

**SOMBRA TOWNSHIP CHILD CARE INC.
FALL/WINTER MENU**

Week # 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mid-Morning Snack (Offer 2 of 4 food groups)	CEREAL WITH BANANAS MILK & WATER	APPLE SAUCE CINNAMON PITA CHIPS MILK	BLUEBERRY MUFFINS MILK	WHOLE WHEAT BAGEL CREAM CHEESE JAM MILK	RAISIN BREAD MILK
Lunch (Offer at least 3 of 4 food groups)	CHICKEN FINGERS ROASTED POTATOES BROCCOLI MIXED FRUIT MILK/WATER	WHOLE WHEAT SPAGHETTI WITH MEAT SAUCE GREEN BEANS CARROT LOAF MILK/WATER	CHICKEN POT PIE PEACHES MILK/WATER	SCRAMBLED EGGS TURKEY SAUSAGE ENGLISH MUFFINS GREEN BEANS MANDARIN ORANGES MILK/WATER	TURKEY SANDWICHES CUCCUMBERS FRUIT MILK/WATER
Meat or Alternative	CHICKEN	GROUND BEEF	CHICKEN	TURKEY SAUSAGE EGGS	TURKEY
Grain Products	BREADING	WHOLE WHEAT SPAGHETTI	CRUST	ENGLISH MUFFINS	WHOLE WHEAT BREAD
Vegetable	POTATOES BROCCOLI	GREEN BEANS	CARROTS PEAS	GREEN BEANS	CUCCUMBER
Milk & Alternatives	MILK	MILK	MILK	MILK	MILK
Fruit (OR OCCASIONAL DESSERT)	MIXED FRUIT	CARROT LOAF	PEACHES	MANDARIN ORANGES	MIXED FRUIT
Mid afternoon Snack (Offer 2 of 4 food groups)	HUMMUS OR TZAZIKI RAW VEGGIES BREAD STICKS WATER	CHEESE WHOLE WHEAT CRACKERS GRAPES WATER	BANANAS GRAHAM CRACKERS WATER	APPLES CHEESE CUBES WATER	GOLDFISH CRAISINS WATER
# Of servings from each food group	Vegetables & Fruit-4 Grains-3 Milk& Alternatives--2 Meat& Alternatives--1	Vegetables & Fruit--3 Grains--4 Milk & Alternatives--2 Meat& Alternatives--1	Vegetables & Fruit--4 Grains--3 Milk & Alternatives--2 Meat& Alternatives--2	Vegetables & Fruit--3 Grains--3 Milk& Alternatives--2 Meat& Alternatives--1	Vegetables & Fruit-4 Grains--4 Milk & Alternatives--2 Meat & Alternatives--1

Daily Requirements: 4-- Fruits & Vegetables, 3--Grain Products, 2--Milk & Alternatives, 1--Meat & Alternatives
SUBSTITUTIONS MAY BE MADE DEPENDING ON SUPPLIES

**SOMBRA TOWNSHIP CHILD CARE INC.
FALL/WINTER MENU**

Week # 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mid-Morning Snack (Offer 2 of 4 food groups)	HOT CEREAL BLUEBERRIES MILK/WATER	HARD BOILED EGGS WHOLE WHEAT CRACKERS WATER	RAISIN BREAD MILK/WATER	YOGURT FRUIT BRAN BUDS WATER	WHOLE WHEAT WRAPS CREAM CHEESE FRUIT SPREAD WATER
Lunch (Offer at least 3 of 4 food groups)	CHICKEN MASHED POTATOES CORN WHOLE WHEAT ROLL FRUIT MILK/WATER	TOMATO NOODLE SOUP GRILLED CHEESE CUCCUMBERS OATMEAL COOKIES MILK	MEATBALLS DICED POTATO GREEN BEANS PEARS MILK/WATER	BANANA PANCAKES TURKEY SAUSAGE CARROTS PEACHES MILK/WATER	CHICKEN & CHEESE PIZZA CUCCUMBERS FRUIT MILK/WATER
Meat or Alternative	CHICKEN	CHEESE	GROUND BEEF	EGGS	TURKEY
Grain Products	WW ROLL	WW BREAD WW NOODLES	BREAD CRUMBS	PANCAKES	WHOLE WHEAT BREAD
Vegetable	CORN	CUCCUMBER TOMATO	POTATOES GREEN BEANS	CARROTS	CUCCUMBER
Milk & Alternatives	MILK	MILK	MILK	MILK	MILK
Fruit (OR OCCASIONAL DESSERT)	MIXED FRUIT	OATMEAL COOKIE	PEARS	MANDARIN ORANGES	MIXED FRUIT
Mid afternoon Snack (Offer 2 of 4 food groups)	APPLE SAUCE GRAHAM CRACKERS WATER	MINI PITA CINNAMON CREAM CHEESE DIP WATER	WHOLE WHEAT CRACKERS CHEESE GRAPES	APPLE MUFFIN MILK/WATER	BANANAS GRAHAM CRACKERS WATER
# Of servings from each food group	Vegetables & Fruit-4 Grains-3 Milk & Alternatives--2 Meat & Alternatives--1	Vegetables & Fruit--3 Grains--4 Milk & Alternatives--2 Meat & Alternatives--1	Vegetables & Fruit--4 Grains--3 Milk & Alternatives--2 Meat & Alternatives--2	Vegetables & Fruit--3 Grains--3 Milk & Alternatives--2 Meat & Alternatives--1	Vegetables & Fruit-4 Grains--4 Milk & Alternatives--2 Meat & Alternatives--1

Daily Requirements: 4-- Fruits & Vegetables, 3--Grain Products, 2--Milk & Alternatives, 1--Meat & Alternatives

SUBSTITUTIONS MAY BE MADE DEPENDING ON SUPPLIES

**SOMBRA TOWNSHIP CHILD CARE INC.
FALL/WINTER MENU**

Week # 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mid-Morning Snack (Offer 2 of 4 food groups)	HOT CEREAL BLUEBERRIES MILK/WATER	BANANAS GRAHAM CRACKERS MILK/WATER	WHOLE WHEAT BAGEL CREAM CHEESE FRUIT SPREAD WATER	YOGURT FRUIT BRAN BUDS WATER	MIXED FRUIT MUFFIN MILK/WATER
Lunch (Offer at least 3 of 4 food groups)	FISH NUGGETS DICED POTATOES BROCCOLI PEARS MILK/WATER	TACOS FRESH FRUIT MILK/WATER	CHICKEN NOODLE SOUP CUCUMBERS WHOLE WHEAT BREAD PEACHES MILK/WATER	LASAGNA VEGGIE SALAD WHOLE WHEAT ROLL FRUIT COCKTAIL MILK/WATER	CHICKEN SANDWICH CUCUMBER FRUIT MILK/WATER
Meat or Alternative	FISH	GROUND BEEF	CHICKEN	GROUND BEEF	CHICKEN
Grain Products	BREADING	WHOLE WHEAT WRAPS	WHOLE WHEAT NOODLES	WHOLE WHEAT NOODLES AND ROLL	WHOLE WHEAT BREAD
Vegetable	BROCCOLI	LETTUCE TOMATO	CUCUMBERS	SPINACH, ZUCCHINI, ROMAINE LETTUCE	CUCUMBER
Milk & Alternatives	MILK	MILK	MILK	MILK	MILK
Fruit (OR OCCASIONAL DESSERT)	PEARS	FRESH FRUIT	PEACHES	FRUIT COCKTAIL	FRESH FRUIT
Mid afternoon Snack (Offer 2 of 4 food groups)	WHOLE WHEAT BREADSTICKS CREAM CHEESE CUCUMBERS WATER	ZUCCHINI BREAD WATER	TRAIL MIX MILK/WATER	RAISIN BREAD MILK/WATER	APPLES GRAHAM CRACKERS WATER
# Of servings from each food group	Vegetables & Fruit-4 Grains-3 Milk& Alternatives--2 Meat& Alternatives--1	Vegetables & Fruit--3 Grains--4 Milk & Alternatives--2 Meat& Alternatives--1	Vegetables & Fruit--4 Grains--3 Milk & Alternatives--2 Meat& Alternatives--2	Vegetables & Fruit--3 Grains--3 Milk& Alternatives--2 Meat& Alternatives--1	Vegetables & Fruit-4 Grains--4 Milk & Alternatives--2 Meat & Alternatives--1

Daily Requirements: 4--Fruits & Vegetables, 3--Grain Products, 2--Milk & Alternatives, 1--Meat & Alternatives

SUBSTITUTIONS MAY BE MADE DEPENDING ON SUPPLIES

**SOMBRA TOWNSHIP CHILD CARE INC.
FALL/WINTER MENU**

Week # 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mid-Morning Snack (Offer 2 of 4 food groups)	CEREAL CRAISINS MILK/WATER	CINNAMON TRAIL MIX MILK/WATER	BLUEBERRY BAGELS CREAM CHEESE MILK/WATER	ARROWROOT COOKIES FRESH FRUIT WATER	YOGURT BANANA BREAD WATER
Lunch (Offer at least 3 of 4 food groups)	CHICKEN RANCH DICED POTATO WHOLE WHEAT ROLL GREEN BEANS MIXED FRUIT MILK/WATER	PHILLY CHEESE STEAK SANDWICH VEGGIE STICKS STRAWBERRIES MILK/WATER	CHICKEN & RICE SOUP WHOLE WHEAT CRACKERS PEACHES	MACARONI & CHEESE PEAS PEARS MILK	CHICKEN & CHEESE WRAPS CUCUMBER FRUIT MILK/WATER
Meat or Alternative	CHICKEN	BEEF STEAK	CHICKEN	CHEESE	CHICKEN
Grain Products	WW ROLL	BUN	WHOLE WHEAT CRACKERS	WHOLE WHEAT NOODLES	WHOLE WHEAT WRAPS
Vegetable	GREEN BEANS	VEGGIE STICKS	CARROTS	PEAS	CUCUMBER
Milk & Alternatives	MILK	MILK	MILK	MILK	MILK
Fruit (OR OCCASIONAL DESSERT)	MIXED FRUIT	STRAWBERRIES	PEACHES	PEARS	FRESH FRUIT
Mid afternoon Snack (Offer 2 of 4 food groups)	CUCUMBERS WHOLE WHEAT CRACKERS RANCH DIP WATER	APPLE AND CRAISIN TORTILLA WRAPS WATER	BANANAS GRAHAM CRACKERS MILK/WATER	RICE CAKES CREAM CHEESE CUCUMBERS WATER	MINI PITAS BERRY PROTIEIN DIP WATER
# Of servings from each food group	Vegetables & Fruit-4 Grains-3 Milk & Alternatives--2 Meat & Alternatives--1	Vegetables & Fruit--3 Grains--4 Milk & Alternatives--2 Meat & Alternatives--1	Vegetables & Fruit--4 Grains--3 Milk & Alternatives--2 Meat & Alternatives--2	Vegetables & Fruit--3 Grains--3 Milk & Alternatives--2 Meat & Alternatives--1	Vegetables & Fruit-4 Grains--4 Milk & Alternatives--2 Meat & Alternatives--1

Daily Requirements: 4 Fruits & Vegetables, 3--Grain Products, 2--Milk & Alternatives, 1--Meat & Alternatives

SUBSTITUTIONS MAY BE MADE DEPENDING ON SUPPLIES