



Breakfast, Lunch, & Snack Preschool 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: Cumberland, West Warwick

Site Name: _____

		Monday	Tuesday	Wednesday	Thursday	Friday
Date:						
Breakfast:						
Serve all 3 Required Components	fruit or vegetable	oranges (½ cup)	applesauce (½ cup)	apple slices (½ cup)	canned pears (½ cup)	bananas (½ cup)
	grain	Toasted Oats cereal ^{WGR} (¾ cup)	pancake (2 pancakes / ½ serving)	Life cereal ^{WGR} (¾ cup)	toast ^{WGR} (½ piece / ½ serving)	Toasted Oats cereal ^{WGR} (¾ cup)
	milk	milk (6 fl oz / ¾ cup)	milk (6 fl oz / ¾ cup)	milk (6 fl oz / ¾ cup)	milk (6 fl oz / ¾ cup)	milk (6 fl oz / ¾ cup)
	additional items (non-cr edit) <i>optional</i>				sugar-free jelly (½ tsp) butter spread (applied on griddle)	

		Meatball Sandwich	Turkey Panini	Sandwiches (Sunny Butter or Grilled Cheese)	Brunch for Lunch	Bagel Pizza
Serve all 5 Required Components	meat/meat alternate	meatballs (1½ oz)	turkey slices mozzarella cheese (¾ oz each / 1½ oz total)	sunflower butter (3 tbsps) OR mozzarella cheese (1½ oz)	breakfast sausage (1½ oz)	mozzarella cheese (1½ oz)
	fruit or vegetable	garden salad: lettuce & tomatoes (½ cup*)	cherry tomatoes (¼ cup)	bananas (¼ cup)	applesauce (¼ cup)	fresh fruit (mixed) (¼ cup)
	vegetable*	sliced cucumbers (¼ cup)	steamed broccoli (¼ cup)	steamed green beans (¼ cup)	steamed carrots (¼ cup)	steamed green beans (¼ cup)
	grain (oz eq)	whole wheat bread ^{WGR} (1 slice / ½ sandwich)	whole wheat bread ^{WGR} (1 slice / ½ sandwich)	whole wheat bread ^{WGR} (1 slice / ½ sandwich)	pancake ^{WGR} (2 pancakes / ½ serving)	toasted bagel (½ bagel / ½ serving)
	milk	milk (6 fl oz / ¾ cup)	milk (6 fl oz / ¾ cup)	milk (6 fl oz / ¾ cup)	milk (6 fl oz / ¾ cup)	milk (6 fl oz / ¾ cup)
	additional items (non-credit) <i>optional</i>	tomato sauce (approx. 1 tsp) oil & balsamic vinegar (1 tsp. or less)	butter spread (applied on griddle)	sugar-free jelly (½ tsp or less, for Sunny Butter sandwich only) butter spread (applied on griddle, for Grilled Cheese only)	butter spread (applied on griddle)	tomato sauce (1 tsp or less) butter spread (applied on griddle)

		Fresh Fruit		Cucumbers & Tomatoes		Apple Slices		Sliced Cucumbers	
Serve 2 of the 5 Required Components	fruit or vegetable	canned pineapple (½ cup)	fresh melon OR oranges (spring/summer) (fall/winter) (½ cup)	cucumbers & tomatoes (½ cup)		apple slices (½ cup)		sliced cucumbers (½ cup)	
	meat/meat alternate	sunflower butter (spread on crackers) (1 tbsps)	strawberry or vanilla yogurt (2 oz / ¼ cup)	roasted red pepper hummus (spread on crackers) (3 tbsps)		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 cracker (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.

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Dr. Day Care
Learning Center

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

On field trip days, the Sunny Butter sandwich will be served.

www.drdaycare.com/meals