

October 2017 Menu

THE OHIO STATE UNIVERSITY CHILD CARE PROGRAM

At the Child Care Program we strive to serve a tasty variety of foods with an emphasis on whole grains, less added sugar and saturated fat. Alternates for a specific food will be provided to children with allergies, other medical restrictions or religious preferences. To request a food substitute, please cross out item to be omitted and return this menu to the staff. A substitution will be provided only when a revised menu is submitted.

Please provides substitutes for items crossed off the menu for: _____
 Child's Name Parent's Signature Date

DAY	DATE	MENU #	BREAKFAST	LUNCH/SUPPER	SNACK
Monday	10/2/17	14	Milk, Applesauce, Multigrain Waffle	Milk, Diced Chicken in Gravy, Egg Noodles, Peas & Carrots, Peaches	Whole Grain Soft Pretzel, Honeydew, Milk
Tuesday	10/3/17	15	Milk, Pears, Rice Chex	Milk, Red Beans, Brown Rice, Corn, Pineapple	Animal Crackers, Watermelon, Water
Wednesday	10/4/17	16	Milk, Apple Slices, Whole Grain Bagel (cream cheese)	Milk, Turkey Meatballs, Whole Wheat Spaghetti with Tomato Sauce, Broccoli & Cauliflower, Pears	Celery/Carrot Sticks (ranch dressing), Whole Wheat Pita, Water
Thursday	10/5/17	17	Milk, Kiwi, Whole Grain Corn Flakes	Milk, Toasted Cheese on Wheat Bread, Tomato Soup, Applesauce	Peaches, Fat Free Vanilla Yogurt, Water
Friday	10/6/17	18	Milk, Orange Juice, Cheerios	Milk, Turkey & Cheese on Wheat Bread, Sugar Snap Peas, Mandarin Oranges	Mozzarella Cheese, Whole Grain Cheddar Goldfish Cracker, Water
Monday	10/9/17	19	Milk, Mandarin Oranges, Whole Wheat English Muffin	Milk, Turkey & Whole Wheat Tortilla (salsa), Lettuce Salad (Italian dressing), Pineapple	Applesauce, Whole Grain Pancake, Water
Tuesday	10/10/17	20	Milk, Cantaloupe, Wheat Bran Flakes	Milk, Scrambled Egg, Whole Wheat English Muffin, Dices Carrots, Peaches	Turkey, Whole Wheat Tortilla, Water
Wednesday	10/11/17	1	Milk, Tropical Fruit, Hard Cooked Egg	Milk, Turkey Sausage, Wheat Roll, Sweet Potato Fries (ketchup), Applesauce	Red/Green Pepper Slices (ranch dressing), Whole Wheat Pita, Water
Thursday	10/12/17	2	Milk, Banana, Whole Grain Corn Flakes	Milk, Cheese Pizza, Lettuce Salad (Italian dressing), Mandarin Oranges	Graham Crackers, Pineapple, Water
Friday	10/13/17	3	Milk, Pears, Cheerios	Milk, Roast Turkey, Wheat Bread, Red Potatoes, Peaches	Cheddar Cheese, Apple Slices, Water

MEAL PATTERN REQUIREMENTS

BREAKFAST				LUNCH AND/OR SUPPER				SNACKS			
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	1/2 cup	1/2 cup	3/4 cup
Grains	1/2 oz.	1/2 oz.	1 oz.	Grains	1/2 slice/oz	1/2 slice/oz	1 slice/oz	Fruit	1/2 cup	1/2 cup	3/4 cup
Meat/Alter*	1/2 oz	1/2 oz	1 oz	Vegetable	1/8 cup	1/4 cup	1/2 cup	Grains	1/2 slice/oz	1/2 slice/oz	1 slice/oz
				Fruit	1/8 cup	1/4 cup	1/2 cup	Meat/Alter.	1/2 oz.	1/2 oz.	1 oz.

*Meat and meat alternates may be used to substitute the entire grains component a maximum of three times per week at breakfast. Oz eq = ounce equivalents

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DAY	DATE	MENU #	BREAKFAST	LUNCH/SUPPER	SNACK
Monday	10/16/17	4	Milk, Applesauce, Multigrain Waffle	Milk, Chicken Strips (taco seasoning), Whole Wheat Tortilla, Fiesta Corn & Peppers, Applesauce	Whole Grain Soft Pretzel, Hummus, Water
Tuesday	10/17/17	5	Milk, Orange Juice, Rice Chex	Milk, Whole Grain Macaroni & Cheese, Peas, Pineapple	Animal Crackers, Watermelon, Water
Wednesday	10/18/17	6	Milk, Apple Slices, Whole Grain Bagel (cream cheese)	Milk, Turkey Meatballs, Whole Grain Pasta with Tomato Sauce, Broccoli & Cauliflower, Pears	Peaches, Fat Free Vanilla Yogurt, Water
Thursday	10/19/17	7	Milk, Tropical Fruit, Hard Cooked Egg	Milk, Cheese, Whole Wheat Tortilla (salsa), Three Bean Salad (red, white & garbanzo beans, corn), Mandarin Oranges	Cucumber Slices (ranch dressing), Whole Wheat Pita, Water
Friday	10/20/17	8	Milk, Orange Juice, Wheat Bran Flakes	Milk, Fish (ketchup), Wheat Bread, Peas, Peaches	Mozzarella Cheese, Whole Grain Cheddar Goldfish Crackers, Water
Monday	10/23/17	9	Milk, Mandarin Oranges, Whole Wheat English Muffin	Milk, Chicken Strips, Brown Rice, Oriental Vegetables (green beans, broccoli, red peppers, onion), Pineapple	Turkey, Whole Wheat Tortilla, Water
Tuesday	10/24/17	10	Milk, Cantaloupe, Mozzarella Cheese	Milk, Hamburger (ketchup), Wheat Bun, Baked Beans, Pears	Applesauce, Graham Crackers, Water
Wednesday	10/25/17	11	Milk, Orange Juice, Wheat Bran Flakes	Milk, Turkey Sausage Patty, Biscuit, Diced Carrots, Applesauce	Peaches, Whole Grain Pancake, Water
Thursday	10/26/17	12	Milk, Tropical Fruit, Hard Cooked Egg	Milk, Cheese Pizza, Lettuce Salad (Italian dressing), Pears	Red/Green Pepper Slices, Hummus, Water
Friday	10/27/17	13	Milk, Peaches, Cheerios	Milk, Turkey Sloppy Joe, Wheat Bun, Green Beans, Mandarin Oranges	Cheddar Cheese, Apple Slices, Water
Monday	10/30/17	14	Milk, Applesauce, Multigrain Waffle	Milk, Diced Chicken with Gravy, Egg Noodles, Peas & Carrots, Peaches	Whole Grain Soft Pretzel, Honeydew, Milk
Tuesday	10/31/17	15	Milk, Pears, Rice Chex	Milk, Red Beans, Brown Rice, Corn, Pineapple	Animal Crackers, Watermelon, Water

MEAL PATTERN REQUIREMENTS

BREAKFAST				LUNCH AND/OR SUPPER				SNACKS			
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	1/2 cup	1/2 cup	3/4 cup
Grains	1/2 oz.	1/2 oz.	1 oz.	Grains	1/2 slice/oz	1/2 slice/oz	1 slice/oz	Fruit	1/2 cup	1/2 cup	3/4 cup
Meat/Alter*	1/2 oz	1/2 oz	1 oz	Vegetable	1/8 cup	1/4 cup	1/2 cup	Grains	1/2 slice/oz	1/2 slice/oz	1 slice/oz
				Fruit	1/8 cup	1/4 cup	1/2 cup	Meat/Alter.	1/2 oz.	1/2 oz.	1 oz.

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