

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

MENU SET #2
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%) Oatmeal	Milk** <input type="checkbox"/> Apple Juice (100%) Bagels	Milk** <input type="checkbox"/> Apple Slices Toast with Jelly (optional)	Milk** <input type="checkbox"/> Bananas Cold Cereal (Enriched or Whole grain)	Milk** <input type="checkbox"/> Orange Juice (100%) Waffles with Syrup
AM AND/OR PM SNACK LIST 2 ITEMS FROM 2 DIFFERENT FOOD GROUPS	AM Milk** French Toast	AM Milk** Oatmeal Cookies	AM Milk** Graham Crackers	AM Orange Juice (100%) Toast with Jelly (optional)	AM Milk** Apple Slices
	PM Milk** Apple Slices	PM Ritz Crackers Cheese	PM Milk** Raw Vegetables/Dip	PM Milk** Cold Cereal	PM Milk** Hard Pretzels (Enriched)***
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"/> Grape Juice (100%) English Muffins	Milk** <input type="checkbox"/> Orange Juice (100%) Pancakes with Syrup	Milk** <input type="checkbox"/> Orange Juice (100%) Oatmeal	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 Orange Juice (100%) Bagel with Jelly	AM Milk** Banana	AM Milk** English Muffin with Peanut Butter & Jelly	AM Milk** Raisin Bread	AM Milk** Applesauce
	PM Juice** Cheese & Crackers	PM Milk** Graham Crackers	PM Milk** Peaches	PM Apple Slices Peanut Butter	PM Milk** Oatmeal Raisin 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"/> Orange Juice (100%) Cold Cereal (Enriched or Whole grain)	Milk** <input type="checkbox"/> Peaches French Toast with Syrup	Milk** <input type="checkbox"/> Apple Juice (100%) 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** Fig Newton Bars	AM Orange Juice (100%) Bagel	AM Milk** Graham Crackers	AM Apple Slices Peanut Butter	AM Muffin* Apple Juice (100%)
	PM Milk** Apple Slices with Peanut Butter	PM Milk** Peanut Butter Cookies	PM Cheese Cubes Saltines	PM Milk** Salsa & Tortilla Chips	PM Grape Juice (100%) Soft Pretzel
BREAKFAST: MILK <input type="checkbox"/> FRUIT/JUICE CEREAL/BREAD OTHER	Milk** <input type="checkbox"/> Orange Juice (100%) Pancakes with Syrup	Milk** <input type="checkbox"/> Peaches Bagel	Milk** <input type="checkbox"/> Orange Juice (100%) Cold Cereal (Enriched or Wholegrain)	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** Toast with Jelly	AM Milk** Vanilla Wafers	AM Milk** Banana	AM Milk** Raisin Bread	AM Milk** Donuts (Enriched)
	PM Milk** Soft Pretzel Bites with Cheese Sauce	PM Grape Juice (100%) Chex Mix (Chex Cereal, Raisins & Pretzels)	PM Milk** Pizza Trisucits (Tomato Sauce & Cheese)	PM Milk** Tuna Salad Sandwich	PM Milk** 1/2 Grilled Cheese Sandwich
BREAKFAST: MILK <input type="checkbox"/> FRUIT/JUICE CEREAL/BREAD OTHER	Milk** <input type="checkbox"/> Strawberries Waffles with Syrup	Milk** <input type="checkbox"/> Peaches Toast with Jelly (optional)	Milk** <input type="checkbox"/> Orange Juice (100%) Cold Cereal (Enriched or Whole grain)	Milk** <input type="checkbox"/> Grape Juice (100%) Bagel	Milk** <input type="checkbox"/> Apple Juice (100%) Cold Cereal (Enriched or Whole grain)
AM AND/OR PM SNACK LIST 2 ITEMS FROM 2 DIFFERENT FOOD GROUPS	AM Milk** Fig Newton Bars	AM Milk** Bananas	AM Milk** Raisin Bread	AM Milk** Mini Waffles	AM Orange Jiice (100%) Bagels
	PM Grape Juice (100%) Bagels with Jelly	PM Milk** Pears	PM Milk** Rice Krispie Treats	PM 1/2-1 cup Tomato Soup Gold Fish Crackers	PM Mixed Fruit Cinnamon toast

LVCC REV 02/05

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

** **ALL JUICES MUST BE 100% JUICES**

*** **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 _____

MONITOR'S INITIALS/DATE _____