



Spring/Summer Menu



Hills & Dales Childcare Center

WEEK 1

Meal Patterns	Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:
Breakfast <ul style="list-style-type: none"> • Grain/bread • Juice, fruit or vegetable • Milk, Fluid • Other Foods 	½ Bagel (WG) 1 Banana (F) ¾ cup Whole or Skim Milk	1 Pancake 4 oz. Peaches ¾ cup Whole or Skim Milk	2 oz. Oatmeal 4 oz. Mixed Fruit ¾ cup Whole or Skim Milk	3 oz. Rice Krispies Cereal 4 Apple Slices (F) ¾ cup Whole or Skim Milk	½ slice Jelly Toast (WG) 4 oz. Mandarin Oranges ¾ cup Whole or Skim Milk
AM Snack (select two components) <ul style="list-style-type: none"> • Milk, Fluid • Juice, fruit or vegetable • Grain/bread • Meat or meat alternate 	½ cup 100% Fruit Juice ½ Cinnamon Tortilla (WG)	½ cup 100% Fruit Juice 3 oz. Cereal Mix	Water 4 oz. Applesauce ½ Slice Butter Bread (WG)	Water 4 Ritz Crackers 1 Cheese Slice	Water 4 oz. Melon Cubes (F) 1 ½ oz. Goldfish
Lunch <ul style="list-style-type: none"> • Meat or meat alternate • Vegetable or fruit • 2nd Vegetable or fruit • Grain/bread • Milk, fluid • Other Foods 	1 ½ oz. BBQ Chicken Breast 2 oz. Green Beans 2 oz. Seasonal Berries (F) ½ Roll (WG) ¾ cup Whole or Skim Milk	1 ½ oz. Sloppy Joes 2 oz. French Fries 1 Corn on the Cob ½ Hamburger Bun (WG) ¾ cup Whole or Skim Milk	1 ½ oz. Baked Ham 2 oz. Parmesan Potatoes 2 oz. Peas ½ Slice Bread (WG) ¾ cup Whole or Skim Milk	1 ½ oz. Breaded Chicken 2 oz. Mashed Potato 2 oz. Carrots ½ Slice Bread (WG) ¾ cup whole or skim Milk	3 Meatballs 2 oz. Toss Salad 2 oz. Peaches 1 oz. Spaghetti (WG) ¾ cup Whole or Skim Milk French or Ranch
PM snack (select two components) <ul style="list-style-type: none"> • Milk, fluid • Juice, fruit or vegetable • Grain/bread • Meat or meat alternate 	Water 4 Saltine Cracker 1 Hard Boiled Egg	½ cup Whole or Skim Milk 6 Carrots Ranch	Water 2 oz. Yogurt 1 oz. Granola	Water 4 oz. Pineapple 2 Mini Pancakes	Water 4 oz. Apricots 1 Graham Cracker

Use these codes: (F) Fresh, (WG) Whole Grain.

Serving size based on children aged 1-5.

Toddlers, 1-2 years of age should receive Whole Milk. Children 2 and older receive skim milk.



Spring/Summer Menu



Hills & Dales Childcare Center

WEEK 2

Meal Patterns	Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:
Breakfast <ul style="list-style-type: none"> • Grain/bread • Juice, fruit or Vegetable • Milk, Fluid • Other Foods 	3 oz. Kix 4 oz. Apricots ¾ cup Whole or Skim Milk	1 slice Toast w/ Jelly(WG) 4 oz. Applesauce ¾ cup Whole or Skim Milk	1 Pancake (WG) 4 oz. Mixed Fruit ¾ cup Whole or Skim Milk	½ Bagel 4 Apple Slices (F) ¾ cup Whole or Skim Milk	3 oz. Rice Krispies 4 oz. Peaches ¾ cup Whole or Skim Milk
AM Snack (select two components) <ul style="list-style-type: none"> • Milk, Fluid • Juice, fruit or vegetable • Grain/bread • Meat or meat alternate 	Water 1 Banana (F) ½ Slice Butter Bread (WG)	Water 4 Apple Slices (F) 2 oz. Cheez-It Crackers	Water ½ Tortilla (WG) w/ ½ oz. Cheese	½ cup Whole or Skim Milk 1 Mini Blueberry Muffin	½ cup 100% Fruit Juice ½ English Muffin w/ Jelly
Lunch <ul style="list-style-type: none"> • Meat or meat alternate • Vegetable or fruit • 2nd Vegetable or fruit • Grain/bread • Milk, fluid • Other Foods 	1 ½ oz. Breaded Pork Patty 2 oz. Peaches 2 oz. Corn & Peas ½ Slice Bread (WG) ¾ cup Whole or Skim Milk	1 ½ oz. Meatloaf 2 oz. Baked Potato 2 oz. Pineapple ½. Slice bread (WG) ¾ cup Whole or Skim Milk	1 ½ oz Pollock Wedge 2 oz. Apricots 2 oz. Mixed Veggies ¾ cup Whole or Skim Milk	1 Sausage 1 Hash Brown 2 oz. Applesauce 1 Pancake ¾ cup Whole or Skim Milk	4 oz. Chicken 2 oz. Capri Veggies 2 oz. Pears 1 oz. Noodles ¾ cup Whole or Skim Milk
PM snack (select two components) <ul style="list-style-type: none"> • Milk, fluid • Juice, fruit or vegetable • Grain/bread • Meat or meat alternate 	½ cup 100% Fruit Juice 1 Rice Cake	Water ½ Pita (WG) 1 oz. Tuna Salad	Water 4 oz. Pears 8 Animal Crackers	Water 4 oz. Mixed Fruit 1 Turkey Slice	Water 4 Saltine Crackers 1 oz. Cottage Cheese

Use these codes: (F) Fresh, (WG) Whole Grain.

Serving size based on children aged 1-5.

Toddlers, 1-2 years of age should receive Whole Milk. Children 2 and older receive skim milk.



Spring/Summer Menu



WEEK 3

Meal Patterns	Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:
Breakfast <ul style="list-style-type: none"> • Grain/bread • Juice, fruit or Vegetable • Milk, Fluid • Other Foods 	1 Blueberry Muffin 1 Banana (F) ¾ cup Whole or Skim Milk	3 oz. Cheerios ½ cup 100% Fruit Juice ¾ cup Whole or Skim Milk	1 Pancake 4 oz. Applesauce ¾ cup Whole or Skim Milk	½ English Muffin w/ Jelly 4 oz. Peaches ¾ cup Whole or Skim Milk	2 oz. Oatmeal 4 oz. Apricots ¾ cup Whole or Skim Milk
AM Snack (select two components) <ul style="list-style-type: none"> • Milk, Fluid • Juice, fruit or vegetable • Grain/bread • Meat or meat alternate 	Water 2 oz. Yogurt 1 oz. Granola	Water 4 oz. Mandarin Oranges 5 Wheat Thins	½ cup 100% Fruit Juice ½ Croissant w/ Apple Butter	Water 4 Saltine Crackers 1 oz. Hummus	Water ½ English Muffin w/ Pizza Sauce and ½ oz. Cheese
Lunch <ul style="list-style-type: none"> • Meat or meat alternate • Vegetable or fruit • 2nd Vegetable or fruit • Grain/bread • Milk, fluid • Other Foods 	2 oz. Beef Tips 2 oz. Peaches 2 oz. Asparagus 1 oz. Noodles ¾ cup Whole or Skim Milk	½ Sausage Pizza 2 oz. Green Beans 2 oz. Pineapple ¾ cup Whole or Skim Milk	1 ½ Chicken Strips 2 oz. Mashed Potatoes 2 oz. Scandinavian Veggies ½. Slice bread (WG) ¾ cup Whole or Skim Milk Ketchup	1 ½ oz. Turkey Pot Roast 2 oz. Mini Potato Bakers 2 oz. Pears ½ Slice Butter Bread (WG) ¾ cup Whole or Skim Milk	1 ½ BBQ Rib 2 oz. Tater Tots 2 oz. Fruit Cocktail ½ Bun (WG) ¾ cup Whole or Skim Milk Ketchup
PM snack (select two components) <ul style="list-style-type: none"> • Milk, fluid • Juice, fruit or vegetable • Grain/bread • Meat or meat alternate 	Water 4 Apple Slices (F) 1 Graham Cracker	½ cup 100% Fruit Juice ½ slice Cinnamon Bread (WG)	½ cup Whole or Skim Milk 4 oz. Mini Tortilla Chips w/ Salsa	Water 4 oz. Melon Cubes (F) 2 oz. Goldfish	Water 4 Ritz Crackers 1 Ham Slice

Use these codes: (F) Fresh, (WG) Whole Grain.

Serving size based on children aged 1-5.

Toddlers, 1-2 years of age should receive Whole Milk. Children 2 and older receive skim milk.



Spring/Summer Menu

WEEK 4

Meal Patterns	Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:
Breakfast <ul style="list-style-type: none"> • Grain/bread • Juice, fruit or Vegetable • Milk, Fluid • Other Foods 	1 Pancake 4 oz. Applesauce ¾ cup Whole or Skim Milk	½ slice Toast w/ Jelly(WG) 1 Banana (F) ¾ cup Whole or Skim Milk	3 oz. Crisp Rice Cereal 4 oz. Pears ¾ cup Whole or Skim Milk	2 oz. Oatmeal 4 oz. Fruit Cocktail ¾ cup Whole or Skim Milk	4 oz. Peaches ½ Bagel w/ Cream cheese ¾ cup Whole or Skim Milk
AM Snack (select two components) <ul style="list-style-type: none"> • Milk, Fluid • Juice, fruit or vegetable • Grain/bread • Meat or meat alternate 	½ cup 100% Fruit Juice ½ Slice Bread w/ Jelly (WG)	½ cup Milk 4 oz. Celery & Carrots With Ranch	Water 4 Apple Slices 2 Cheese Cubes	½ cup Milk 2 Cucumber Sandwiches	Water 4 oz. Melon Cubes (F) 1 oz. Cottage Cheese
Lunch <ul style="list-style-type: none"> • Meat or meat alternate • Vegetable or fruit • 2nd Vegetable or fruit • Grain/bread • Milk, fluid • Other Foods 	1 ½ oz. Breaded Chicken Filet 2 oz. Pineapple 2 oz. Green Beans 2 oz. Rice Pilaf ¾ cup Whole or Skim Milk	3 Meatballs 2 oz. Toss Salad 2 oz. Pears 1 oz. Spaghetti (WG) ¾ Cup Whole or Skim Milk French or Ranch	½ Hot Ham & Cheese Sandwich 2 oz. Garlic Cheese Potatoes 2 oz. Carrots ¾ cup Whole or Skim Milk	4 oz. Shepherd's Pie 2 oz. Mandarin Oranges ½ Breadstick ¾ cup Whole or Skim Milk	1 ½ oz. Roast Pork 2 oz. Mashed Potatoes 2 oz. Squash ½ Slice Butter Bread (WG) ¾ cup Whole or Skim Milk
PM snack (select two components) <ul style="list-style-type: none"> • Milk, fluid • Juice, fruit or vegetable • Grain/bread • Meat or meat alternate 	Water 1 Cutie (F) 8 Animal Crackers	Water 4 Saltine Crackers 1 whole Hard Boiled Egg	½ cup 100% Fruit Juice ½ Bagel (WG) w/ cream cheese	Water 4 oz. Peaches 3 oz. Cereal Mix	Water 4 Ritz Crackers 1 Cheese Slice

Use these codes: (F) Fresh, (WG) Whole Grain.

Serving size based on children aged 1-5.

Toddlers, 1-2 years of age should receive Whole Milk. Children 2 and older receive skim milk.



Spring/Summer Menu

WEEK 5

Meal Patterns	Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:
Breakfast <ul style="list-style-type: none"> • Grain/bread • Juice, fruit or Vegetable • Milk, Fluid • Other Foods 	3 oz. Kix Cereal 4 oz. Mixed Fruit ¾ cup Whole or Skim Milk	2 oz. Oatmeal 1 Banana (F) ¾ cup Whole or Skim Milk	1 Pancake 4 oz. Fruit Cocktail ¾ cup Whole or Skim Milk	½ Bran Muffin 4 oz. Peaches ¾ cup Whole or Skim Milk	3 oz. Cheerios 4 oz. Pears ¾ cup Whole or Skim Milk
AM Snack (select two components) <ul style="list-style-type: none"> • Milk, Fluid • Juice, fruit or vegetable • Grain/bread • Meat or meat alternate 	Water 4 Apple Slices (F) 1 ½ oz. Teddy Grahams	Water 4 oz Mandarin Oranges 1 ½ oz. Goldfish	Water 4 oz. Peaches 1 ½ oz. Cracker Mix	Water 4 oz. Apricots 2 oz. Cheez-It Crackers	Water ¼ Tortilla (WG) w/ ½ oz. Cheese
Lunch <ul style="list-style-type: none"> • Meat or meat alternate • Vegetable or fruit • 2nd Vegetable or fruit • Grain/bread • Milk, fluid • Other Foods 	1 ½ oz. Baked Ham 2 oz. Peaches 2 oz. Sweet Potato ½ Slice Bread (WG) ¾ cup Whole or Skim Milk	½ Grilled Cheese (WG) 2 oz. Tomato Soup 2 oz. Asparagus ¾ cup Whole or Skim Milk	1 ½ oz. Salisbury Steak 2 oz. Applesauce 2 oz. Corn ½ Slice Bread (WG) ¾ cup Whole or Skim Milk	1 ½ Chicken Strips 2 oz. Hash brown Casserole 2 oz. Green Beans ½ Slice Bread (WG) ¾ cup Whole or Skim Milk Ketchup	1 ½ oz. Hamburger 2 oz. French Fries 2 oz. Mixed Veggies ½ Hamburger Bun (WG) ¾ cup Whole or Skim Milk Ketchup
PM snack (select two components) <ul style="list-style-type: none"> • Milk, fluid • Juice, fruit or vegetable • Grain/bread • Meat or meat alternate 	Water 4 oz. Pears 1 Rice Cake	Water ½ Slice Cinnamon Bread (WG) 1 Banana (F)	½ cup Milk 1 Graham Cracker	½ cup 100% Fruit Juice ½ Breadstick w/ Sauce (HM)	½ cup 100% Fruit Juice 2 oz. Seasoned Oyster Crackers

Use these codes: (F) Fresh, (WG) Whole Grain.

Serving size based on children aged 1-5.

Toddlers, 1-2 years of age should receive Whole Milk. Children 2 and older receive skim milk.