

**Child Care Program  
February 2012 Menu**

**THE OHIO STATE UNIVERSITY CHILD CARE PROGRAM**

The menus listed below are the foods served this month. Alternates for a specific food will be provided to children because of allergies, other medical restrictions or religious preferences. One alternative would be cheese for meats and other available fruits or vegetables. If these substitutes do not meet your needs, you will need to provide your own. To request a food substitute, please cross out item the teacher is to omit and return this menu to the teacher. A substitution will be provided only when a revised menu is submitted.

Please provide substitutes for items crossed off the menu for: \_\_\_\_\_

DAY	DATE	MENU #	Child's Name		Parent's signature		Date	
			Breakfast	Lunch/Supper	Snacks (evening snack same as breakfast)			
Wednesday	2/01/12	4	Milk, Orange Juice, Wheat Bread (jelly)	Milk, Chicken Strips, Soft Tortilla, Fiesta Corn and Peppers, Apricots			Milk, Soft Pretzel Sticks	
Thursday	2/02/12	5	Milk, Pears, English Muffin (jelly)	Milk, Whole Grain Macaroni and Cheese, Peas, Pineapple			Yogurt, Peach Cup, Water	
Friday	2/03/12	6	Milk, Orange Juice, Mini Bagels (cream cheese)	Milk, Turkey Meatballs, Radiatore Pasta w/Tomato Sauce, Cauliflower and Broccoli, Pears			Mozzarella Cheese, Club Crackers, Water	
Monday	2/06/12	7	Milk, Peaches, Crispix	Milk, Cheese Quesadilla (salsa), Three Bean Salad (garbanzo, black & white beans, corn), Mandarin Oranges			Milk, Animal Crackers	
Tuesday	2/07/12	8	Milk, Applesauce, Raisin Bread	Milk, Fish (ketchup), Wheat Bread (buttery spread), Peas, Peaches			Graham Crackers, Orange Wedges, Water	
Wednesday	2/08/12	9	Milk, Orange Juice, Cinnamon Bread	Milk, Chicken Strips, Brown Rice, Oriental Vegetables (green beans, broccoli, red peppers, onions), Pineapple			Milk, Strawberry Nutri-Grain Bar	
Thursday	2/09/12	10	Milk, Pears, Corn Flakes	Milk, Hamburger (ketchup), Wheat Bun, Baked Beans, Apricots			Yogurt, Peach Cup, Water	
Friday	2/10/12	11	Milk, Orange Juice, Wheat Bread (jelly)	Milk, Turkey Sausage, Biscuit (buttery spread), Diced Carrots, Applesauce			Cheddar Cheese, Saltine Crackers, Water	
Monday	2/13/12	12	Milk, Peaches, Cheerios	Milk, Cheese Pizza, Lettuce Salad (italian dressing), Pears			Milk, Pita Bread (jelly)	
Tuesday	2/14/12	13	Milk, Applesauce, Golden Grahams	Milk, Turkey Sloppy Joe, Wheat Bun, Green Beans, Mandarin Oranges			Milk, Bananas	
Wednesday	2/15/12	14	Milk, Orange Juice, English Muffin (jelly)	Milk, Diced Chicken in Gravy, Egg Noodles, Peas and Carrots, Peaches			Milk, Apple-Cinnamon Nutri-Grain Bar	

**MEAL PATTERN REQUIREMENTS**

BREAKFAST				LUNCH AND/OR SUPPER				SNACKS (Choose 2)*			
Age	1&2	3-5	6-12	Age	1&2	3-5	6-12	Age	1&2	3-5	6-12
Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk, fluid	1/2 cup	3/4 cup	1 cup
Juice, fruit/veg	1/4 cup	1/2 cup	1/2 cup	Meat/Alter.	1 oz.	1 1/2 oz.	2.oz.	Vegetable/ Fruit	1/2 cup	1/2 cup	3/4 cup
Grains,bread,cereal	1/3 oz.	1/2 oz.	1 oz.	Bread/Alter.	1/2 slice	1/2 slice	1 slice	Bread/Alter.	1/2 slice	1/2 slice	1 slice
				Vegetable/ Fruit - 2 srvgs. total	1/4 cup	1/2 cup	3/4 cup	Meat/Alter.	1/2 oz.	1/2 oz.	1 oz.

- For a snack do not serve milk and juice together or 2 foods from the same group.

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DAY	DATE	MENU #	Breakfast	Lunch/Supper	Snacks (evening snack same as breakfast)
Thursday	2/16/12	15	Milk, Pears, Raisin Bran	Milk, Black Beans, Brown Rice, Corn, Apricots	Milk, Soft Pretzel Stick
Friday	2/17/12	16	Milk, Orange Juice, Wheat Bread (jelly)	Milk, Turkey Meatballs, Whole Grain Spaghetti w/Tomato Sauce, Cauliflower and Broccoli, Pears	Mozzarella Cheese, Club Crackers, Water
Monday	2/20/12	17	Milk, Peaches, Crispix	Milk, Grilled Cheese on Wheat Bread, Tomato Soup, Applesauce	Milk, Frosted Mini-Wheats
Tuesday	2/21/12	18	Milk, Orange Juice, Mini Bagels (cream cheese)	Milk, Turkey and Cheese Subs on Wheat Bun, Sugar Snap Peas, Mandarin Oranges	Yogurt, Peach Cup, Water
Wednesday	2/22/12	19	Milk, Applesauce, Corn Flakes	Milk, Turkey Tacos with Corn Shells (salsa), Lettuce Salad (italian dressing), Pineapple	Milk, Blueberry Nutri-Grain Bar
Thursday	2/23/12	20	Milk, Pears, Golden Grahams	Milk, Scrambled Eggs, English Muffin (jelly), Diced Carrots, Peaches	Animal Crackers, Apple Slices, Water
Friday	2/24/12	1	Milk, Orange Juice, Cinnamon Bread	Milk, Turkey Sausage, Wheat Roll, Sweet Potato Fries (ketchup), Applesauce	Cheddar Cheese, Oyster Crackers, Water
Monday	2/27/12	2	Milk, Peaches, Cheerios	Milk, Cheese Pizza, Lettuce Salad (italian dressing), Mandarin Oranges	Milk, Frosted Mini- Wheats
Tuesday	2/28/12	3	Milk, Applesauce, Raisin Bran	Milk, Roast Turkey, Wheat Bread, Red Potatoes, Peaches	Milk, Bananas
Wednesday	2/29/12	4	Milk, Orange Juice, Wheat Bread (jelly)	Milk, Chicken Strips, Soft Tortilla, Fiesta Corn and Peppers, Apricots	Milk, Soft Pretzel Sticks

**MEAL PATTERN REQUIREMENTS**

BREAKFAST				LUNCH AND/OR SUPPER				SNACKS (Choose 2)*			
Age	1&2	3-5	6-12	Age	1&2	3-5	6-12	Age	1&2	3-5	6-12
Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk, fluid	1/2 cup	3/4 cup	1 cup
Juice, fruit/veg	1/4 cup	1/2 cup	1/2 cup	Meat/Alter.	1 oz.	1 1/2 oz.	2.oz.	Vegetable/ Fruit	1/2 cup	1/2 cup	3/4 cup
Grains,bread,cereal	1/3 oz.	1/2 oz.	1 oz.	Bread/Alter.	1/2 slice	1/2 slice	1 slice	Bread/Alter.	1/2 slice	1/2 slice	1 slice
				Vegetable/ Fruit - 2 srvgs. total	1/4 cup	1/2 cup	3/4 cup	Meat/Alter.	1/2 oz.	1/2 oz.	1 oz.

- For a snack do not serve milk and juice together or 2 foods from the same group.