

# SAMPLE YMCA Child Care Menu

Week 1

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mid-Morning Snack</b>	Waffles Apple Slices	Cereal Milk and Bananas	Apple Sauce Graham Crackers	Muffins Milk and Apple slices	Yogurt Fresh Fruit
<b>Lunch</b>	Tuna Melts & Fresh Vegetables	BBQ Meatballs Mashed Potatoes Beans	Chicken Ranch Wraps and Corn	Loaded Potato Soup Cheese Biscuit Fresh Vegetables	Pepperoni Pizza Caesar Salad
<b>Meat or Alternative</b>	Tuna	Ground Beef	Chicken	Turkey	Pepperoni
<b>Grain Products</b>	Pita	Whole Wheat Bread	Tortilla	Homemade Biscuits	Pita
<b>Vegetable</b>	Celery, tomatoes, Carrots, Cucumbers	Potatoes Green Beans	Romaine Lettuce Corn	Carrot, cucumber, tomatoes	Romaine Lettuce
<b>Milk Product</b>	Milk Cheese	Milk Cheese	Milk Cheddar Cheese	Milk Cheese	Milk Cheese
<b>Fruit</b>	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh or Canned Fruit	Fresh or Canned Fruit
<b>Mid-Afternoon Snack</b>	Teddy Grahams & Oranges	Cheese Ritz Crackers Grapes	Banana Bread Juice and sliced cucumbers	Turkey Cream Cheese Wraps Fruit	Homemade Cookies Milk and Berries

\* Cooked Vegetables for infants

# SAMPLE YMCA Child Care Menu

Week 2

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mid-Morning Snack</b>	Muffins Milk Mandarin oranges	Raisin Toast Apples	Yogurt Granola and Berries	Cereal Milk Bananas	English Muffin & Oranges
<b>Lunch</b>	Bruschetta Bake Rice Corn	Vegetable Lasagne	Fish Sticks, Mashed Potato, carrots	Ham and Cheese Panini Fresh Veggies	Pizza Soup Grilled Cheese
<b>Meat or Alternative</b>	Chicken	Chick Peas	Fish	Ham	Ground Beef
<b>Grain Products</b>	Rice	Pasta Whole Wheat Buns	Whole Wheat Bread	Panini	Whole Wheat Bread
<b>Vegetable</b>	Corn	Spinach, onion & mushroom	Carrots	Celery, Carrots & cucumbers	Tomato Soup Onion
<b>Milk Product</b>	Milk	Milk Cheese	Milk	Milk Cheese	Milk Cheese
<b>Fruit</b>	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh/canned fruit	Fresh/canned fruit
<b>Mid-Afternoon Snack</b>	Wow Butter Whole Wheat crackers/ Fruit	Teddy Grahams Oranges & Bananas	Pumpkin Squares Fresh Fruit	Raisin Oatmeal Cookies and Milk Apple slices	Ritz Crackers, Hummus and Carrots

\*Cooked Vegetables are for Infants

# SAMPLE YMCA Child Care Menu

Week 3

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mid-Morning Snack</b>	Whole Wheat Bagels with cream cheese and orange slices	Waffles & Bananas	Fruit Cocktail Graham Crackers	Yogurt, Granola & Berries	Muffins & Milk Orange slices
<b>Lunch</b>	Tuna Casserole Peas and Carrots	Beef Stew, Roasted Potatoes, Broccoli & Cauliflower	Chicken Quesadilla Fresh Vegetables	TVP Spaghetti Caesar salad Whole Wheat dinner rolls	Cream of Broccoli Soup Bacon & Cheese Biscuits
<b>Meat or Alternative</b>	Tuna	Beef	Chicken	TVP	Bacon
<b>Grain Products</b>	Pasta	Dumplings	Tortilla	Pasta Whole Wheat Buns	Biscuits
<b>Vegetable</b>	Peas, Carrots, Cucumbers	Potatoes Broccoli and Cauliflower	Celery, Carrots and cucumbers	Romaine Lettuce	Broccoli & Fresh Vegetables
<b>Milk Product</b>	Milk	Milk	Milk Cheese	Milk	Milk Cheese
<b>Fruit</b>	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh/Canned Fruit	Fresh/Canned Fruit
<b>Mid-Afternoon Snack</b>	Pumpkin cupcakes Fresh Fruit	Cheese, Crackers, & Grapes	Rice Krispie Squares With apple slices	Raw Vegetables Fish Crackers	Whole Wheat Pita Apple Butter & Cucumbers

# SAMPLE YMCA Child Care Menu

Week 4

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mid-Morning Snack</b>	Cinnamon Toast Apple Slices	Pea Butter & Jam Sandwiches Orange slices	Muffins Milk Apples	Toasted English Muffin & Orange Slices	Cereal & Milk Bananas
<b>Lunch</b>	Chicken Strips Rice & Carrots	Shepherds Pie Broccoli & Cauliflower	Macaroni & Cheese Ham & Peas	Fish Burgers Garden Salad	Multicultural Lunch
<b>Meat or Alternative</b>	Chicken	Ground Beef	Ham	Fish	
<b>Grain Products</b>	Rice	Whole wheat Bread	Pasta	Whole Wheat Buns	
<b>Vegetable</b>	Carrots	Broccoli and Cauliflower	Peas	Lettuce, Carrots, Cucumbers & Celery	
<b>Milk Product</b>	Milk Yogurt	Milk	Milk	Milk	
<b>Fruit</b>	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh/Canned Fruit	
<b>Mid-Afternoon Snack</b>	Applesauce and Arrowroots	Carrots & Cucumbers with Breadsticks	Apple Crisp Cinnamon tortillas	Frozen Yogurt And Fresh Berries	Homemade Cookies & Milk Fresh Fruit

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