

+

NORTHWEST CHILD DEVELOPMENT

Summer Menu

September 6-10, 2010

Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Holiday	Milk French Toast Sticks w/ Syrup Orange Juice	Milk Corn Flakes Pineapple Tidbits	Milk Blueberry Muffin White Grape Juice	Milk Frosted Flakes Apricots
Holiday	Milk Spaghetti w/ Meat Sauce Corn Cantaloupe	Milk Bologna Sandwich Steak French Fries Oranges	Milk Ravioli Green Beans Peaches	Milk Fish Sticks Mashed Potatoes Pears Roll
Holiday	Grape Juice Strawberry Banana Yogurt	Milk Teddy Grahams	Pineapple Juice Saltine Crackers Cheese	Milk Animal Zoo Crackers

Please Serve Portions According to the Ages Below:

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