

**SOMBRA TOWNSHIP CHILD CARE INC.
SPRING/SUMMER MENU**

| Week # 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|---|
| Mid-Morning Snack (Offer 2 of 4 food groups) | CEREAL WITH BANANAS SLICES MILK & WATER | APPLESLICES WITH CINNAMON PITAS MILK/WATER | BLUEBERRY MUFFINS MILK/WATER | YOGURT BRAN BUDS FRUIT WATER | RAISIN BREAD MILK/WATER |
| Lunch (Offer at least 3 of 4 food groups) | CHICKEN RANCH BROWN RICE CARROTS SEASONAL FRUIT MILK/WATER | QUICHE SEASONAL FRUIT MILK/WATER | PANCAKES TURKEY SAUSAGE GREEN BEANS SEASONAL FRUIT MILK/WATER | CHICKEN & CHEESE QUESADILLAS CUCUMBERS SEASONAL FRUIT MILK/WATER | WW TURKEY SUBS CHEESE, LETTUCE CARROT STICKS SEASONAL FRUIT MILK/WATER |
| Meat or Alternative | CHICKEN | EGG | TURKEY | CHICKEN | TURKEY |
| Grain Products | RICE | CRUST | PANCAKE | WW WRAPS | WW BUNS |
| Vegetable | CARROTS | BROCCOLI | GREEN BEANS | CUCUMBERS | LETTUCE CARROTS |
| Milk & Alternatives | MILK | MILK | MILK | CHEESE MILK | CHEESE MILK |
| Fruit (OR OCCASIONAL DESSERT) | SEASONAL FRUIT | SEASONAL FRUIT | SEASONAL FRUIT | SEASONAL FRUIT | SEASONAL FRUIT |
| Mid afternoon Snack (Offer 2 of 4 food groups) | CHEESE & WW CRACKERS GRAPES WATER | VEGGIES WITH RANCH DIP BREAD WW CRACKERS WATER | FRUIT GRAHAM CRACKERS WATER | APPLE OAT BARS WATER | GRAHAM CRACKERS FRUIT WATER |
| # Of servings from each food group | Vegetables & Fruit-4 Grains-3 Milk& Alternatives--2 Meat& Alternatives--1 | Vegetables & Fruit-4 Grains--3 Milk & Alternatives--2 Meat& Alternatives--1 | Vegetables & Fruit--4 Grains--2 Milk & Alternatives--3 Meat& Alternatives--1 | Vegetables & Fruit--4 Grains--3 Milk& Alternatives--2 Meat& Alternatives--1 | Vegetables & Fruit-4 Grains--3 Milk & Alternatives--3 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.
SPRING/SUMMER MENU**

| Week # 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|---|
| Mid-Morning Snack (Offer 2 of 4 food groups) | CEREAL BLUEBERRIES MILK/WATER | MANDARIN ORANGES GRAHAM CRACKERS MILK/WATER | CINNAMON TRAIL MIX MILK/WATER | APPLE MUFFINS MILK/WATER | WW BAGELS CREAM CHEESE FRUIT SPREAD MILK/WATER |
| Lunch (Offer at least 3 of 4 food groups) | CHICKEN WW FETTUCCINI ALFREDO BROCCOLI APPLESAUCE MILK/WATER | SLOPPY JOES WITH WW BUN CORN SEASONAL FRUIT MILK/WATER | FISH NUGGETS BROWN RICE CARROTS SEASONAL FRUIT MILK/WATER | CHICKEN PIZZAS CUCUMBERS SEASONAL FRUIT MILK/WATER | WW TURKEY WRAPS CHEESE LETTUCE/TOMATO SEASONALFRUIT MILK/WATER |
| Meat or Alternative | CHICKEN | GROUND BEEF | FISH | CHICKEN | TURKEY |
| Grain Products | WW FETTUCCINI | WW BUNS | RICE | NAAN BREAD/ENGLISH | WW WRAPS |
| Vegetable | BROCCOLI | CORN | CARROTS | CUCUMBER TOMATO SAUCE | LETTUCE TOMATO |
| Milk & Alternatives | ALFREDO SAUCE MILK | MILK | MILK | CHEESE MILK | CHEESE MILK |
| Fruit (OR OCCASIONAL DESSERT) | APPLESAUCE | SEASONAL FRUIT/FRUIT | SEASONAL FRUIT/FRUIT | SEASONAL FRUIT/FRUIT | SEASONAL FRUIT/FRUIT |
| Mid afternoon Snack (Offer 2 of 4 food groups) | WW CRACKERS RANCH OR TAZZIKI CARROTS/PEPPERS WATER | FROZEN FRUIT YOGURT POPS WATER | RAISIN BREAD MILK/ WATER | CHEESE & WW CRACKERS GRAPES WATER | WATERMELON GRAHAM CRACKERS WATER |
| # Of servings from each food group | Vegetables & Fruit-4 Grains-4 Milk& Alternatives--3 Meat& Alternatives--1 | Vegetables & Fruit--4 Grains--2 Milk & Alternatives--3 Meat& Alternatives--1 | Vegetables & Fruit--4 Grains--3 Milk & Alternatives--3 Meat& Alternatives--1 | Vegetables & Fruit--4 Grains--3 Milk& Alternatives--4 Meat& Alternatives--1 | Vegetables & Fruit-4 Grains--3 Milk & Alternatives--4 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.
SPRING/SUMMER MENU**

| Week # 3 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|---|
| Mid-Morning Snack (Offer 2 of 4 food groups) | CEREAL SLICED STRAWBERRIES MILK/WATER | WW BAGELS WITH BUTTER FRUIT SPREAD MILK/WATER | FROZEN FRUIT YOGURT BARK WATER | GRAHAM CRACKERS CREAM CHEESE FRUIT SPREAD MILK/WATER | RAISIN BREAD MILK/WATER |
| Lunch (Offer at least 3 of 4 food groups) | MAC & CHEESE TURKEY SLICES GREEN BEANS SEASONAL FRUIT MILK/WATER | CHICKEN TACOS LETTUCE/TOMATO CHEESE SOUR CREAM SEASONAL FRUIT MILK/WATER | HOMEMADE CHEESE BURGERS WW BUNS LETTUCE/TOMATO POTATOES SEASONAL FRUIT MILK/WATER | CHICKEN LASAGNA CUCUMBER WW ROLLS/BREAD SEASONAL FRUIT MILK/WATER | (COLD PLATE) HARD BOILED EGGS CHEESE TURKEY PICKLES CUCUMBERS WW CRACKERS SEASONAL FRUIT MILK/WATER |
| Meat or Alternative | TURKEY | GROUND CHICKEN | BEEF | CHICKEN | TURKEY EGGS |
| Grain Products | WW NOODLES | WHOLE WHEAT WRAPS | WW BUNS POTATOES | WHOLE WHEAT NOODLES AND ROLL | WW CRACKERS |
| Vegetable | GREEN BEANS | LETTUCE TOMATO | LETTUCE/TOMATO | CUCUMBER | PICKLES CUCCUMBER |
| Milk & Alternatives | CHEESE MILK | MILK CHEESE | CHEESE MILK | CHEESE MILK | CHEESE MILK |
| Fruit (OR OCCASIONAL DESSERT) | SEASONAL FRUIT | SEASONAL FRUIT | SEASONAL FRUIT | SEASONAL FRUIT | SEASONAL FRUIT |
| Mid afternoon Snack (Offer 2 of 4 food groups) | WW PITAS WITH RANCH OR TZATZIKI CARROTS/PEPPERS WATER | WW CRACKERS & CHEESE GRAPES WATER | OATMEAL CRAISIN MUFFINS WATER | BANANA YOGURT POP | TRAIL MIX FRESH FRUIT WATER |
| # Of servings from each food group | Vegetables & Fruit-4 Grains-3 Milk& Alternatives--3 Meat& Alternatives--1 | Vegetables & Fruit--4 Grains--3 Milk & Alternatives--3 Meat& Alternatives--1 | Vegetables & Fruit--4 Grains--3 Milk & Alternatives--2 Meat& Alternatives--1 | Vegetables & Fruit--3 Grains--3 Milk& Alternatives--3 Meat& Alternatives--2 | Vegetables & Fruit-5 Grains--3 Milk & Alternatives--3 Meat & Alternatives--2 |

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.
SPRING/SUMMER MENU**

| Week # 4 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|--|
| Mid-Morning Snack (Offer 2 of 4 food groups) | CEREAL MIXED FRUIT MILK/WATER | YOGURT BRAN BUDS FRUIT WATER | OATMEAL PEACHES MILK/WATER | STRAWBERRY PINWHEELS WITH CREAM CHEESE WATER | WW BAGELS CREAM CHEESE FRUIT SPREAD MILK/WATER |
| Lunch (Offer at least 3 of 4 food groups) | CHICKEN TERIYAKI BROWN RICE BROCCOLI SEASONAL FRUIT MILK/WATER | SCRAMBLED EGG MUFFIN CUPS ENGLISH MUFFINS SEASONAL FRUIT MILK/WATER | CHICKEN FINGERS POTATOES GREEN BEANS SEASONAL FRUIT MILK/WATER | PHILLY CHEESESTEAK WWBUNS BAKED BEANS SEASONAL FRUIT MILK/WATER | CHICKEN BREAST ON A BUN CUCUMBERS SEASONAL FRUIT MILK/WATER |
| Meat or Alternative | CHICKEN | EGGS | CHICKEN | BEEF | CHICKEN |
| Grain Products | WW BUNS | WW ENGLISH MUFFINS | BREADING ON CHICKEN | WW BUNS | WW BUN |
| Vegetable | BROCCOLI | ONIONS PEPPERS | POTATOES GREEN BEANS | BEANS | CUCUMBER |
| Milk & Alternatives | MILK | CHEESE MILK | MILK | CHEESE MILK | MILK |
| Fruit (OR OCCASIONAL DESSERT) | SEASONAL FRUIT | SEASONAL FRUIT | SEASONAL FRUIT | SEASONAL FRUIT | SEASONAL FRUIT |
| Mid afternoon Snack (Offer 2 of 4 food groups) | CINNAMON GRAHAM CRACKERS WATERMELON WATER | BANANA BREAD WATER | WW CRACKERS & CHEESE GRAPES WATER | OATMEAL COOKIES WATER | APPLESAUCE CINNAMON PITAS WATER |
| # Of servings from each food group | Vegetables & Fruit--4 Grains--3 Milk & Alternatives--2 Meat & Alternatives--1 | Vegetables & Fruit--4 Grains--3 Milk & Alternatives--2 Meat & Alternatives--1 | Vegetables & Fruit--4 Grains--3 Milk & Alternatives--2 Meat & Alternatives--1 | Vegetables & Fruit--4 Grains--3 Milk & Alternatives--4 Meat & Alternatives--1 | Vegetables & Fruit--4 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**