



Breakfast, Lunch, & Snack

Infant/Toddler Menu

Dr. Day Care's goal is to serve nutritious food in proper serving sizes.

Each week the Kitchen will use this menu chart to track meals served. Substitutions may be made within the appropriate category (for example, serving bananas instead of apples), the item will be crossed out and the substitute item will be listed. At the end of each week, this menu chart will be submitted to the Finance Director.

Prepared for these Dr. Day Care locations: Foster, North Providence, Pawtucket Concord St, Pawtucket Thornley St, Providence, Smithfield, South County

Site Name: _____

Date:	Monday	Tuesday	Wednesday	Thursday	Friday
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Breakfast:						
Serve all 3 Required Components	fruit or vegetable	oranges (¼ cup)	applesauce (¼ cup)	apple slices (¼ cup)	canned pears (¼ cup)	bananas (¼ cup)
	grain (oz eq)	Toasted Oats cereal ^{WGR} (¾ cup)	pancake ^{WGR} (2 pancakes = ½ serving)	Life cereal ^{WGR} (¾ cup)	toast ^{WGR} (½ piece / ½ serving)	Toasted Oats cereal ^{WGR} (¾ cup)
	milk	milk (4 fl oz = ½ cup)	milk (4 fl oz = ½ cup)	milk (4 fl oz = ½ cup)	milk (4 fl oz = ½ cup)	milk (4 fl oz = ½ cup)
	additional items (non-credit) <i>optional</i>				sugar-free jelly (½ tsp) butter spread (applied on griddle)	

Lunch:										
	Chicken Fiesta		Pasta & Meatballs	Sandwiches (Sunny Butter or Grilled Cheese)		Brunch for Lunch	Bagel Pizza			
Serve all 5 Required Components	meat/meat alternate	grilled chicken (1 oz)	OR	chicken nuggets (1 oz)	meatballs (1 oz)	sunflower butter (2 tbsp)	OR	mozzarella cheese (1 oz)	breakfast sausage (1 oz)	mozzarella cheese (1 oz)
	fruit or vegetable	corn (½ cup)		apples (½ cup)	bananas (½ cup)			applesauce (½ cup)	applesauce (½ cup)	fresh fruit (mixed) (½ cup)
	vegetable*	pepper strips (½ cup)		garden salad: lettuce & tomatoes (¼ cup*)	steamed green beans (½ cup)			steamed carrots (½ cup)	steamed carrots (½ cup)	steamed broccoli (½ cup)
	grain (oz eq)	brown rice ^{WGR} (¼ cup)		whole grain pasta ^{WGR} (¼ cup)	whole wheat bread ^{WGR} (1 slice = ½ sandwich)			pancake ^{WGR} (2 pancakes = ½ serving)	pancake ^{WGR} (2 pancakes = ½ serving)	toasted bagel (½ bagel = ½ serving)
	milk	milk (4 fl oz = ½ cup)		milk (4 fl oz = ½ cup)	milk (4 fl oz = ½ cup)			milk (4 fl oz = ½ cup)	milk (4 fl oz = ½ cup)	milk (4 fl oz = ½ cup)
additional items (non-credit) <i>optional</i>			tomato sauce (approx. 1 tsp)	low-sugar jelly (½ tsp or less, for Sunny Butter sandwich only)			butter spread (applied on griddle)	butter spread (applied on griddle)	tomato sauce (1 tsp or less)	butter spread (applied on griddle)
			oil & balsamic vinegar (1 tsp. or less)	butter spread (applied on griddle for Grilled Cheese only)						butter spread (applied on griddle)

Snack:								
Serve 2 of the 5 Required Components	fruit or vegetable	canned pineapple (½ cup)	fresh melon (spring/summer)	OR	oranges (fall/winter)	cucumbers & tomatoes (½ cup)	apple slices (½ cup)	sliced cucumbers (½ cup)
	meat/meat alternate	sunflower butter (spread on crackers) (1 tbsp)	strawberry or vanilla yogurt (2 oz = ¼ cup)			roasted red pepper hummus (spread on crackers) (3 tbsp)	strawberry or vanilla yogurt (2 oz = ¼ cup)	cheddar cheese slices (½ oz)
	additional items (non-credit) <i>optional</i>	water graham cracker (1 whole)	water			water saltines crackers (2 packs / 4 pieces)	water	water butter crackers (4 pieces)

WGR = Whole Grain Rich (at least one serving per day must be WGR)

* = Raw leafy greens (such as lettuce) or uncooked vegetables credit for half of the amount served and the serving size must be doubled

+ = A second, different vegetable can be served in place of fruit at lunch.

oz eq = ounce equivalents



Water is available and offered throughout the day.

Dr. Day Care does not serve juice. Unflavored whole milk is served to 1 year olds; unflavored low-fat or fat-free milk is served to children 2 through 5 years old; and unflavored low-fat, unflavored fat-free, or flavored fat-free milk must be served to children 6 years old and older.

Dr. Day Care
Learning Center

Please note: menu items are subject to change. Any changes will be made within the appropriate food category.

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