

LEHIGH VALLEY CHILD CARE, INC.
BREAKFAST - SNACK (AM AND/OR PM)

MENU SET #1
 MONTH/YEAR _____

PROVIDER=S NAME _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST: MILK <input type="checkbox"/> FRUIT/JUICE CEREAL/BREAD OTHER	Milk** <input type="checkbox"/> Orange Juice (100%) Bagel	Milk** <input type="checkbox"/> Bananas Cold Cereal (Enriched or Whole grain)	Milk** <input type="checkbox"/> Apple Juice (100%) French Toast with Syrup	Milk** <input type="checkbox"/> Peaches Pancakes with Syrup	Milk** <input type="checkbox"/> Grape Juice (100%) Toast with Jelly (optional)
AM AND/OR PM SNACK LIST 2 ITEMS FROM 2 DIFFERENT FOOD GROUPS	AM Milk** French Toast*	AM Milk** Graham Crackers	AM Milk** Cinnamon Toast	AM Orange Juice (100%) Toast with Jelly (optional)	AM Milk** Donuts (Enriched/Whole grain)
	PM Juice Hard Pretzels(Enriched)	PM Milk** Assorted Enriched Crackers	PM Milk** Raw Vegetables Dill Vegetable Dip*	PM Tostado Shell with Cheese Salsa	PM Milk** Animal Crackers
BREAKFAST: MILK <input type="checkbox"/> FRUIT/JUICE CEREAL/BREAD OTHER	Milk** <input type="checkbox"/> Apple Juice (100%) Cold Cereal (Enriched or Whole grain)	Milk** <input type="checkbox"/> Bagel Apple Wedges	Milk** <input type="checkbox"/> Pancakes with Syrup Orange Juice (100%)	Milk** <input type="checkbox"/> Orange Juice (100%) Waffles with Syrup	Milk** <input type="checkbox"/> Bananas Oatmeal
AM AND/OR PM SNACK LIST 2 ITEMS FROM 2 DIFFERENT FOOD GROUPS	AM Orange Juice (100%) English Muffin	AM Milk** Apple Slices with Peanut Butter	AM Milk** Graham Crackers	AM Milk** Raisin Bread	AM Milk** Applesauce Vanilla Wafers
	PM Milk** Fresh Fruit	PM Milk** Graham Crackers	PM Milk** Fruit Muffins	PM Apple Slices Peanut Butter	PM Milk** Chocolate Chip Cookies
BREAKFAST: MILK <input type="checkbox"/> FRUIT/JUICE CEREAL/BREAD OTHER	Milk** <input type="checkbox"/> Grape Juice (100%) Toast with Jelly (optional)	Milk** <input type="checkbox"/> Peaches French Toast with Syrup	Milk** <input type="checkbox"/> Orange Juice (100%) Oatmeal	Milk** <input type="checkbox"/> Apple Wedges English Muffin	Milk** <input type="checkbox"/> Bananas Cold Cereal (Enriched or Whole grain)
AM AND/OR PM SNACK LIST 2 ITEMS FROM 2 DIFFERENT FOOD GROUPS	AM Milk** Banana	AM Apple Slices Peanut Butter	AM Milk** Graham Crackers	AM Orange Juice (100%) Bagel	AM Apple Juice (100%) Muffin*
	PM Milk** Pizza Crackers (cheese, sauce)	PM Milk** Bagels with Jelly (Optional)	PM Cheese Cubes Saltines	PM Grape Juice (100%) Soft Pretzel	PM Milk** Oatmeal Cookies
BREAKFAST: MILK <input type="checkbox"/> FRUIT/JUICE CEREAL/BREAD OTHER	Milk** <input type="checkbox"/> Orange Juice (100%) Waffles with Syrup	Milk** <input type="checkbox"/> Bagel Peaches	Milk** <input type="checkbox"/> Orange Juice (100%) Cold Cereal (Enriched or Whole grain)	Milk <input type="checkbox"/> Bananas** Muffins*	Milk** <input type="checkbox"/> Apple Juice (100%) French Toast with Syrup
AM AND/OR PM SNACK LIST 2 ITEMS FROM 2 DIFFERENT FOOD GROUPS	AM Milk** Granola Bar	AM Milk** Raisin Bread	AM Milk** Apple Slices	AM Milk** Vanilla Wafers	AM Milk** Sliced Peaches
	PM Milk Banana Split* (Bananas, Cook Whip & Chocolate Syrup)	PM Grape Juice (100%) Chex Mix (Chex Cereal, Raisins & Pretzels)	PM Milk** Graham Crackers with Peanut Butter	PM Milk** Oatmeal Cookies	PM Milk** Pizza Crackers (Cheese & Tomato Sauce)
BREAKFAST: MILK <input type="checkbox"/> FRUIT/JUICE CEREAL/BREAD OTHER	Milk** <input type="checkbox"/> Strawberries Waffles with Syrup	Milk** <input type="checkbox"/> Toast with Jelly (optional) Peaches	Milk** <input type="checkbox"/> Orange Juice (100%) Cold Cereal (Enriched or Whole grain)	Milk** <input type="checkbox"/> Apple Wedges Bagel	Milk** <input type="checkbox"/> Grape Juice (100%) Oatmeal
AM AND/OR PM SNACK LIST 2 ITEMS FROM 2 DIFFERENT FOOD GROUPS	AM Milk** Fig Newton Bars	AM Milk** Bananas and Vanilla Wafers	AM Milk** Raisin Bread	AM Milk** Graham Crackers	AM Orange Juice (100%) Bagels
	PM Grape Juice (100%) Bologna & Cheese Roll ups	PM Milk** Rice Krispie Treats	PM Milk** Wheat Crackers	PM Soft Pretzel Cheese Cubes	PM Yogurt Vanilla Wafers

LVCC 07/2004

** WHOLE MILK MUST BE SERVED TO ALL CHILDREN UNDER THE AGE OF 2 YEARS

** HARD PRETZELS NOT RECOMMENDED FOR YOUNGER CHILDREN, MAY CAUSE CHOKING

NOTE: WHEN A DRINK IS NOT SPECIFICALLY LISTED WITH SNACK, PLEASE SERVE WATER

NOTE: BREAD, MUFFINS, ETC., MUST BE MADE WITH ENRICHED OR WHOLEGRAIN FLOUR

NOTE: COOKIES, ANIMAL CRACKERS, CAKES, GRANOLA BARS, CEREAL BARS ARE SWEETS, ONLY SERVE TWICE A WEEK.

I CERTIFY THAT THE INFORMATION SUBMITTED IS ACCURATE IN ALL RESPECTS AND THAT I UNDERSTAND THIS INFORMATION IS GIVEN IN CONNECTION WITH THE RECEIPT OF FEDERAL FUNDS; DELIBERATE MISREPRESENTATION MAY RESULT IN STATE OR FEDERAL PROSECUTION

PROVIDER'S SIGNATURE _____

DATE _____

