

September 2023 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. This institution is an equal opportunity provider.

DAY	DATE	MENU #	BREAKFAST	LUNCH	SNACK
Friday	9/1/2023	3	Unflavored Milk, Pears, Whole Grain KIX	Unflavored Milk, Veggie Burger (ketchup), Whole Wheat Bun, Corn, Peaches	Whole Grain Soft Pretzel, Hummus, Water
Monday	9/4/2023	Closed for Labor Day			
Tuesday	9/5/2023	4	Unflavored Milk, Mixed Berry Applesauce, Multigrain Waffle	Unflavored 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
Wednesday	9/6/2023	5	Unflavored Milk, Apple Slices, Whole Grain Bagel (cream cheese)	Unflavored Milk, Whole Grain Pasta & Cheese, Peas, Apricots	Turkey, Whole Wheat Tortilla, Water
Thursday	9/7/2023	6	Unflavored Milk, Orange Juice, Rice Chex	Unflavored Milk, Turkey Meatballs with Tomato Sauce, Whole Wheat Hotdog Bun, Diced Carrots, Pineapple (<i>Vegetarian substitute: Meatless Meatballs</i>)	Broccoli (ranch dressing), Whole Wheat Pita, Water
Friday	9/8/2023	7	Unflavored Milk, Tropical Fruit, Hard Cooked Egg	Unflavored Milk, Cheese Quesadilla with Whole Wheat Tortilla (salsa), Fresh Broccoli (ranch), Peaches	Animal Crackers, Watermelon, Water
Monday	9/11/2023	8	Unflavored Milk, Orange Juice, Cheerios	Unflavored Milk, Turkey & Cheese on Whole Wheat Bread, Snap Peas, Pears (<i>Vegetarian substitute: Cheese Sandwich</i>)	Whole Grain Pancake, Mixed Berry Applesauce, Water
Tuesday	9/12/2023	9	Unflavored Milk, Mandarin Oranges, Wheat Bran Flakes	Unflavored Milk, Hamburger (ketchup), Wheat Bun, Sweet Potato Fries, Banana (<i>Vegetarian substitute: Veggie Burger</i>)	Whole Wheat Crackers, Cheddar Cheese, Water
Wednesday	9/13/2023	10	Unflavored Milk, Applesauce, Multigrain Waffle	Unflavored Milk, Whole Grain Breaded Fish Stick (ketchup), Whole Wheat Bread, Broccoli, Orange Sections (<i>Vegetarian substitute: Grilled Cheese</i>)	Turkey, Whole Wheat Tortilla, Water
Thursday	9/14/2023	11	Unflavored Milk, Pears, Whole Grain KIX	Unflavored Milk, Turkey Sausage Patty, Whole Grain Biscuit, Diced Carrots, Pineapple (<i>Vegetarian substitute: Meatless Sausage</i>)	Graham Crackers, Banana, Water
Friday	9/15/2023	12	Unflavored Milk, Peaches, Whole Grain Corn Flakes	Unflavored Milk, Turkey Sloppy Joe, Whole Wheat Bun, Red Potatoes, Mandarin Oranges (<i>Vegetarian substitute: Veggie Burger</i>)	Cucumber Slices (ranch dressing), Whole Wheat Pita, Water
Monday	9/18/2023	13	Unflavored Milk, Tropical Fruit, Hard Cooked Egg	<i>Unflavored Milk, Cheese Pizza, Cole Slaw (ranch dressing), Pears</i>	Strawberry/Blueberry, Vanilla Yogurt, Water
Tuesday	9/19/2023	14	Unflavored Milk, Banana, Rice Chex	Unflavored Milk, Cream Chicken & Whole Grain Pasta, Peas and Carrots, Pineapple (<i>Vegetarian substitute: Bean Burrito</i>)	Mozzarella Cheese, Cantaloupe, 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/Breads	1/2 slice	1/2 slice	1 slice	Grains/Breads	1/2 slice	1/2 slice	1 slice	Fruit	1/2 cup	1/2 cup	3/4 cup
Cooked Cereal	1/4 cup	1/4 cup	1/2 cup	Grains/Breads	1/2 slice	1/2 slice	1 slice	Grains/Breads	1/2 slice	1/2 slice	1 slice
And/or pasta	1/4 cup	1/4 cup	1/2 cup	Cooked Cereal	1/4 cup	1/4 cup	1/2 cup	Cooked cereal	1/4 cup	1/4 cup	1/2 cup
Meat/Alter*	1/2 oz	1/2 oz	1 oz	And/or pasta	1/4 cup	1/4 cup	1/2 cup	And/or pasta	1/4 cup	1/4 cup	1/2 cup
				Vegetable	1/8 cup	1/4 cup	1/2 cup	Meat/Alter.	1/2 oz.	1/2 oz.	1 oz.
				Fruit	1/8 cup	1/4 cup	1/2 cup				

*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	SNACK
Wednesday	9/20/2023	15	Unflavored Milk, Mixed Berry Applesauce, Graham Crackers	Unflavored Milk, Grilled Chicken Nuggets (BBQ sauce), Brown Rice, Vegetable Blend (peas, carrots, corn, green beans), Applesauce (<i>Vegetarian substitute: Black Beans</i>)	Animal Crackers, Watermelon, Water
Thursday	9/21/2023	16	Unflavored Milk, Orange Juice, Cheerios	Unflavored Milk, Turkey Meatballs with Tomato Sauce, Whole Grain Pasta, Corn, Apricots (<i>Vegetarian substitute: Meatless Meatballs</i>)	Red Pepper Slices, Hummus, Water
Friday	9/22/2023	17	Unflavored Milk, Apple Slices, Whole Grain Bagel (cream cheese)	Unflavored Milk, Fish (ketchup), Whole Wheat Bun, Roasted Sweet Potatoes, Pears (<i>Vegetarian substitute: Veggie Burger</i>)	Whole Grain Soft Pretzel, Mango, Water
Monday	9/25/2023	18	Unflavored Milk, Mandarin Oranges, Whole Grain Corn Flakes	Unflavored Milk, Grilled Cheese on Wheat Bread, Green Beans, Applesauce	Whole Grain Pancake, Mixed Berry Applesauce, Water
Tuesday	9/26/2023	19	Unflavored Milk, Pears, Whole Wheat English Muffin	Unflavored Milk, Cheesy Bean Tostado (salsa), Succotash (corn & baby lima Beans), Pineapple	Mozzarella Cheese, Whole Grain Cheddar Goldfish Crackers, Water
Wednesday	9/27/2023	20	Unflavored Milk, Tropical Fruit, Blueberry Mini Muffin	Unflavored Milk, Scrambled Egg, Whole Grain Biscuit, Red Potatoes, Peaches (<i>Vegetarian substitute: Hummus</i>)	Graham Crackers, Vanilla Yogurt, Water
Thursday	9/28/2023	1	Unflavored Milk, Strawberry/Blueberry Wheat Bran Flakes	Unflavored Milk, Turkey Sausage, Whole Grain Dinner Roll, Sweet Potato Fries (ketchup), Applesauce (<i>Vegetarian substitute: Meatless Sausage</i>)	Sugar Snap Peas (ranch dressing), Whole Wheat Pita, Water
Friday	9/29/2023	2	Unflavored Milk, Banana, Cheerios	Unflavored Milk, Cheese Pizza, Green Beans, Mango	SunButter, 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/Breads	1/2 slice	1/2 slice	1 slice	Grains/Breads	1/2 slice	1/2 slice	1 slice	Fruit	1/2 cup	1/2 cup	3/4 cup
Cooked Cereal	1/4 cup	1/4 cup	1/2 cup	And/or pasta	1/4 cup	1/4 cup	1/2 cup	Grains /Breads	1/2 slice	1/2 slice	1 slice
And/or pasta	1/4 cup	1/4 up	1/2 cup	Cooked Cereal	1/8 cup	1/4 cup	1/2 cup	Cooked cereal	1/4 cup	1/4 cup	1/2 cup
Meat/Alter*	1/2 oz	1/2 oz	1 oz	And/or pasta	1/8 cup	1/4 cup	1/2 cup	And/or pasta	1/4 cup	1/4 cup	1/2 cup
				Vegetable	1/8 cup	1/4 cup	1/2 cup	Meat/Alter.	1/2 oz.	1/2 oz.	1 oz.
				Fruit	1/8 cup	1/4 cup	1/2 cup				

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