

January 2019 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 provide substitutes for items crossed off the menu for: _____

Child's Name

Parent's Signature

Date

DAY	DATE	MENU #	BREAKFAST	LUNCH/SUPPER	SNACK
Tuesday	1/1/19		Program Closed for New Years' Day		
Wednesday	1/2/19	2	Milk, Pears, Whole Grain Corn Flakes	Milk, Cheese Pizza, Green Beans, Mango <i>(vegetarian substitute: Grilled Cheese)</i>	Graham Crackers, Pineapple, Water
Thursday	1/3/19	3	Milk, Banana, Cheerios	Milk, Veggie Burger (ketchup), Whole Wheat Bun, Corn, Peaches	Whole Grain Soft Pretzel, Hummus, Water
Friday	1/4/19	4	Milk, Mixed Berry Applesauce, Multigrain Waffle	Milk, Chicken Strips (taco seasoning), Whole Wheat Tortilla, Peppers (ranch), Mandarin Oranges <i>(vegetarian substitute: Black Beans)</i>	Mozzarella Cheese, Whole Grain Cheddar Goldfish Crackers, Water
Monday	1/7/19	5	Milk, Apple Slices, Whole Grain Bagel (cream cheese)	Milk, Whole Grain Pasta & Cheese, Peas, Apricots	Turkey, Whole Wheat Tortilla, Water
Tuesday	1/8/19	6	Milk, Orange Juice, Rice Chex	Milk, Turkey Meatballs with Tomato Sauce, Whole Wheat Hotdog Bun, Diced Carrots, Pineapple <i>(vegetarian substitute: Meatless Meatballs)</i>	Animal Crackers, Watermelon, Water
Wednesday	1/9/19	7	Milk, Tropical Fruit, Hard Cooked Egg	Milk, Cheese Quesadilla with Whole Wheat Tortilla (salsa), Fresh Broccoli (ranch), Peaches	Graham Crackers, Fat Free Vanilla Yogurt, Water
Thursday	1/10/19	8	Milk, Mandarin Oranges, Wheat Bran Flakes	Milk, Turkey & Cheese on Whole Wheat Bread, Snap Peas, Pears <i>(vegetarian substitute: Cheese Sandwich)</i>	Whole Grain Pancake, Mixed Berry Applesauce, Water
Friday	1/11/19	9	Milk, Pineapple, Whole Wheat English Muffin	Milk, Hamburger (ketchup), Wheat Bun, Corn, Orange Sections <i>(vegetarian substitute: Veggie Burger)</i>	Cheddar Cheese, Apple Slices, Water
Monday	1/14/19	11	Milk, Orange Juice, Cheerios	Milk, Turkey Sausage Patty, Whole Grain Biscuit, Diced Carrots, Pineapple <i>(vegetarian substitute: Meatless Sausage)</i>	Turkey, Whole Wheat Tortilla, Water
Tuesday	1/15/19	10	Milk, Pears, Whole Grain Corn Flakes	Milk, Whole Grain Breaded Fish Stick (ketchup), Whole Wheat Bread, Broccoli, Banana <i>(vegetarian substitute: Cheese Quesadilla)</i>	Whole Grain Soft Pretzel, Honeydew, 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	1/4 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
Wednesday	1/16/19	12	Milk, Mixed Berry Applesauce, Graham Crackers	Milk, Turkey Sloppy Joe, Whole Wheat Bun, Red Potatoes, Mandarin Oranges <i>(vegetarian substitute: Veggie Burger)</i>	Peaches, Fat Free Vanilla Yogurt, Water
Thursday	1/17/19	13	Milk, Tropical Fruit, Hard Cooked Egg	Milk, Cheese Pizza, Broccoli Cole Slaw (ranch dressing), Pears	Mozzarella Cheese, Cantaloupe, Water
Friday	1/18/19	14	Milk, Banana, Rice Chex	Milk, Cream Chicken & Whole Grain Pasta, Peas and Carrots, Pineapple <i>(vegetarian substitute: Bean Burrito)</i>	Cucumber Slices (ranch dressing), Whole Wheat Pita, Water
Monday	1/21/19	Program Closed for Martin Luther King Jr. Day			
Tuesday	1/22/19	15	Milk, Peaches, Multigrain Waffle	Milk, Chicken Patty (BBQ sauce), Brown Rice, Vegetable Blend (peas, carrots, corn, green beans), Applesauce <i>(vegetarian substitute: Beans & Rice)</i>	Animal Crackers, Watermelon, Water
Wednesday	1/23/19	16	Milk, Orange Juice, Cheerios	Milk, Turkey Meatballs with Tomato Sauce, Whole Grain Pasta, Corn, Apricots <i>(vegetarian substitute: Meatless Meatballs)</i>	Red/Green Pepper Slices, Hummus, Water
Thursday	1/24/19	17	Milk, Mandarin Oranges, Whole Grain Corn Flakes	Milk, Fish (ketchup), Whole Wheat Bun, Mashed Sweet Potatoes, Pears <i>(vegetarian substitute: Veggie Burger)</i>	Whole Grain Pancake, Mixed Berry Applesauce, Water
Friday	1/25/19	18	Milk, Apple Slices, Whole Grain Bagel (cream cheese)	Milk, Grilled Cheese on Wheat Bread, Tomato Soup, Applesauce	Broccoli (ranch dressing), Whole Wheat Pita, Water
Monday	1/28/19	19	Milk, Pears, Whole Wheat English Muffin	Milk, Scrambled Egg, Whole Grain Biscuit, Green Beans, Peaches <i>(vegetarian substitute: Hummus & Pita)</i>	Mozzarella Cheese, Whole Grain Cheddar Goldfish Crackers, Water
Tuesday	1/29/19	20	Milk, Tropical Fruit, Hard Cooked Egg	Milk, Ground Turkey & Whole Wheat Tortilla (salsa), Broccoli Cole Slaw (ranch dressing), Pineapple <i>(vegetarian substitute: Cheese Quesadilla)</i>	Peaches, Fat Free Vanilla Yogurt, Water
Wednesday	1/30/19	1	Milk, Cantaloupe Wheat Bran Flakes	Milk, Turkey Sausage, Whole Wheat Roll, Sweet Potato Fries (ketchup), Applesauce <i>(vegetarian substitute: Meatless Sausage)</i>	Sugar Snap Peas (ranch dressing), Whole Wheat Pita, Water
Thursday	1/31/19	2	Milk, Banana, Cheerios	Milk, Cheese Pizza, Green Beans, Mango	Graham Crackers, Pineapple, 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	1/4 cup	Meat/Alter.	1/2 oz.	1/2 oz.	1 oz.

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