

**Child Care Program Menu
November 2009**

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.

		Breakfast	Lunch/Supper	Snacks (evening snack same as breakfast)
Monday	11/16/09	Milk, Orange Juice, Cheerios	Milk, Pizza, Broccoli, Fruit Cocktail	Milk, Bananas
Tuesday	11/17/09	Milk, Orange Juice, Crispix	Milk, Chicken Salad w/Rolls, Carrots, Tropical Fruit Salad (pineapple, papaya, guava, banana, passion fruit)	Mozzarella Cheese, Club Crackers, Water
Wednesday	11/18/09	Milk, Orange Juice, Rice Krispies	Milk, Tacos w/Ground Turkey, Salad, Pineapple	Milk, Blueberry Nutri-Grain Bar
Thursday	11/19/09	Milk, Orange Juice, Waffles w/Jelly	Milk, Meatball Subs w/Buns, Peas, Applesauce	Milk, Bagelettes, Cream Cheese
Friday	11/20/09	Milk, Orange Juice, Raisin Bread	Milk, Chicken Wraps w/Cheese w/Tortilla, Corn, Peaches	Milk, Peach Cups
Monday	11/23/09	Milk, Orange Juice, Waffles w/Jelly	Milk, Macaroni & Cheese, Broccoli, Apricots	Milk, Oranges
Tuesday	11/24/09	Milk, Orange Juice, Corn Pops	Milk, Chicken Patty w/Bun, 5-way blend (corn, green beans, peas, carrots, lima beans), Mandarin Oranges	Cheddar Cheese, Club Crackers, Water
Wednesday	11/25/09	Milk, Orange Juice, Cheerios	Milk, Spaghetti w/Ground Turkey, Green Beans w/Diced Tomatoes, Apricots	Milk, Apple-Cinnamon Nutri-Grain Bar
Thursday	11/26/09		PROGRAM CLOSED	
Friday	11/27/09		PROGRAM CLOSED	
Monday	11/30/09	Milk, Orange Juice, Rice Krispies	Milk, Cheese Quesadillas, Carrots, Peaches	Mozzarella Cheese, Club Crackers, Water

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.