

Lehigh Valley Child Care, Inc.

DECEMBER 2008





CENTERS NAME: _____

COOK/SERVER: _____

YOUNG / OLDER TODDLERS
 USE SMALL CANNED FRUITS / VEGETABLES FOR FRESH FRUIT OR RAW VEGETABLES NOT EASILY CHEWED
 ** MILK SERVED DAILY **
 MENU IS SUBJECT TO CHANGE DUE TO AVAILABILITY OF ITEMS.
 ALL CHANGES MUST BE RECORDED SIGNED AND RETURNED WITH MONTHLY INVENTORY.
 WHOLE MILK IS PROVIDED UP TO THE AGE 2.
 SKIM MILK IS PROVIDED FOR THE AGE 2 AND OVER.
 ## THESE MENU ITEMS MAY CONTAIN A COMBINATION OF GROUND BEEF, PORK OR TURKEY.



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2008	FAT G	BREAKFAST	FAT G	NP= NEW PRODUCT LINE LUNCH	I-YT-OT	PS-PK	K-SA	MEAL REQ.	FAT G	SNACK
MONDAY	0	JUICE	12.0	HOT DOG IN A ROLL	1/2	1		M-B	5.0	CRACKERS WITH CHEESE SLICES
DECEMBER	1.5	ASSORTED CEREAL	0	CALIFORNIA MIX (BROCCOLI-CARROTS- CAULIFLOWER)	3/8C	1/4C	3/8C	V	9.0	
	1	50 MILK	0	SLICED APPLES	1/8C	1/4C	3/8C	F		
			50	MILK	1/2C	3/4C	1C			
TUESDAY	0	JUICY	14	CHICKEN TORTELLINI SOUP WITH MIXED VEGETABLES	2/8C	1/2C	3/4C	M-B-V	0	YOGURT
DECEMBER	50	BAGELS	1	CRACKERS WITH PEANUT BUTTER	4/1Tbsp	4/1Tbsp	4/1Tbsp	B-M	50	JUICE
	2	50 MILK	0	FRESH FRUIT	1/8C	1/4C	3/8C	F		
			50	MILK	1/2C	3/4C	1C			
WEDNESDAY	0	JUICY	12.0	CHEESE PIZZA	1/2 slice	1 slice	1 1/2 slices	M - B	5.0	ASSORTED CRACKERS
DECEMBER	1.5	ASSORTED CEREALS	3.0	TOSSED SALAD WITH DRESSING	1/8C	1/4C	3/8C	V	50	MILK
	3	50 MILK	0	PEARS	1/8C	1/4C	3/8C	F		
			50	MILK	1/2C	3/4C	1C			
THURSDAY	0	JUICY	13.0	WHEAT PASTA WITH MEAT SAUCE	2/8C	1/2C	3/4C	M-B	5.00	ASSORTED COOKIES
DECEMBER	2.0	FRENCH TOAST	1	THREE BEAN SALAD	1/8C	1/4C	3/8C	V	0	JUICE
	4	50 MILK	0	FRESH FRUIT	1/8C	1/4C	3/8C	F		
			50	MILK	1/2C	3/4C	1C			
FRIDAY	0	JUICY	13.0	MEAT AND CHEESE SANDWICHES	1/2	1		1M-B-M	0	SOFT PRETZEL
DECEMBER	1.5	ASSORTED CEREAL	0	CELERY STICKS	1/8C	1/4C	3/8C	V	50	MILK
	5	OR HOT OATMEAL	0	MIXED FRUIT	1/8C	1/4C	3/8C	F		
		50 MILK	0	MILK	1/2C	3/4C	1C			
MONDAY	0	FRESH FRUIT	13.0	FISH NUGGETS	2	3	4	M	0	CARROT STICKS
DECEMBER	1.0	WHEAT TOAST	0	TATOR TOTS	1/8C	1/4C	3/8C	V	9.0	PEANUT BUTTER
	8	50 MILK	1.0	DINNER ROLLS	1/2	1	1	B	0	WATER
			50	APPLE SAUCE - MILK	1/8C-1/2C	1/4C-3/4C	3/8C-1C	F		
TUESDAY	0	JUICY	17	CREAMY HAM - GREEN BEAN - POTATOE SOUP	2/8C	1/2C	3/4C	M-V	5.0	ASSORTED MUFFINS
DECEMBER	1.5	ASSORTED CEREAL	9	CRACKERS WITH CHEESE SLICES	2/1SLICE	4-1SLICE	4-1SLICE	B-M	0	CREAM CHEESE
	9	50 MILK	0	FRESH FRUIT	1/8C	1/4C	3/8C	F	50	MILK
			50	MILK	1/2C	3/4C	1C			
WEDNESDAY	0	JUICY	15.0	HAMBURGER ON A BUN	1/2	1		1M-B	0	ASSORTED ENRICHED
DECEMBER	4.0	WAFLES W/SYRUP	8	TATOR TOTS	1/8C	1/4C	3/8C	V	5.0	CRACKERS
	10	50 MILK	0	PINEAPPLE TID BITS	1/8C	1/4C	3/8C	F	50	MILK
			0.5	MILK	1/2C	3/4C	1C			
THURSDAY	0	JUICY	12.5	SAUSAGE PATTY	1/2	1		1M-B	0	FRESH FRUIT
DECEMBER	1.5	ASSORTED CEREALS	0	RICE WITH PINTO BEANS	1/8C	1/4C	3/8C	V	9.0	CHEESE SLICES
	11	50 MILK	0	FRESH FRUIT	1/8C	1/4C	3/8C	F		
			50	MILK	1/2C	3/4C	1C			
FRIDAY	0	FRESH FRUIT	13.0	MEAT AND CHEESE SANDWICHES	1/2	1		1M-B-M	5.0	RAISINS
DECEMBER	4.0	PANCAKE W/SYRUP	0	FRESH BABY CARROTS	1/8C	1/4C	3/8C	V	50	MILK
	12	50 MILK	0	PEACHES	1/8C	1/4C	3/8C	F		
			50	MILK	1/2C	3/4C	1C			
MONDAY	0	ORANGE JUICE	12.0	CHICKEN NUGGETS	2	3	4	M	0	ASSORTED ENRICHED
DECEMBER	1.5	ASSORTED CEREALS	8.0	MIXED VEGETABLES	1/8C	1/4C	3/8C	V	5.0	CRACKERS
	15	50 MILK	1.0	DINNER ROLLS	1/2	1	1	B	50	MILK
			50	PEARS - MILK	1/8C-1/2C	1/4C-3/4C	3/8C-1C	F		
TUESDAY	0	JUICY	19.0	GRILLED CHEESE SANDWICHES	1/2	1		1M-B	1.0	ENRICHED HARD
DECEMBER	0	HOT OATMEAL OR	0.5	TOMATO SOUP	1/8C	1/4C	3/8C	V		PRETZEL
	16	1.5 ASSORTED COLD CEREAL	0	FRESH FRUIT	1/8C	1/4C	3/8C	F	0	JUICE
		50 MILK	0	MILK	1/2C	3/4C	1C			
WEDNESDAY	0	JUICY	12	HOT HAM IN GRAVY OVER WHEAT BREAD	1oz/1/2sl	1.5oz/1sl	2oz/1 sl	M-B	0	FRESH FRUIT
DECEMBER	1.5	ASSORTED CEREAL	9.0	MASHED POTATOES	1/8C	1/4C	3/8C	V	9.0	CHEESE SLICES
	17	50 MILK	0	APPLE SAUCE	1/8C	1/4C	3/8C	F		
			50	MILK	1/2C	3/4C	1C			
THURSDAY	0	JUICY	13.0	WHEAT PASTA WITH MEAT SAUCE	2/8C	1/2C	3/4C	M-B	5.0	ASSORTED COOKIES
DECEMBER	50	ENGLISH MUFFINS	1	SALAD WITH DRESSING	1/8C	1/4C	3/8C	V	50	MILK
	18	50 MILK	0	FRESH FRUIT	1/8C	1/4C	3/8C	F		
			50	MILK	1/2C	3/4C	1C			
FRIDAY	0	FRESH FRUIT	16.0	CORN DOG NUGGETS	2	3	4	M-B	5.0	VANILLA WAFERS
DECEMBER	1.5	ASSORTED CEREAL	0	COLE SLAW	1/8C	1/4C	3/8C	V	50	MILK
	19	50 MILK	9.0	CHEESE SLICES	1/2 slice	1 slice	1-1/2 slices	M		
			50	MIXED FRUIT - MILK	1/8C-1/2C	1/4C-3/4C	3/8C-1C	F		
MONDAY	0	JUICY	19	MACARONI AND CHEESE WITH CHEESE TOPPING	2/8C	1/2C	3/4C	M-B-M	1.0	ANIMAL CRACKERS
DECEMBER	1.5	ASSORTED CEREAL	1	SALAD WITH DRESSING	3/8C	1/4C	3/8C	V	50	MILK
	22	OR HOT OATMEAL	0	APPLE SAUCE	1/8C	1/4C	3/8C	F		
		50 MILK	0.5	MILK	1/2C	3/4C	1C			
TUESDAY	0	FRESH FRUIT	0	YOGURT	1/2	1		1M	0	FRESH FRUIT
DECEMBER	4.0	PANCAKES W/SYRUP	5.0	CUCUMBERS	1/8C	1/4C	3/8C	V	9.0	CHEESE SLICES
	23	50 MILK	14.0	CRACKERS WITH PEANUT BUTTER	4-1Tbsp	4-1Tbsp	6-1 1/2Tbsp	B-M		
			50	FRESH FRUIT - MILK	3/8C-1/2C	1/4C-3/4C	3/8C-1C	F		
WEDNESDAY	0	ORANGE JUICE	19.0	PEANUT BUTTER AND JELLY POCKETS	1/2	1		1M-B	5.0	ASSORTED COOKIES
DECEMBER	1.0	RAISIN BREAD	0	FRESH CARROTS	1/8C	1/4C	3/8C	V	50	MILK
	24	50 MILK	9.0	CHEESE SLICES	1/2 oz	1 oz	1oz	M		
			0.5	PEACHES - MILK	1/8C-1/2C	1/4C-3/4C	3/8C-1C	F		
THURSDAY										
DECEMBER	25			CLOSED HAPPY HOLIDAYS						
FRIDAY										
DECEMBER	26			CLOSED HAPPY HOLIDAY						
MONDAY	0	JUICY	12.0	HOT DOG IN A ROLL	1/2	1		1M-B	0	SOFT PRETZEL
DECEMBER	1.5	ASSORTED CEREAL	9.0	TATOR TOTS	1/8C	1/4C	3/8C	V	50	MILK
	29	50 MILK	0	SLICED APPLES	1/8C	1/4C	3/8C	F	0	
			50	MILK	1/2C	3/4C	1C			
TUESDAY	0	FRESH FRUIT	13	MEATLOAF IN GRAVY	1 OZ	1 1/2 OZ	2 OZ	M		ASSORTED ENRICHED
DECEMBER	4.0	PANCAKES W/SYRUP	9	MASHED POTATOES	1/8C	1/4C	3/8C	V	5.0	CRACKERS
	30	50 MILK	1	WHEAT DINNER ROLLS	1/2	1	1	B	0	JUICE
			0.5	FRESH FRUIT - MILK	3/8C-1/2C	1/4C-3/4C	3/8C-1C	F		
WEDNESDAY	0	JUICY JUICE	18.0	CHICKEN NOODLE CASSEROLE	2/8C	1/2C	3/4C	M-B	5.0	ASSORTED COOKIES
DECEMBER	1.5	ASSORTED CEREAL	1	TOSSED SALAD WITH DRESSING	1/8C	1/4C	3/8C	V	50	MILK
	31	50 MILK	0	SLICED APPLES	1/8C	1/4C	3/8C	F	0	
			50	MILK	1/2C	3/4C	1C			