

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

MENU SET # 3
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%) French Toast	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
AM AND/OR PM SNACK LIST 2 ITEMS FROM 2 DIFFERENT FOOD GROUPS	AM Milk** Bagel PM Milk** Juice (100%) Hard Pretzels(Enriched)	AM Milk** Graham Crackers PM Milk** Assorted Enriched Crackers	AM Milk** Cinnamon Toast PM Milk** Raw Vegetables Dill Vegetable Dip	AM Milk** Orange Juice (100%) Toast PM Milk** Tostado Shell with Cheese Salsa	AM Milk** Donuts (Enriched/Whole grain) PM Milk** Applesauce Gel Squares See recipe
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 Milk** Orange Juice (100%) English Muffin PM Milk** Fresh Fruit	AM Milk** Apple Slices with Peanut Butter PM Milk** Graham Crackers	AM Milk** Graham Crackers PM Milk** Fruit Muffins	AM Milk** Raisin Bread PM Milk** Apple Slices Peanut Butter Milk**	AM Milk** Applesauce Vanilla Wafers PM Milk** Cottage Cheese & Pineapples See recipe
BREAKFAST: MILK <input type="checkbox"/> FRUIT/JUICE CEREAL/BREAD OTHER	Milk** <input type="checkbox"/> Grape Juice (100%) Toast	Milk** <input type="checkbox"/> Peaches French Toast	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 PM Milk** Cereal	AM Milk** Apple Slices Peanut Butter Milk** PM Milk** Bagels	AM Milk** Graham Crackers PM Milk** Cheese Cubes Saltines	AM Milk** Orange Juice (100%) Bagel PM Milk** Grape Juice (100%) Soft Pretzel	AM Milk** Apple Juice (100%) Muffin* PM Milk** Apple Soufflé' See recipe
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 PM Milk** Frozen yogurt pops (see recipe)	AM Milk** Raisin Bread PM Milk** Grape Juice (100%) Chex Mix (Chex Cereal, Raisins & Pretzels)	AM Milk** Apple Slices PM Milk** Graham Crackers with Peanut Butter	AM Milk** Vanilla Wafers PM Milk** Banana Ice See recipe	AM Milk** Sliced Peaches 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 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 PM Milk** Grape Juice (100%) Bologna & Cheese Roll ups	AM Milk** Bananas and Vanilla Wafers PM Milk** Strawberry Smoothie See recipe	AM Milk** Raisin Bread PM Milk** Wheat Crackers	AM Milk** Graham Crackers PM Milk** Soft Pretzel Cheese Cubes	AM Milk** Orange Juice (100%) Bagels PM Milk** Yogurt Vanilla Wafers

LVCC 03/2008

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

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.

Recipes are available

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 _____