

Tender Hearts Family Child Care Center Non-Infant Menu

Fall/Winter Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Waffles Apple Slices 1% Milk	Pancakes Banana 1% Milk	Oatmeal (unflavored) Apple Slices 1% Milk	French Toast on Wheat Bread (WG) Orange Slices 1% Milk	Cheerios Cereal Apple Slices 1% 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 1% Milk	Hot Beef Sandwich on Bun Corn Peas 1% Milk	Sloppy Joes on Bun Carrots Green Beans 1% Milk	Spaghetti & Meatballs Peas Corn 1% Milk	Fish Sticks (CN) Rye Bread Green Beans French Fries 1% 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