

June 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: _____

DAY	DATE	MENU #	Child's Name _____			Parent's signature _____			Date _____		
			Breakfast	Lunch/Supper			Snacks (evening snack same as breakfast)				
Thursday	6/01/17	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				
Friday	6/02/17	10	Milk, Pears, Corn Flakes	Milk, Hamburger (ketchup), Wheat Bun, Baked Beans, Corn			Yogurt, Peach Cup, Water				
Monday	6/05/17	11	Milk, Orange Juice, Wheat Bread (jelly)	Milk, Turkey Sausage Patty, Biscuit (buttery spread), Diced Carrots, Applesauce			Cheddar Cheese, Saltine Crackers, Water				
Tuesday	6/06/17	12	Milk, Peaches, Cheerios	Milk, Cheese Pizza, Lettuce Salad (Italian dressing), Pears			Milk, Pita Bread (jelly)				
Wednesday	6/07/17	13	Milk, Applesauce, Golden Grahams	Milk, Turkey Sloppy Joe, Wheat Bun, Green Beans, Mandarin Oranges			Milk, Bananas				
Thursday	6/08/17	14	Milk, Orange Juice, English Muffin (jelly)	Milk, Diced Chicken in Gravy, Egg Noodles, Peas and Carrots, Peaches			Milk, Apple-Cinnamon Nutri-Grain Bar				
Friday	6/09/17	15	Milk, Pears, Raisin Bran	Milk, Black Beans, Brown Rice, Corn, Pineapple			Milk, Soft Pretzel Stick				
Monday	6/12/17	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				
Tuesday	6/13/17	17	Milk, Peaches, Crispix	Milk, Grilled Cheese on Wheat Bread, Tomato Soup, Applesauce			Milk, Golden Grahams				
Wednesday	6/14/17	18	Milk, Orange Juice, Mini Bagels (cream cheese)	Milk, Turkey and Cheese Subs on Wheat Bun, Sugar Snap Peas, Mandarin Oranges			Yogurt, Peach Cup, Water				
Thursday	6/15/17	19	Milk, Applesauce, Corn Flakes	Milk, Turkey Tacos with Tortilla (salsa), Lettuce Salad (Italian dressing), Pineapple			Milk, Blueberry Nutri-Grain Bar				

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.

June 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.

DAY	DATE	MENU #	Breakfast	Lunch/Supper	Snacks (evening snack same as breakfast)
Friday	6/16/17	20	Milk, Pears, Golden Grahams	Milk, Scrambled Eggs, English Muffin (jelly), Diced Carrots, Peaches	Animal Crackers, Apple Slices, Water
Monday	6/19/17	1	Milk, Orange Juice, Cinnamon Bread	Milk, Turkey Sausage, Wheat Roll, Sweet Potato Fries (ketchup), Applesauce	Cheddar Cheese, Oyster Crackers, Water
Tuesday	6/20/17	2	Milk, Peaches, Cheerios	Milk, Cheese Pizza, Lettuce Salad (Italian dressing), Mandarin Oranges	Milk, Golden Grahams
Wednesday	6/21/17	3	Milk, Applesauce, Raisin Bran	Milk, Roast Turkey, Wheat Bread, Red Potatoes, Peaches	Milk, Bananas
Thursday	6/22/17	4	Milk, Orange Juice, Wheat Bread (jelly)	Milk, Chicken Strips, Taco Seasoning, Soft Wheat Tortilla, Fiesta Corn and Peppers, Applesauce	Milk, Soft Pretzel Sticks
Friday	6/23/17	5	Milk, Pears, English Muffin (jelly)	Milk, Whole Grain Macaroni and Cheese, Peas, Pineapple	Yogurt, Peach Cup, Water
Monday	6/26/17	6	Milk, Orange Juice, Mini Bagels (cream cheese)	Milk, Turkey Meatballs, Radiatore Pasta w/Tomato Sauce, Broccoli and Cauliflower, Pears	Mozzarella Cheese, Club Crackers, Water
Tuesday	6/27/17	7	Milk, Peaches, Crispix	Milk, Cheese Quesadilla (salsa), Three Bean Salad (garbanzo, black, white beans, corn), Mandarin Oranges	Milk, Animal Crackers
Wednesday	6/28/17	8	Milk, Applesauce, Raisin Bread	Milk, Fish (ketchup), Wheat Bread (buttery spread), Peas, Peaches	Graham Crackers, Orange Wedges, Water
Thursday	6/29/17	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
Friday	6/30/17	10	Milk, Pears, Corn Flakes	Milk, Hamburger (ketchup), Wheat Bun, Baked Beans, Corn	Yogurt, Peach Cup, Water

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.