

# NORTHWEST CHILD DEVELOPMENT

## Summer Menu

September 20-24, 2010

### WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk Cereal Bar Tropical Fruit	Milk Crisp Rice Cereal Orange Juice	Milk English Muffin w/ Jelly Applesauce	Milk Toasted Oats Cereal Apple Juice	Milk Golden Grahams Cereal Sliced Apples
Milk Chicken Nuggets Green Peas Applesauce Roll	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
Pineapple Juice Animal Cookies	Milk Graham Crackers	Grape Juice Chex Mix	Milk Oatmeal Cookies	Milk Mini Doughnuts

### 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