THE OHIO STATE UNIVERSITY CHILD CARE PROGRAM

November 2023 Menu

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. This institution is an equal opportunity provider.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>MENU #</th>
<th>BREAKFAST</th>
<th>LUNCH</th>
<th>SNACK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>11/1/2023</td>
<td>4</td>
<td>Unflavored Milk, Mixed Berry Applesauce, Multigrain Waffle</td>
<td>Unflavored Milk, Chicken Strips (taco seasoning), Whole Wheat Tortilla, Peppers (ranch), Mandarin Oranges (Vegetarian substitute: Black Beans)</td>
<td>Mozzarella Cheese, Cheez-it crackers, Water</td>
</tr>
<tr>
<td>Thursday</td>
<td>11/2/2023</td>
<td>5</td>
<td>Unflavored Milk, Apple Slices, Whole Grain Bagel (cream cheese)</td>
<td>Unflavored Milk, Whole Grain Pasta &amp; Cheese, Peas, Apricots</td>
<td>Turkey, Whole Wheat Tortilla, Water</td>
</tr>
<tr>
<td>Friday</td>
<td>11/3/2023</td>
<td>6</td>
<td>Unflavored Milk, Orange Juice, Rice Chex</td>
<td>Unflavored Milk, Turkey Meatballs with Tomato Sauce, Whole Wheat Hotdog Bun, Diced Carrots, Pineapple (Vegetarian substitute: Meatless Meatballs)</td>
<td>Broccoli (ranch dressing), Whole Wheat Pita, Water</td>
</tr>
<tr>
<td>Monday</td>
<td>11/6/2023</td>
<td>7</td>
<td>Unflavored Milk, Tropical Fruit, Hard Cooked Egg</td>
<td>Unflavored Milk, Cheese Quesadilla with Whole Wheat Tortilla (salsa), Fresh Broccoli (ranch), Peaches</td>
<td>Animal Crackers, Watermelon, Water</td>
</tr>
<tr>
<td>Tuesday</td>
<td>11/7/2023</td>
<td>8</td>
<td>Unflavored Milk, Peaches, Whole Grain Corn Flakes</td>
<td>Unflavored Milk, Turkey &amp; Cheese on Whole Wheat Bread, Snap Peas, Pears (Vegetarian substitute: Cheese Sandwich)</td>
<td>Whole Grain Pancake, Mixed Berry Applesauce, Water</td>
</tr>
<tr>
<td>Thursday</td>
<td>11/9/2023</td>
<td>10</td>
<td>Unflavored Milk, Applesauce, Multigrain Waffle</td>
<td>Unflavored Milk, Whole Grain Breaded Fish Stick (ketchup), Whole Wheat Bread, Broccoli, Orange Sections (Vegetarian substitute: Grilled Cheese)</td>
<td>Strawberry/Blueberry, Vanilla Yogurt, Water</td>
</tr>
<tr>
<td>Friday</td>
<td>11/10/2023</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Closed for Veteran’s Day</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday</td>
<td>11/13/2023</td>
<td>11</td>
<td>Unflavored Milk, Pears, Whole Grain KIX</td>
<td>Unflavored Milk, Turkey Sausage Patty, Whole Grain Biscuit, Diced Carrots, Pineapple (Vegetarian substitute: Meatless Sausage)</td>
<td>Cucumber Slices (ranch dressing), Whole Wheat Pita, Water</td>
</tr>
<tr>
<td>Tuesday</td>
<td>11/14/2023</td>
<td>12</td>
<td>Unflavored Milk, Orange Juice, Cheerios</td>
<td>Unflavored Milk, Turkey Sloppy Joe, Whole Wheat Bun, Red Potatoes, Mandarin Oranges (Vegetarian substitute: Veggie Burger)</td>
<td>Graham Crackers, Banana, Water</td>
</tr>
<tr>
<td>Wednesday</td>
<td>11/15/2023</td>
<td>13</td>
<td>Unflavored Milk, Tropical Fruit, Hard Cooked Egg</td>
<td>Unflavored Milk, Cheese Pizza, Cole Slaw (ranch dressing), Pears</td>
<td>Turkey, Whole Wheat Tortilla, Water</td>
</tr>
<tr>
<td>Thursday</td>
<td>11/16/2023</td>
<td>14</td>
<td>Unflavored Milk, Banana, Rice Chex</td>
<td>Unflavored Milk, Cream Chicken &amp; Whole Grain Pasta, Peas and Carrots, Pineapple (Vegetarian substitute: Bean Burrito)</td>
<td>Mozzarella Cheese, Cantaloupe, Water</td>
</tr>
<tr>
<td>Friday</td>
<td>11/17/2023</td>
<td>15</td>
<td>Unflavored Milk, Mixed Berry Applesauce, Graham Crackers</td>
<td>Unflavored Milk, Grilled Chicken Nuggets (BBQ sauce), Brown Rice, Vegetable Blend (peas, carrots, corn, green beans), Applesauce (Vegetarian substitute: Black Beans)</td>
<td>Animal Crackers, Watermelon, Water</td>
</tr>
</tbody>
</table>

MEAL PATTERN REQUIREMENTS

**BREAKFAST**

<table>
<thead>
<tr>
<th>Age</th>
<th>1-2</th>
<th>3-5</th>
<th>6-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk, fluid</td>
<td>½ cup</td>
<td>¾ cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>Juice, fruit/veg</td>
<td>¹/₄ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Grains/Breads</td>
<td>½ slice</td>
<td>½ slice</td>
<td>½ slice</td>
</tr>
<tr>
<td>Cooked Cereal</td>
<td>¹/₄ cup</td>
<td>¹/₄ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Meat/Alter*</td>
<td>½ oz</td>
<td>½ oz</td>
<td>1 oz</td>
</tr>
</tbody>
</table>

**LUNCH AND/OR SUPPER**

<table>
<thead>
<tr>
<th>Age</th>
<th>1-2</th>
<th>3-5</th>
<th>6-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk, fluid</td>
<td>½ cup</td>
<td>¾ cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>Meat/Alter.</td>
<td>1 oz</td>
<td>1 ½ oz</td>
<td>2 oz</td>
</tr>
<tr>
<td>Grains/Breads</td>
<td>½ slice</td>
<td>½ slice</td>
<td>½ slice</td>
</tr>
<tr>
<td>Cooked Cereal</td>
<td>¹/₄ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>And/or pasta</td>
<td>¹/₄ cup</td>
<td>¾ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Vegetable</td>
<td>½ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Fruit</td>
<td>½ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
</tbody>
</table>

**SNACKS**

<table>
<thead>
<tr>
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<th>3-5</th>
<th>6-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk, fluid</td>
<td>½ cup</td>
<td>¾ cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>Vegetable</td>
<td>½ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Grains /Breads</td>
<td>½ slice</td>
<td>½ slice</td>
<td>½ slice</td>
</tr>
<tr>
<td>Cooked cereal</td>
<td>¹/₄ cup</td>
<td>¹/₄ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>And/or pasta</td>
<td>¼ cup</td>
<td>¾ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Meat/Alter.</td>
<td>½ oz</td>
<td>½ oz</td>
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*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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<tbody>
<tr>
<td>Monday</td>
<td>11/20/2023</td>
<td>16</td>
<td>Unflavored Milk, Orange Juice, Cheerios</td>
<td>Unflavored Milk, Turkey Meatballs with Tomato Sauce, Whole Grain Pasta, Corn, Apricots (Vegetarian substitute: Meatless Meatballs)</td>
<td>Red Pepper Slices, Hummus, Water</td>
</tr>
<tr>
<td>Tuesday</td>
<td>11/21/2023</td>
<td>17</td>
<td>Unflavored Milk, Mandarin Oranges, Whole Grain Corn Flakes</td>
<td>Unflavored Milk, Fish (ketchup), Whole Wheat Bun, Roasted Sweet Potatoes, Pears (Vegetarian substitute: Veggie Burger)</td>
<td>Whole Grain Pancake, Mixed Berry Applesauce, Water</td>
</tr>
<tr>
<td>Wednesday</td>
<td>11/22/2023</td>
<td>18</td>
<td>Unflavored Milk, Apple Slices, Whole Grain Bagel (cream cheese)</td>
<td>Unflavored Milk, Grilled Cheese on Wheat Bread, Green Beans, Applesauce</td>
<td>Whole Grain Soft Pretzel, Mango, Water</td>
</tr>
<tr>
<td>Thursday</td>
<td>11/23/2023</td>
<td></td>
<td>Closed for Thanksgiving</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>11/24/2023</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday</td>
<td>11/27/2023</td>
<td>19</td>
<td>Unflavored Milk, Pears, Whole Wheat English Muffin</td>
<td>Unflavored Milk, Cheesy Bean Tostado (salsa), Succotash (corn &amp; baby lima beans), Pineapple</td>
<td>Mozzarella Cheese, Cheez-it Crackers, Water</td>
</tr>
<tr>
<td>Wednesday</td>
<td>11/29/2023</td>
<td>1</td>
<td>Unflavored Milk, Strawberry/Blueberry Wheat Bran Flakes</td>
<td>Unflavored Milk, Turkey Sausage, Whole Grain Dinner Roll, Sweet Potato Fries (ketchup), Applesauce (Vegetarian substitute: Meatless Sausage)</td>
<td>Sugar Snap Peas (ranch dressing), Whole Wheat Pita, Water</td>
</tr>
<tr>
<td>Thursday</td>
<td>11/30/2023</td>
<td>2</td>
<td>Unflavored Milk, Banana, Cheerios</td>
<td>Unflavored Milk, Cheese Pizza, Green Beans, Mango</td>
<td>SunButter, Apple Slices, Water</td>
</tr>
</tbody>
</table>

MEAL PATTERN REQUIREMENTS

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<tbody>
<tr>
<td>Age</td>
<td>1-2</td>
<td>3-5</td>
</tr>
<tr>
<td>Milk, fluid</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>Juice, fruit/veg</td>
<td>1/4 cup</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Grains/Breads</td>
<td>1/2 slice</td>
<td>1/2 slice</td>
</tr>
<tr>
<td>Cooked Cereal</td>
<td>1/4 cup</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>And/or pasta</td>
<td>1/4 cup</td>
<td>1/4 up</td>
</tr>
<tr>
<td>Vegetable</td>
<td>1/8 cup</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Fruit</td>
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<td>1/4 cup</td>
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