |
| <b>PM Snack</b>         | String Cheese<br>WG Cracker<br>Water                                      | Honeydew Melon<br>Yogurt<br>Water  | American Cheese Slice<br>Crackers<br>Water                             | Broccoli & Cauliflower<br>WG Cracker<br>Water                                       | Apple Slices<br>Yogurt<br>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