

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

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b> <ul style="list-style-type: none"> <li>• Grain or Protein</li> <li>• Fruit or vegetable</li> <li>• 1% Milk, Whole, 12- 24 mths (** A protein food may be served up to 3 x/week instead of a grain)</li> </ul>	**Oatmeal (WG) Orange slices 1% milk *Dried fruit	**Vanilla yogurt *Blueberries 1% milk	**Cheerios Banana 1% Milk	Scrambled egg *Mixed fresh fruit 1% milk	Waffle (WG) Peach slices 1% milk *Syrup
<b>** AM Snack</b> <ul style="list-style-type: none"> <li>▪ Choose from 2 food groups</li> </ul>	Fresh Nectarines or frozen/canned peaches Raisin toast Water	Bran muffin (WG) 1 small **Fruit Smoothie	WW English muffin Sun Butter Water	Sliced Cantaloupe Wheat Thins (WG) Water	WW banana muffin 1 small Orange juice
<b>Lunch</b> <ul style="list-style-type: none"> <li>• Grain – Whole grain most often</li> <li>• Protein (meat, eggs, dairy, legumes,)</li> <li>• Fruit &amp; vegetable</li> <li>• 1% milk, Whole, 12- 24 mths</li> </ul>	Sliced turkey Cheddar cheese Pita Bread *Lettuce and tomato Strawberries 1% milk	Chili w/ beans Cornbread Pears Green Salad *w/Salad dressing 1% milk	Teriyaki chicken strips Brown Rice (WG) Peas Applesauce 1% milk	Egg salad Hoagie roll *Coleslaw Orange slices 1% milk	Macaroni and cheese w/Tuna Steamed green beans Apple slices 1% milk
<b>** PM Snack</b> <ul style="list-style-type: none"> <li>▪ Choose from 2 food groups (make one a fruit or vegetable most often)</li> </ul>	Cheese Stick Cucumber chips *Rice Crackers Water	Pita chips Hummus Water	WW Bagel 1 small Pineapple rings *Cream cheese Water	Cottage cheese * Baby Carrots Water	**Vanilla Yogurt *Strawberries Water

➤ **\* 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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