## Sample Menu for Children
* Ages 1 to 12 years

<table>
<thead>
<tr>
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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Oatmeal (WG)</strong> Orange slices 1% milk 1% milk <em>Dried fruit</em>*</td>
<td><strong>Vanilla yogurt</strong> *Blueberries 1% milk <strong>Cheerios Banana 1% Milk</strong></td>
<td>Scrambled egg *Mixed fresh fruit 1% milk</td>
<td>Waffle (WG) Peach slices 1% milk *Syrup</td>
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<td><strong>AM Snack</strong></td>
<td>Fresh Nectarines or frozen/canned peaches Raisin toast Water</td>
<td>Bran muffin (WG) 1 small <strong>Fruit Smoothie</strong></td>
<td>WW English muffin Sun Butter Water</td>
<td>Sliced Cantaloupe Wheat Thins (WG) Water</td>
<td>WW banana muffin 1 small Orange juice</td>
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<tr>
<td><strong>Lunch</strong></td>
<td>Sliced turkey Cheddar cheese Pita Bread *Lettuce and tomato Strawberries 1% milk</td>
<td>Chili w/ beans Cornbread Pears Green Salad *w/Salad dressing 1% milk</td>
<td>Teriyaki chicken strips Brown Rice (WG) Peas Applesauce 1% milk</td>
<td>Egg salad Hoagie roll *Coleslaw Orange slices 1% milk</td>
<td>Macaroni and cheese w/Tuna Steamed green beans Apple slices 1% milk</td>
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<tr>
<td><strong>PM Snack</strong></td>
<td>Cheese Stick Cucumber chips *Rice Crackers Water</td>
<td>Pita chips Hummus Water</td>
<td>WW Bagel 1 small Pineapple rings *Cream cheese Water</td>
<td>Cottage cheese * Baby Carrots Water</td>
<td>*<em>Vanilla Yogurt <em>Strawberries Water</em></em></td>
</tr>
</tbody>
</table>

- **Modify menu items for 1-3 year olds:**
  - Cut berries, grapes, apples, cherry tomatoes, small round items into quarters;
  - Cook all vegetables, cut sandwiches into quarters, slice cheese.
  - May need to finely chop lettuce and coleslaw, shred or cut meat into small pieces and cut fresh fruit into small mashed pieces

- **Follow CACFP rules for nutrient specifications**
  - Sugar content must be < 7 gms/serving for cereal and < 24 gms/serving for 6 oz yogurt.
  - Serve one whole grain item every day.
  - Serve a fruit or vegetable at one snack every day.

- Serve meals or snacks every 2 – 3 hours

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