

# Tender Hearts Family Child Care Center Non-Infant Menu

Fall/Winter Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cheerios Cereal Banana 1% Milk	French Toast Peaches 1% Milk	Cheerios Cereal Pears 1% Milk	Waffles Apple Slices 1% Milk	Pancakes Banana 1% 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 1% Milk	Cheeseburgers on Bun Corn French Fries 1% Milk	Chicken Breast Wheat Bread (WG) Peas Carrots 1% Milk	Hot Dogs Wheat Bun (WG) Corn Peas 1% Milk	Grilled Cheese on White Bread Tomato Soup Apple Slices 1% 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