

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: 12/30 1/27 2/24 3/24 4/21 5/19 2025

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: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ 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 Cheerios	WG Waffle Sticks w/ Syrup	WG Blueberry Muffin	Rice Krispies Cereal	WG Biscuit
	Meat/Meat Alternate (<i>optional</i>)		Turkey Sausage Patty			Egg 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	Milk
	Meat/Meat Alternate: Ages 1-2: 1 oz.; 3-5: 1 ½ oz.; 6-18: 2 oz.	BBQ Chicken	Ground Beef Shredded Cheese	Breaded Chicken Patty Sandwich	Cheese Pizza Turkey Pepperoni	Meat Sauce (See Recipe)
	Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ½ c Fruit: Ages 1-2: ¼ c; 3-5 ¼ c; 6-18 ¼ c	Scalloped Potatoes Green Beans Ages 1-2 Cooked veggies Fresh fruit, Fruit cup or Applesauce	Shredded Lettuce Diced Tomatoes Black Beans Ages 1-2 cooked veggies Fruit cup or Applesauce	Lettuce, Tomato Tater Tots Fresh Fruit, Fruit cup or Applesauce	Broccoli Fresh fruit, Fruit cup or Applesauce	Italian Blend Veggies 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 Dinner Roll	WW Tortilla Yellow Rice	WW Hamburger Bun	WG Pizza Dough	WG Macaroni
S N A C K	Milk: Ages 1-2: four oz.; 3-5: four oz.; 6-18: eight oz.	Water	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 stick		Yogurt		
	Vegetable/Fruit/Juice: Ages 1-2: ½ c; 3-5 ½ c; 6-18: ¾ c		Apple Juice		Grape Juice	Applesauce
	Grains: Ages 1-2: ½ slice/svg/oz, 3-5: ½ slice/svg/oz, 6-18: 1 slice/svg,oz	WG Crackers	WG Cheez-Its	WG Animal Crackers	WG Sun Chips Ages 1-2 Crackers	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 July 9, 2024 by *Paula H. Mendelsohn*, MPH, LD/N, CCN 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: 1/6 2/3 3/3 3/31 4/28 5/26 2025
 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: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ 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, ¼ c	WG Reduced Sugar Cinnamon Toast Crunch	WG French Toast Sticks w/ Syrup	WG Biscuit	WG Cheerios Multigrain Cereal	Croissant w/ Butter & Jelly
	Meat/Meat Alternate (<i>optional</i>)			Scrambled Egg		
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	Milk
	Meat/Meat Alternate: Ages 1-2: 1 oz.; 3-5: 1 ½ oz.; 6-18: 2 oz.	Sloppy Joe	Chicken & Cheese Taquito	All Beef Hot Dog	Breaded Chicken Tenders	Spaghetti and Meatballs
	Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ½ c	Broccoli	Black Beans Salsa	Cole Slaw	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	WG Hamburger Bun	WW Tortilla Spanish Rice	WW Hot Dog Bun	Breading on Chicken Macaroni & Cheese	WGR Spaghetti
S N A C K	Select 2	Water	Water	Water	Water	Water
	Milk: Ages 1-2: four oz.; 3-5: four oz.; 6-18: eight oz.					
	Meat/Meat Alternate: Ages 1-2: ½ oz.; 3-5: ½ oz.; 6-18: 1 oz.	Vanilla Pudding		Yogurt	Cheddar Cheese Bar or Mozzarella Cheese Stick	
	Vegetable/Fruit/Juice: Ages 1-2: ½ c; 3-5: ½ c; 6-18: ¾ c	WG Animal Crackers	Apple Juice			Grape Juice
	Grains: Ages 1-2: ½ slice/svg/oz ; 3-5: ½ slice/svg/oz 6-18: 1 slice/svg/oz		WG Goldfish Crackers	WG Shortbread	WG Crackers	WG Baked Cheetos Ages 1-2 WG 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 July 9, 2024 by *Paula H. Mendelsohn*, MPH, LD/N, CCN FL license ND695

Name of Child Care Facility: Fuller Center ✓ Menu Planning Age Group(s) 1 & 2 3 - 5 6 - 18 Winter/Spring Menu Week 3 of 4: 1/13 2/10 3/10 4/7 5/5 2025

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: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c	Orange Juice	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, ¼ c	WG Cheerios	WG Pancakes w/ Syrup	WG Blueberry Muffin	Rice Krispies Cereal	WG Biscuit
	Meat/Meat Alternate (optional)		Turkey Sausage Patty			Egg 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	Milk
	Meat/Meat Alternate: Ages 1-2: 1 oz.; 3-5: 1 ½ oz.; 6-18: 2 oz.	Teriyaki Chicken (See Recipe)	Beef Tacos w/ Shredded Cheese	Chicken Parmesan w/ Provolone	Meatloaf w/ Gravy	Oven Baked Fried Chicken
	Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c	Asian Medley Vegetables	Black Beans, Salsa Shredded lettuce	Marinara Sauce Mixed Vegetables	Mashed Potatoes California Veg Blend	Collard Greens
	Fruit: Ages 1-2: ¼ c; 3-5: ¼ 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	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	WG Spaghetti	WG Dinner Roll	Macaroni & Cheese
S N A C K	Milk: Ages 1-2: four oz.; 3-5: four oz.; 6-18: eight oz.	Water	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		Yogurt		
	Vegetable/Fruit/Juice: Ages 1-2: ½ c; 3-5: ½ c; 6-18: ¾ c		Apple Juice		Grape Juice	Applesauce
	Grains: Ages 1-2: ½ slice/svg/oz 3-5: ½ slice/svg/oz 6-18: 1 slice/svg/oz	WG Crackers	WG Cheez Its	WG Animal Crackers	WG Sun Chips Ages 1-2 Crackers	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 fruit will be offered on a rotating basis, based on availability. Approved July 9, 2024 by *Paula H. Mendelsohn*, MPH, LD/N, CCN 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 4 of 4: 1/20 2/17 3/17 4/14 5/12 2025

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

	Child meal pattern food components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R E A K F A S T	Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c	Orange Juice	Banana	Diced Melon (Ages 1-2 Fruit Cup)	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 Biscuit	WG Multi Grain Cheerios	WG Bagel w/ Cream Cheese
	Meat/Meat Alternate (option)			Cheese Omelet		
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	Milk
	Meat/Meat Alternate: Ages 1-2: 1 oz.; 3-5: 1 ½ oz.; 6-18: 2 oz.	Beef Ravioli w/ Marinara Sauce	Chicken & Cheese Taquito	Hamburger American Cheese	Turkey and Cheese Sandwich	Chicken Alfredo (see recipe)
	Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ½ c Fruit: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ½ c	Green Beans Fresh fruit, Fruit cup or Applesauce	Black Beans Salsa Fresh fruit, Fruit cup or Applesauce	Lettuce, Tomato, Pickles Potato Wedges Fresh fruit, Fruit cup or Applesauce	Leaf Lettuce Carrot Sticks Ages 1-4 cooked veggies Fresh fruit, Fruit cup or Applesauce	Broccoli 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 Garlic Knot	WW Tortilla Spanish Rice	WW Hamburger Bun	WW Bread WG Sun Chips	WG Spaghetti
S N A C K	Milk: Ages 1-2: four oz.; 3-5: four oz.; 6-18: eight oz.	Water	Water	Water	Water	Water
	Meat/Meat Alternate: Ages 1-2: ½ oz.; 3-5: ½ oz.; 6-18: 1 oz.	Vanilla Pudding			Yogurt	
	Vegetable/Fruit/Juice: Ages 1-2: ½ c; 3-5: ½ c; 6-18: ¾ c		Grape Juice	Applesauce		Apple Juice
	Grains: Ages 1-2: ½ slice/svg/oz 3-5: ½ slice/svg/oz 6-18: 1 slice/svg/oz	WG Graham Crackers	WG Goldfish Crackers	WG Blueberry Muffin	Shortbread	Baked Cheetos Ages 1-2 WG 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 fruit will be offered on a rotating basis, based on availability. Approved July 9, 2024 by Paula H. Mendelsohn, MPH, LD/N, CCN FL license ND695