

NORTHWEST CHILD DEVELOPMENT

Fall Menu

September 27-October 1, 2010

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk Corn Puffs Cereal Orange Juice	Milk Grits w/ Cheese Diced Peaches	Milk Apple Cinnamon Toasted Oats Cereal White Grape Juice	Milk Oatmeal Sliced Pears	Milk Apple Whirls Cereal Pineapple Tidbits
Milk Hamburger w/ Bun Corn Oranges	Milk Chicken Filet Broccoli w/ Cheese Cantaloupe Roll	Milk Macaroni & Cheese Mixed Vegetables Pineapple	Milk Sloppy Joe w/ Bun Steak French Fries Honey Dew Melon	Milk Turkey Sandwich Green Beans Applesauce
Milk Chocolate Crème Cookies	Apple Juice Oatmeal Raisin Cookies	Milk Blueberry Muffin	Grape Juice Cheese Its Crackers	Milk Apple Slices w/ Caramel Dip

Please Serve Portions According to the Ages Below:

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

