

Name of Child Care Facility: Fuller Center ✓Menu Planning Age Group(s): X 1&2 X 3-5 X 6-18 Winter/Spring Menu Week 1 of 4: 1/2 1/30 2/27 3/27 4/24 2023

Type(s) of milk offered: One year olds: unflavored whole milk two through five: unflavored low-fat 1% milk or unflavored fat-free milk six and older: same as ages 2-5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>B R E A K F A S T</b>	Child meal pattern food components: Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.	Milk	Milk	Milk	Milk	
	Vegetable/Fruit/Juice: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c	Banana	Diced Melon (Ages 1-2 Applesauce)	Sliced Apples (Ages 1-2 Applesauce)	Orange Wedges (Ages 1-2 Mandarin Oranges)	
	Grains: Ages 1-2: ½ slice/svg, ¼ c; 3-5: ½ slice/svg, 1/3 c; 6-18: 1 slice/svg, ¼ c	WG Cheerios	WG Waffle Sticks w/ Syrup	WGR Croissant	WG Kix Cereal	WG Biscuit
	Meat/Meat Alternate (optional)		Egg Patty		Turkey Sausage Patty	
	Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.	Milk	Milk	Milk	Milk	
<b>L U N C H / S U P P E R</b>	Meat/Meat Alternate: Ages 1-2: 1 oz.; 3-5: 1 ½ oz.; 6-18: 2 oz.	Cheese Pizza Pepperoni	Turkey Breast w/ Gravy	Grilled Cheese Sandwich w/ American Cheese	Breaded Chicken Filet	
	Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c	Tossed Salad Ages 1-2 Cooked Vegetables	Green Beans	Tomato Soup Tater Tots	Lettuce, Tomato Broccoli	
	Fruit: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ¼ c	Fresh fruit, Fruit cup or Applesauce	Fresh fruit, Fruit cup or Applesauce	Fresh fruit, Fruit cup or Applesauce	Fresh fruit, Fruit cup or Applesauce	
	Grains: Ages 1-2: ½ slice/svg, ¼ c; 3-5: ½ slice/svg, ¼ c; 6-18: 1 slice/svg, ½ c	WG Pizza Dough	Stuffing	Whole Wheat Bread	WW Hamburger Bun	
	Milk: Ages 1-2: four oz.; 3-5: four oz.; 6-18: eight oz.	Water	Water	Water	Water	
<b>S N A C K</b>	Meat/Meat Alternate: Ages 1-2: ½ oz.; 3-5: ½ oz.; 6-18: 1 oz.	Yogurt	Fresh fruit, Fruit cup or Applesauce	Cheddar Cheese Bar or Mozzarella stick	Grape Juice	
	Vegetable/Fruit/Juice: Ages 1-2: ½ c; 3-5: ½ c; 6-18: ¾ c	WG Animal Crackers	WG Cheez-Its	WG Apple Cinnamon Muffin	WG Sun Chips	
	Grains: Ages 1-2: ½ slice/svg/oz, 3-5: ½ slice/svg/oz, 6-18: 1 slice/svg, oz				WG Sun Chips Ages 1-2 Crackers	

Note: All menu items are subject to change due to availability, ripeness and any unforeseen kitchen needs, however, all plans are intended to be served as indicated. NO CHANGES WILL BE MADE ON AN INDIVIDUAL BASIS WITHOUT A SIGNED DOCTOR'S STATEMENT. Juice is 100% and vitamin C enriched.

Fresh fruit or Cupped fruits are offered on a rotating basis, based on availability. Approved 8/1/22 by Paula F. Mendelsohn, MPH, LD/N, CNN FL license ND695

Name of Child Care Facility: Fuller Center ✓Menu Planning Age Group(s): X 1&2 X 3-5 X 6-18 Winter/Spring Menu Week: 2 of 4 1/9 2/6 3/6 4/3 5/1 2023  
 Type(s) of milk offered: One year olds: unflavored whole milk two through five: unflavored low-fat 1% milk or unflavored fat-free milk Six and older: same as ages 2-5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
B R E A K F A S T	Child meal pattern food components:					
	Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.	Milk	Milk	Milk	Milk	
	Vegetable/Fruit/Juice: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ¾ c	Orange Juice	Banana	Diced Melon (Ages 1-2 Applesauce)	Sliced Apples (Ages 1-2 Applesauce)	Orange Wedges (Ages 1-2 Mandarin Oranges)
	Grains: Ages 1-2: ½ slice/svg, ¼ c; 3-5: ½ slice/svg, 1/3 c; 6-18: 1 slice/svg, ¾ c	WG Reduced Sugar Cinnamon Toast Crunch	WG French Toast Sticks w/ Syrup	WG Grits	WG Cheerios Multigrain Cereal	WG Bagel w/ Cream Cheese (ages 1-2 WG biscuit)
	Meat/Meat Alternate (optional)			Cheese Omelet		
	Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate: Ages 1-2: 1 oz.; 3-5: ½ oz.; 6-18: 2 oz.	Teriyaki Chicken (See Recipe)	Cheese Quesadilla (Ages 1-2 Chicken w/ rice)	All Beef Hot Dog	Breaded Chicken Tenders	Spaghetti and Meatballs
	Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ¾ c	Asian Medley Vegetables	Black Beans Salsa	Corn (ages 3 and up) Baked Beans	Peas and Carrots	Marinara Sauce Green Beans
	Fruit: Ages 1-2: 1/8 C; 3-5 ¼ c; 6-18 ¼ c	Fresh fruit, Fruit cup or Applesauce	Fresh fruit, Fruit cup or Applesauce	Fresh fruit, Fruit cup or Applesauce	Fresh fruit, Fruit cup or Applesauce	Fresh fruit, Fruit cup or Applesauce
	Grains: Ages 1-2: ½ slice/svg, ¼ c; 3-5: ½ slice/svg, ¼ c; 6-18: 1 slice/svg, ½ c	Brown Rice	WG Tortilla (Yellow Rice ages 1-2)	Hot Dog Bun	Breading on Chicken Macaroni & Cheese	WGR Spaghetti
S N A C K	Select 2	Water	Water	Water	Water	
	Milk: Ages 1-2: four oz.; 3-5: four oz.; 6-18: eight oz.	Applesauce	Apple Juice	Nutella	Grape Juice	
	Meat/Meat Alternate: Ages 1-2: ½ oz.; 3-5: ½ oz.; 6-18: 1 oz.	WG Graham Crackers	WG Goldfish Crackers	WG Waffle	Breadsticks Ages 1-2 Crackers	Baked Cheetos Ages 1-2 WG crackers
	Vegetable/Fruit/Juice: Ages 1-2: ½ c; 3-5: ½ c; 6-18: ¾ c					
Grains: Ages 1-2: ½ slice/svg/oz ; 3-5: ½ slice/svg/oz 6-18: 1 slice/svg/oz						

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>B R E A K F A S T</b>	Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ¾ c	Banana	Diced Melon (Ages 1-2 Applesauce)	Sliced Apples (Ages 1-2 Applesauce)	Orange Wedges (Ages 1-2 Mandarin Oranges)
	Grains: Ages 1-2: ½ slice/svg, ¼ c; 3-5: ¾ slice/svg, 1/3 c; 6-18: 1 slice/svg, ¾ c	WG Pancakes w/ Syrup	WG Croissant	WG KIX Cereal	WG Biscuit
	Meat/Meat Alternate (optional)		Egg Patty		Turkey Sausage Patty
<b>L U N C H / S U P P E R</b>	Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.	Milk	Milk	Milk	Milk
	Meat/Meat Alternate: Ages 1-2: 1 oz.; 3-5: 1 ½ oz.; 6-18: 2 oz.	Baked Fish	Beef Tacos w/ Shredded Cheese	Chicken Parmesan w/ Provolone	Meatloaf w/ Gravy
	Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ¾ c	Seasoned Peas	Black Beans, Salsa Shredded lettuce	Marinara Sauce Salad (Ages 1-2 cooked veggies)	Mashed Potatoes California Veg Blend
	Fruit: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ¾ c	Fresh fruit, Fruit cup or Applesauce	Fresh fruit, Fruit cup or Applesauce	Fresh fruit, Fruit cup or Applesauce	Fresh fruit, Fruit cup or Applesauce
<b>S N A C K</b>	Grains: Ages 1-2: ½ slice/svg, ¼ c; 3-5: ¾ slice/svg, ¼ c; 6-18: 1 slice/svg, ½ c	Yellow Rice	WG Tortilla (Ages 1-2 Spanish Rice)		WG Macaroni and Cheese
	Milk: Ages 1-2: four oz.; 3-5: four oz.; 6-18: eight oz.	Water	Water	Water	Water
	Meat/Meat Alternate: Ages 1-2: ½ oz.; 3-5: ½ oz.; 6-18: 1 oz.	Yogurt			
	Vegetable/Fruit/Juice: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ¾ c		Apple Juice	Fresh Fruit, Fruit cup or Applesauce	
	WG Animal Crackers	WG Cheez Its	WG Blueberry Muffin	WG Crackers	WG Sun Chips Ages 1-2 Crackers

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Name of Child Care Facility: Fuller Center ✓Menu Planning Age Group(s): X\_1&2 X\_3-5 X\_6-18 Winter/Spring Menu Week: 4 of 4 1/23 2/20 3/20 4/17 5/15 2023  
 Type(s) of milk offered: One years old: Unflavored Whole Milk Two through five: Unflavored Low-Fat 1% or Unflavored Fat-Free Milk six and older: Same as ages 2-5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>B R E A K F A S T</b>	Milk Orange Juice WG Reduced Sugar Cinnamon Toast Crunch	Milk Banana WG French Toast Sticks w/ Syrup	Milk Diced Melon (Ages 1-2 Applesauce) Oatmeal	Milk Sliced Apples (Ages 1-2 Applesauce) WG Multi Grain Cheerios	Milk Orange Wedges (Ages 1-2 Mandarin Oranges) WG Bagel w/ Cream Cheese (Ages 1-2 WG Biscuit)
<b>L U N C H / S U P P E R</b>	Milk Cheese Ravioli w/ Marinara Sauce Green Beans Fresh fruit, Fruit cup or Applesauce WG Garlic Knot	Milk Chicken w/ Barbecue Sauce Scalloped Potatoes Broccoli Fresh fruit, Fruit cup or Applesauce WG Dinner Roll	Milk Slider Burgers w/ American Cheese Lettuce, Tomato Potato Wedges (ages 1-2 cooked veggies) Fresh fruit, Fruit cup or Applesauce Slider Bun	Milk Turkey and Cheese Sandwich Vegetable Soup Fresh fruit, Fruit cup or Applesauce WW Bread WG Sun Chips (ages 3+)	Milk Breaded Chicken Tenders Peas and Carrots Fresh fruit, Fruit cup or Applesauce Breeding on Chicken WG Macaroni & Cheese
<b>S N A C K</b>	Water Applesauce WG Graham Crackers	Water Apple Juice WG Goldfish Crackers	Water Strawberries WG Waffle	Water Nutella Breadsticks Ages 1-2 WG Crackers	Water Grape Juice Baked Cheetos Ages 1-2 WG Crackers

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