

**August 2017 Menu**

**THE OHIO STATE UNIVERSITY CHILD CARE PROGRAM**

The menus listed below are the foods served this month. Alternates for a specific food will be provided to children because of allergies, other medical restrictions or religious preferences. One alternative would be cheese for meats and other available fruits or vegetables. If these substitutes do not meet your needs, you will need to provide your own. To request a food substitute, please cross out item the teacher is to omit and return this menu to the teacher. 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	Snacks (evening snack same as breakfast)
Tuesday	8/01/17	11	Milk, Orange Juice, Wheat Bread (jelly)	Milk, Turkey Sausage Patty, Biscuit (buttery spread), Diced Carrots, Applesauce	Cheddar Cheese, Saltine Crackers, Water
Wednesday	8/02/17	12	Milk, Peaches, Cheerios	Milk, Cheese Pizza, Lettuce Salad (Italian dressing), Pears	Milk, Pita Bread (jelly)
Thursday	8/03/17	13	Milk, Applesauce, Golden Grahams	Milk, Turkey Sloppy Joe, Wheat Bun, Green Beans, Mandarin Oranges	Milk, Bananas
Friday	8/04/17	14	Milk, Orange Juice, English Muffin (jelly)	Milk, Diced Chicken in Gravy, Egg Noodles, Peas and Carrots, Peaches	Milk, Apple-Cinnamon Nutri-Grain Bar
Monday	8/07/17	15	Milk, Pears, Raisin Bran	Milk, Red Beans, Brown Rice, Corn, Pineapple	Milk, Soft Pretzel Stick
Tuesday	8/08/17	16	Milk, Orange Juice, Wheat Bread (jelly)	Milk, Turkey Meatballs, Whole Grain Spaghetti w/Tomato Sauce, Broccoli and Cauliflower, Pears	Mozzarella Cheese, Club Crackers, Water
Wednesday	8/09/17	17	Milk, Peaches, Crispix	Milk, Grilled Cheese on Wheat Bread, Tomato Soup, Applesauce	Milk, Golden Grahams
Thursday	8/10/17	18	Milk, Orange Juice, Mini Bagels (cream cheese)	Milk, Turkey and Cheese Subs on Wheat Bun, Sugar Snap Peas, Mandarin Oranges	Milk, Blueberry Nutri-Grain Bar
Friday	8/11/17		<b>CHILD CARE PROGRAM CLOSED</b>		
Monday	8/14/17	20	Milk, Pears, Golden Grahams	Milk, Scrambled Eggs, English Muffin (jelly), Diced Carrots, Peaches	Animal Crackers, Apple Slices, Water
Tuesday	8/15/17	1	Milk, Orange Juice, Cinnamon Bread	Milk, Turkey Sausage, Wheat Roll, Sweet Potato Fries (ketchup), Applesauce	Cheddar Cheese, Oyster Crackers, Water
Wednesday	8/16/17	2	Milk, Peaches, Cheerios	Milk, Cheese Pizza, Lettuce Salad (Italian dressing), Mandarin Oranges	Milk, Golden Grahams

**MEAL PATTERN REQUIREMENTS**

BREAKFAST				LUNCH AND/OR SUPPER				SNACKS (Choose 2)*			
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/ Fruit	1/2 cup	1/2 cup	3/4 cup
Grains, bread, cereal	1/3 oz.	1/2 oz.	1 oz.	Bread/Alter.	1/2 slice	1/2 slice	1 slice	Bread/Alter.	1/2 slice	1/2 slice	1 slice
				Vegetable/ Fruit - 2 srvgs. total	1/4 cup	1/2 cup	3/4 cup	Meat/Alter.	1/2 oz.	1/2 oz.	1 oz.

- For a snack do not serve milk and juice together or 2 foods from the same group.

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DAY	DATE	MENU #	Breakfast	Lunch/Supper	Snacks (evening snack same as breakfast)
Thursday	8/17/17	3	Milk, Applesauce, Raisin Bran	Milk, Roast Turkey, Wheat Bread, Red Potatoes, Peaches	Milk, Bananas
Friday	8/18/17	4	Milk, Orange Juice, Wheat Bread (jelly)	Milk, Chicken Strips, Taco Seasoning, Soft Wheat Tortilla, Fiesta Corn and Peppers, Applesauce	Milk, Soft Pretzel Sticks
Monday	8/21/17	5	Milk, Pears, English Muffin (jelly)	Milk, Whole Grain Macaroni and Cheese, Peas, Pineapple	Yogurt, Peach Cup, Water
Tuesday	8/22/17	6	Milk, Orange Juice, Mini Bagels (cream cheese)	Milk, Turkey Meatballs, Penne Pasta w/Tomato Sauce, Broccoli and Cauliflower, Pears	Mozzarella Cheese, Club Crackers, Water
Wednesday	8/23/17	7	Milk, Peaches, Crispix	Milk, Cheese Quesadilla (salsa), Three Bean Salad (garbanzo, black, white beans, corn), Mandarin Oranges	Milk, Animal Crackers
Thursday	8/24/17	8	Milk, Applesauce, Raisin Bread	Milk, Fish (ketchup), Wheat Bread (buttery spread), Peas, Peaches	Graham Crackers, Orange Wedges, Water
Friday	8/25/17	9	Milk, Orange Juice, Cinnamon Bread	Milk, Chicken Strips, Brown Rice, Oriental Vegetables (green beans, broccoli, red peppers, onions), Pineapple	Milk, Strawberry Nutri-Grain Bar
Monday	8/28/17	10	Milk, Pears, Corn Flakes	Milk, Hamburger (ketchup), Wheat Bun, Baked Beans, Corn	Yogurt, Peach Cup, Water
Tuesday	8/29/17	11	Milk, Orange Juice, Wheat Bread (jelly)	Milk, Turkey Sausage Patty, Biscuit (buttery spread), Diced Carrots, Applesauce	Cheddar Cheese, Saltine Crackers, Water
Wednesday	8/30/17	12	Milk, Peaches, Cheerios	Milk, Cheese Pizza, Lettuce Salad (Italian dressing), Pears	Milk, Pita Bread (jelly)
Thursday	8/31/17	13	Milk, Applesauce, Golden Grahams	Milk, Turkey Sloppy Joe, Wheat Bun, Green Beans, Mandarin Oranges	Milk, Bananas

**MEAL PATTERN REQUIREMENTS**

BREAKFAST				LUNCH AND/OR SUPPER				SNACKS (Choose 2)*			
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/ Fruit	1/2 cup	1/2 cup	3/4 cup
Grains, bread, cereal	1/3 oz.	1/2 oz.	1 oz.	Bread/Alter.	1/2 slice	1/2 slice	1 slice	Bread/Alter.	1/2 slice	1/2 slice	1 slice
				Vegetable/ Fruit - 2 srvgs. total	1/4 cup	1/2 cup	3/4 cup	Meat/Alter.	1/2 oz.	1/2 oz.	1 oz.

- For a snack do not serve milk and juice together or 2 foods from the same group.