

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	1/4 c 1/2c	Peaches	1/4 c 1/2c	Banana	1/4 c 1/2c
Toast	1 slice	Oatmeal	1/4c	Waffles	1 serving	Cheerios	1/4c 1/3c	Kix Cereal	1/4c 1/3c
Peaches	1/4 c 1/2c	Milk	1/2c 3/4c	Milk	1/2c 3/4c	Milk	1/2c 3/4c	Milk	1/2c 3/4c
Milk	1/2c 3/4c								
AM Snack		AM Snack		AM Snack		AM Snack		AM Snack	
Cheese Slice	1 slice	Bagel	1/2 bagel	Pineapple	1/2c	Mandarin Oranges	1/2c	Muffin	1 muffin
Ritz Crackers	1/4c 1/3c	Cream Cheese	1/4 C	Cottage Cheese	1/4 c	Graham Crackers	1/4c 1/3c	Milk	1/2 C
Water		Water		Water		Water		Water	
Lunch		Lunch		Lunch		Lunch		Lunch	
White Chicken Chili	1oz 1.5oz	Salisbury Steaks	1oz 1.5oz	Creamy Italian Spaghetti & Beef	1oz 1.5oz	Chicken Noodle Casserole	1oz 1.5oz	Sloppy Joes	1oz 1.5oz
Beans	1/8 c 1/4c	Mashed Potatoes	1/8 c 1/4c	Green Beans	1/8 c 1/4c	Corn & Green Beans	1/8 c 1/4c	Baked Beans	1/8 c 1/4c
Fruit	1/8 c 1/4c	Applesauce	1/8 c 1/4c	Mixed Fruit	1/8 c 1/4c	Fruit	1/8 c 1/4c	Applesauce	1/8 c 1/4c
Wheat Crackers	1/4 c	Wheat Bread	1/2 slice	Wheat Bread	1/2 slice	Wheat Noodle	1/4 c	Wheat Bun	1/2 bun
Milk	1/2c 3/4c	Milk	1/2c 3/4c	Milk	1/2c 3/4c	Milk	1/2c 3/4c	Milk	1/2c 3/4c
PM Snack		PM Snack		PM Snack		PM Snack		PM Snack	
		Yogurtz	1 pouch	Oatmeal Cookie	1/2 oz	Pineapple	1/2 oz	Yogurt	1/4c
Graham Craclers	1/4c 1/3c	Graham Crackers	1/4c 1/3c	Milk	1/2c	Cottage Cheese	1/4 c	Vanilla Wafers	1/4c 1/3c
Milk	1/2c	Water		Water		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