

Name of Child Care Facility: Fuller Center ✓ Menu Planning Age Group(s): X 1 & 2 X 3 - 5 X 6 - 18 Fall Menu Week 1 of 4: 8/14 9/11 10/9 11/6 12/4 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	Milk Orange Juice WG Cheerios	Milk Banana WG Waffle Sticks w/ Syrup	Milk Diced Melon (Ages 1-2 Applesauce) WG Blueberry Muffin	Milk Sliced Apples Ages 1-2 Applesauce WG Rice Krispies Cereal	Milk Orange Wedges (Ages 1-2 Mandarin Oranges) WG Biscuit
	Meat/Meat Alternate (optional)				Turkey Sausage Patty
L U N C H / S U P P E R	Milk BBQ Chicken Scalloped Potatoes Zucchini Fresh fruit, Fruit cup or Applesauce WG Dinner Roll	Milk Ground Beef Shredded Cheese Shredded Lettuce Diced Tomatoes Black Beans Ages 1-2 cooked veggies Fruit cup or Applesauce WW Tortilla Ages 1-2 Rice	Milk Breaded Chicken Patty Sandwich Lettuce, Tomato Broccoli Fresh Fruit, Fruit cup or Applesauce WW Hamburger Bun	Milk Cheese Pizza Pepperoni Tossed Salad Ages 1-2 Cooked Vegetables Fresh fruit, Fruit cup or Applesauce WG Pizza Dough	Milk Beef-A-Roni (See Recipe) Green Beans Fresh fruit, Fruit cup or Applesauce WG Macaroni
S N A C K	Water Cheddar Cheese Bar or Mozzarella stick WG Crackers	Water Apple Juice WG Cheez-Its	Water Yogurt WG Animal Crackers	Water Grape Juice WG Sun Chips Ages 1-2 Crackers	Water Applesauce WG Graham 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 7/21/2023 by Paula A. 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 Fall Menu Week: 2 of 4 8/21 9/18 10/16 11/13 12/11 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

Child meal pattern food components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R E A K F A S T	Milk Orange Juice WG Reduced Sugar Cinnamon Toast Crunch	Milk Banana WG French Toast Sticks w/ Syrup	Milk Diced Melon (Ages 1-2 Applesauce) WG Grits Scrambled Egg	Milk Sliced Apples (Ages 1-2 Applesauce) WG Cheerios Multigrain Cereal	Milk Orange Wedges (Ages 1-2 Mandarin Oranges) WG English Muffin w/ Butter & Jelly
L U N C H / S U P P E R	Milk Teriyaki Chicken (See Recipe) Asian Medley Vegetables Fresh fruit, Fruit cup or Applesauce	Milk Chicken & Cheese Taquito Shredded Lettuce Black Beans Salsa Fresh fruit, Fruit cup or Applesauce	Milk All Beef Hot Dog Cole Slaw Baked Beans Fresh fruit, Fruit cup or Applesauce	Milk Breaded Chicken Tenders Peas and Carrots Fresh fruit, Fruit cup or Applesauce	Milk Spaghetti and Meatballs Marinara Sauce Green Beans Fresh fruit, Fruit cup or Applesauce
S N A C K	Water Vanilla Pudding WG Animal Crackers	Water Apple Juice WG Goldfish Crackers	Water Water Strawberries WG Waffle	Water Water Yogurt Shortbread	Water Water Grape Juice Baked Cheetos Ages 1-2 WG 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 Fall Menu Week: 3 of 4 8//28 9/25 10/23 12/18 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: ½ c	Banana	Diced Melon (Ages 1-2 Applesauce)	Sliced Apples	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 Cheerios	WG Blueberry Muffin	WG Rice Krispies Cereal	WG Biscuit
	Meat/Meat Alternate (optional)				Turkey Sausage Patty
L U N C H / S U P P E R	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	Oven Baked Fried Chicken
	Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c	Broccoli	Black Beans, Salsa Shredded lettuce	Marinara Sauce Salad (Ages 1-2 cooked veggies)	Collard Greens
	Fruit: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ 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
S N A C K	Grains: Ages 1-2: ½ slice/svg, ¼ c; 3-5: ½ slice/svg, ¼ c; 6-18: 1 slice/svg, ½ c	Yellow Rice	WG Tortilla (Ages 1-2 Spanish Rice)	WG Spaghetti	Scalloped Potatoes
	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.	Cheddar Cheese Bar or Mozzarella Cheese stick	Apple Juice	Yogurt	Applesauce
	Vegetable/Fruit/Juice: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ¾ c	WG Crackers	WG Cheez Its	WG Animal Crackers	WG Graham Crackers
Grains: Ages 1-2: ½ slice/svg/oz 3-5: ½ slice/svg/oz 6-18: 1 slice/svg/oz					

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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 Fall Menu Week: 4 of 4 10/2 10/30 11/27 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
Child meal pattern food components:					
B R E A K F A S T	Milk Orange Juice WG Reduced Sugar Cinnamon Toast Crunch	Milk Banana WG French Toast Sticks w/ Syrup	Milk Diced Melon (Ages 1-2 Applesauce) WG Biscuit Cheese Omelet	Milk Sliced Apples (Ages 1-2 Applesauce) WG Multi Grain Cheerios	Milk Orange Wedges (Ages 1-2 Mandarin Oranges) WG Bagel w/ Cream Cheese
L U N C H / S U P P E R	Milk Cheese Ravioli w/ Marinara Sauce Green Beans Fresh fruit, Fruit cup or Applesauce WG Garlic Knot	Milk Chicken Tacos Shredded Cheese Shredded Lettuce Diced Tomatoes Black Beans Fresh fruit, Fruit cup or Applesauce WW Tortilla	Milk Hamburger American Cheese Lettuce, Tomato, Pickles Potato Wedges Fresh fruit, Fruit cup or Applesauce WW Hamburger Bun	Milk Turkey and Cheese Sandwich Carrot Sticks Ages 1-4 cooked veggies Fresh fruit, Fruit cup or Applesauce WW Bread WG Sun Chips	Milk Breaded Chicken Tenders Peas and Carrots Fresh fruit, Fruit cup or Applesauce Breeding on Chicken WG Macaroni & Cheese
S N A C K	Water Vanilla Pudding WG Graham Crackers	Water Apple Juice WG Goldfish Crackers	Water Strawberries WG Waffle	Water Yogurt Shortbread	Water Grape Juice Baked Cheetos Ages 1-2 WG Crackers

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