

Shalom Daycare Menu FW September

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Sausage	1oz 1.5oz	Peaches	1/4 c 1/2c	Applesauce
Toast	1 slice	Oatmeal	1/4c	Waffles
Peaches	1/4 c 1/2c	Milk	1/2c 3/4c	Milk
Milk	1/2c 3/4c			
AM Snack	AM Snack	AM Snack	AM Snack	AM Snack
Cheese Slice	1 slice	Bagel	1/2 bagel	Pineapple
Ritz Crackers	1/4c 1/3c	Cream Cheese	1/4 C	Cottage Cheese
Water		Water		Water
Lunch	Lunch	Lunch	Lunch	Lunch
White Chicken Chili	1oz 1.5oz	Salisbury Steaks	1oz 1.5oz	Creamy Italian Spaghetti & Beef
Beans	1/8 c 1/4c	Mashed Potatoes	1/8 c 1/4c	Green Beans
Fruit	1/8 c 1/4c	Applesauce	1/8 c 1/4c	Mixed Fruit
Wheat Crackers	1/4 c	Wheat Bread	1/2 slice	Wheat Bread
Milk	1/2c 3/4c	Milk	1/2c 3/4c	Milk
PM Snack	PM Snack	PM Snack	PM Snack	PM Snack
	Yogurtz	1 pouch	Oatmeal Cookie	1/2 oz
Graham Crackers	1/4c 1/3c	Graham Crackers	1/4c 1/3c	Milk
Milk	1/2c	Water		Water

*WG = whole grain

*Serving sizes in red are for children 1-2 yrs of age

*Children 1-2 yrs receive whole milk, 3-5 yrs receive whole milk (unless Dr. statement provided for alternate)

Menu subject to change due to product availability