

# NORTHWEST CHILD DEVELOPMENT

## Winter Menu March 2-6, 2009

### WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk Pancakes & Syrup	Milk Cheese Toast	Milk Yogurt Cup	Milk Cereal & Milk	Milk Sausage Biscuit
Milk Pepperoni Pizza Mixed Vegetables Fruit Cocktail	Milk Beef Fingers Mashed Potatoes & Gravy Pineapple Tidbits Roll	Milk Spaghetti O's Corn Diced Peaches Roll	Milk Hamburger w/ Pickles Baked Beans Applesauce	Milk Mac-n-Cheese Green Beans Mandarin Oranges Roll
Juice Pretzels	Juice Jell-O Cup	Juice Graham Crackers	Juice Goldfish	Juice Potato Sticks

### Please Serve Portions According to the Ages Below:

	Meat	Vegetables	Fruit	Bread	Milk
<b>1-2 Years</b>	1oz	¼ cup	¼ cup	½ slice	½c
<b>3-5 Years</b>	1 ½ oz	½ cup	½ cup	½ slice	¾c
<b>6-12 Years</b>	2 oz	¾ cup	¾ cup	1 slice	1 c