

**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/WATER	BLUEBERRY MUFFINS MILK/WATER	WHOLE WHEAT BAGEL CREAM CHEESE JAM MILK/WATER	RAISIN BREAD MILK/WATER
Lunch (Offer at least 3 of 4 food groups)	CHICKEN RANCH DICED POTATOES WW ROLL BROCCOLI BLUEBERRIES MILK/WATER	WHOLE WHEAT SPAGHETTI WITH MEAT BALLS GREEN BEANS CARROT LOAF MILK/WATER	CHICKEN POT PIE PEACHES MILK/WATER	SCRAMBLED EGGS TURKEY SAUSAGE DICED POTATOES PEAS/CAULIFLOWER MANDARIN ORGANGES MILK/WATER	TURKEY SANDWICHES CUCCUMBERS FRUIT MILK/WATER
Meat or Alternative	CHICKEN	GROUND BEEF	CHICKEN	TURKEY SAUSAGE EGGS	TURKEY
Grain Products	WW ROLL	WHOLE WHEAT SPAGHETTI	CRUST		WHOLE WHEAT BREAD
Vegetable	POTATOES BROCCOLI	GREEN BEANS	CARROTS PEAS	POTATOES PEAS/CAULIFLOWER	CUCCUMBER
Milk & Alternatives	MILK	MILK	MILK	MILK	MILK
Fruit (OR OCCASIONAL DESSERT)	MIXED FRUIT	CARROT LOAF	PEACHES	MANDARIN ORANGES	FRUIT
Mid afternoon Snack (Offer 2 of 4 food groups)	RANCH OR TZAZIKI RAW VEGGIES PITA BREAD 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-5 Grains-3 Milk& Alternatives--2 Meat& Alternatives--1	Vegetables & Fruit--4 Grains--4 Milk & Alternatives--2 Meat& Alternatives--1	Vegetables & Fruit--4 Grains--3 Milk & Alternatives--2 Meat& Alternatives--2	Vegetables & Fruit--5 Grains--3 Milk& Alternatives--2 Meat& Alternatives--2	Vegetables & Fruit-3 Grains--3 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 MILK/WATER	RAISIN BREAD MILK/WATER	YOGURT FRUIT BRAN BUDS MILK/WATER	BANANA BREAD MILK/WATER
Lunch (Offer at least 3 of 4 food groups)	CHICKEN WW RICE CORN FRUIT COCKTAIL MILK/WATER	TOMATO NOODLE SOUP GRILLED CHEESE CUCCUMBERS OATMEAL COOKIES MILK	MEATLOAF MASHED POTATOES GREEN BEANS PEARS MILK/WATER	BANANA OR BLUEBERRY PANCAKES TURKEY SAUSAGE CARROTS PEACHES MILK/WATER	COLD PLATE EGGS, TURKEY, PICKLES, CUCUMBERS, CRACKERS,CHEESE MILK/WATER
Meat or Alternative	CHICKEN	CHEESE	GROUND BEEF	TURKEY SAUSAGE	TURKEY/EGGS
Grain Products	WW RICE	WW BREAD WW NOODLES	BREAD CRUMBS	PANCAKES	WHOLE WHEAT CRACKERS
Vegetable	CORN	CUCCUMBER TOMATO	POTATOES GREEN BEANS	CARROTS	CUCUMBER/PICKLES
Milk & Alternatives	MILK	MILK	MILK	MILK	MILK/CHEESE
Fruit (OR OCCASIONAL DESSERT)	MIXED FRUIT	OATMEAL COOKIE	PEARS	BANANA OR BLUEBERRY	FRUIT
Mid afternoon Snack (Offer 2 of 4 food groups)	APPLE SAUCE GRAHAM CRACKERS WATER	CINNAMON PITA CREAM CHEESE WATER	TRAIL MIX WATER	APPLE MUFFIN 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)	CEREAL STRAWBERRIES MILK/WATER	BANANAS GRAHAM CRACKERS MILK/WATER	WHOLE WHEAT BAGEL CREAM CHEESE FRUIT SPREAD MILK/WATER	YOGURT FRUIT BRAN BUDS MILK/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/BREAD	WHOLE WHEAT NOODLES AND ROLL	WHOLE WHEAT BREAD
Vegetable	BROCCOLI POTATO	LETTUCE TOMATO	CUCUMBERS	SPINACH, ZUCCHINI, ROMAINE LETTUCE	CUCUMBER
Milk & Alternatives	MILK	MILK CHEESE	MILK	MILK	MILK
Fruit (OR OCCASIONAL DESSERT)	PEARS	FRESH FRUIT	PEACHES	FRUIT COCKTAIL	FRUIT
Mid afternoon Snack (Offer 2 of 4 food groups)	WW BREADSTICKS/CRACKERS CREAM CHEESE CUCUMBERS WATER	ZUCCHINI BREAD WATER	WW CRACKERS CHEESE GRAPES WATER	RAISIN BREAD 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 FRUIT MILK/WATER	YOGURT FRUIT MILK/WATER
Lunch (Offer at least 3 of 4 food groups)	CHICKEN FINGERS ROASTED POTATOES BROCCOLI RASPBERRIES MILK/WATER	PHILLY STEAKS SANDWICH BAKED BEANS 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	BREADING	WW BUN	WHOLE WHEAT CRACKERS	WHOLE WHEAT NOODLES	WHOLE WHEAT WRAPS
Vegetable	POTATOES BROCCOLI	BEANS	CARROTS	PEAS	CUCUMBER
Milk & Alternatives	MILK	MILK	MILK	MILK	MILK
Fruit (OR OCCASIONAL DESSERT)	RASPBERRIES	STRAWBERRIES	PEACHES	PEARS	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 WATER	RICE CAKES CREAM CHEESE CUCUMBERS WATER	PUMPKIN MUFFINS
# 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