

May 2018 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	5/1/18	17	Milk, Clementine, Whole Grain Corn Flakes	Milk, Fish (ketchup), Wheat Bun, Mashed Sweet Potatoes, Pears	Broccoli (ranch dressing), Whole Wheat Pita, Water
Wednesday	5/2/18	18	Milk, Apple Slices, Whole Grain Bagel (cream cheese)	Milk, Grilled Cheese on Wheat Bread, Tomato Soup, Tropical Fruit	Whole Grain Pancake, Applesauce, Water
Thursday	5/3/18	19	Milk, Pears, Whole Wheat English Muffin	Milk, Scrambled Egg, Whole Grain Biscuit, Green Beans, Peaches	Mozzarella Cheese, Whole Grain Cheddar Goldfish Crackers, Water
Friday	5/4/18	20	Milk, Tropical Fruit, Hard Cooked Egg	Milk, Ground Turkey & Whole Wheat Tortilla (salsa), Broccoli Cole Slaw (ranch dressing), Pineapple	Peaches, Fat Free Vanilla Yogurt, Water
Monday	5/7/18	1	Milk, Cantaloupe Wheat Bran Flakes	Milk, Turkey Sausage, Wheat Bun, Sweet Potato Fries (ketchup), Applesauce	Snow Peas (ranch dip), Whole Wheat Pita, Water
Tuesday	5/8/18	2	Milk, Banana, Cheerios	Milk, Cheese Pizza, Diced Carrots, Tropical Fruit	Graham Crackers, Pineapple, Water
Wednesday	5/9/18	3	Milk, Pears, Whole Grain Corn Flakes	Milk, Veggie Burger (ketchup), Wheat Bun, Corn, Peaches	Turkey, Whole Wheat Tortilla, Water
Thursday	5/10/18	4	Milk, Applesauce, Multigrain Waffle	Milk, Chicken Strips (taco seasoning), Whole Wheat Tortilla, Peppers, Mandarin Oranges	Whole Grain Soft Pretzel, Hummus, Water
Friday	5/11/18	5	Milk, Orange Juice, Rice Chex	Milk, Whole Grain Pasta & Cheese, Peas, Pineapple	Animal Crackers, Watermelon, Water
Monday	5/14/18	6	Milk, Tropical Fruit, Hard Cooked Egg	Milk, Turkey Meatballs with Tomato Sauce, Wheat Hotdog Bun, Green Beans, Apricots	Mozzarella Cheese, Whole Grain Cheddar Goldfish Crackers, Water
Tuesday	5/15/18	7	Milk, Apple Slices, Whole Grain Bagel (cream cheese)	Milk, Cheese Quesadilla with Whole Wheat Tortilla (salsa), Fresh Broccoli, Peaches	Cucumber Slices (ranch dressing), Whole Wheat Pita, 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

May 2018 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.

DAY	DATE	MENU #	BREAKFAST	LUNCH/SUPPER	SNACK	
Wednesday	5/16/18	8	Milk, Clementine, Wheat Bran Flakes	Milk, Turkey & Cheese on Wheat Bread, Peas, Tropical Fruit	Whole Grain Pancake, Applesauce, Water	
Thursday	5/17/18	9	Milk, Pineapple, Whole Wheat English Muffin	Milk, Hamburger (ketchup), Wheat Bun, Baked Beans, Pears	Cheddar Cheese, Apple Slices, Water	
Friday	5/18/18	10	Milk, Tropical Fruit, Whole Grain Corn Flakes	Milk, Whole Grain Breaded Fish Stick (ketchup), Wheat Bread, Broccoli, Banana	Peaches, Fat Free Vanilla Yogurt, Water	
Monday	5/21/18	11	Milk, Orange Juice, Cheerios	Milk, Turkey Sausage Patty, Whole Grain Biscuit, Diced Carrots, Pineapple	Turkey, Whole Wheat Tortilla, Water	
Tuesday	5/22/18	12	Milk, Applesauce, Graham Crackers	Milk, Turkey Sloppy Joe, Wheat Bun, Red Potatoes (ketchup), Mandarin Oranges	Mozzarella Cheese, Cantaloupe, Water	
Wednesday	5/23/18	13	Milk, Tropical Fruit, Hard Cooked Egg	Milk, Cheese Pizza, Broccoli Cole Slaw (ranch dressing), Pears	Whole Grain Soft Pretzel, Honeydew, Water	
Thursday	5/24/18	14	Milk, Banana, Rice Chex	Milk, Chicken with Cream of Chicken Soup, Whole Grain Pasta, Peas and Carrots, Pineapple	Red/Green Pepper Slices, Hummus, Water	
Friday	5/25/18	15	Milk, Applesauce, Multigrain Waffle	Milk, Chicken Patty (BBQ sauce), Brown Rice, Vegetable Blend (peas, carrots, corn, green beans), Tropical Fruit	Cheddar Cheese, Apple Slices, Water	
Monday	5/28/18	Closed for Memorial Day				
Tuesday	5/29/18	16	Milk, Orange Juice, Cheerios	Milk, Turkey Meatballs with Tomato Sauce, Whole Grain Pasta, Corn, Apricots	Animal Crackers, Watermelon, Water	
Wednesday	5/30/18	17	Milk, Clementine, Whole Grain Corn Flakes	Milk, Fish (ketchup), Wheat Bun, Mashed Sweet Potatoes, Pears	Broccoli (ranch dressing), Whole Wheat Pita, Water	
Thursday	5/31/18	18	Milk, Apple Slices, Whole Grain Bagel (cream cheese)	Milk, Grilled Cheese on Wheat Bread, Tomato Soup, Tropical Fruit	Whole Grain Pancake, Applesauce, 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