



# Breakfast, Lunch, & Snack

## School Age 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, Pawtucket Thornley St, Smithfield

Site Name: \_\_\_\_\_

Date:	Monday	Tuesday	Wednesday	Thursday	Friday
/    /	/    /	/    /	/    /	/    /	/    /
<b>Breakfast:</b>					
Serve all 3 Required Components fruit or vegetable grain (oz eq) milk additional items (non-credit) <i>optional</i>	oranges (½ cup)	applesauce (½ cup)	apple slices (½ cup)	canned pears (½ cup)	bananas (½ cup)
	Toasted Oats cereal <sup>WGR</sup> (1¼ cup)	pancake <sup>WGR</sup> (3 pancakes / 1 serving)	Life cereal <sup>WGR</sup> (1¼ cup)	toast <sup>WGR</sup> (1 piece / 1 serving)	Toasted Oats cereal <sup>WGR</sup> (1¼ cup)
	milk (8 fl oz / 1 cup)	milk (8 fl oz / 1 cup)	milk (8 fl oz / 1 cup)	milk (8 fl oz / 1 cup)	milk (8 fl oz / 1 cup)
				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 fruit or vegetable vegetable* grain (oz eq) milk additional items (non-credit) <i>optional</i>	grilled chicken (2 oz) OR chicken nuggets (2 oz)	meatballs (2 oz)	sunflower butter (4 tbsp) OR mozzarella cheese (2 oz)	breakfast sausage (2 oz)	mozzarella cheese (2 oz)
	corn (¼ cup)	apples (¼ cup)	bananas (¼ cup)	applesauce (¼ cup)	fresh fruit (mixed) (¼ cup)
	pepper strips (½ cup)	garden salad: lettuce & tomatoes (1 cup*)	steamed green beans (½ cup)	steamed carrots (½ cup)	steamed broccoli (½ cup)
	brown rice <sup>WGR</sup> (½ cup)	whole grain pasta <sup>WGR</sup> (½ cup)	whole wheat bread <sup>WGR</sup> (2 slices / 1 sandwich)	pancake <sup>WGR</sup> (3 pancakes / 1 serving)	toasted bagel (1 bagel / 1 serving)
	milk (8 fl oz / 1 cup)	milk (8 fl oz / 1 cup)	milk (8 fl oz / 1 cup)	milk (8 fl oz / 1 cup)	milk (8 fl oz / 1 cup)
	tomato sauce (approx. 1 tsp) oil & balsamic vinegar (1 tsp. or less)	low-sugar 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 (approx. 1 tsp or less) butter spread (applied on griddle)	

Snack:					
Serve 2 of the 5 Required Components fruit or vegetable meat/meat alternate additional items (non-credit) <i>optional</i>	canned pineapple (¾ cup)	fresh melon (spring/summer) OR oranges (fall/winter) (¾ cup)	cucumbers & tomatoes (¾ cup)	apple slices (¾ cup)	sliced cucumbers (¾ cup)
	sunflower butter (spread on crackers) (2 tbsp)	strawberry or vanilla yogurt (4 oz / ½ cup)	roasted red pepper hummus (spread on crackers) (5 tbsp)	strawberry or vanilla yogurt (4 oz / ½ cup)	cheddar cheese slices (1 oz)
	water graham cracker (2 whole)	water	water saltines crackers (4 packs / 8 pieces)	water	water butter crackers (8 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](http://www.drdaycare.com/meals)