

March 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
Thursday	3/1/18	15	Milk, Pears, Rice Chex	Milk, Chicken Patty (BBQ sauce), Brown Rice, Vegetable Blend (peas, carrots, corn, green beans), Pineapple	Turkey, Whole Wheat Tortilla, Water
Friday	3/2/18	16	Milk, Orange Juice, Cheerios	Milk, Turkey Meatballs with Tomato Sauce, Whole Grain Pasta, Corn, Pears	Animal Crackers, Watermelon, Water
Monday	3/5/18	17	Milk, Apple Slices, Whole Grain Bagel (cream cheese)	Milk, Turkey & Cheese on Wheat Bread, Peas, Mandarin Oranges	Broccoli (ranch dressing), Whole Wheat Pita, Water
Tuesday	3/6/18	18	Milk, Clementine, Whole Grain Corn Flakes	Milk, Grilled Cheese on Wheat Bread, Tomato Soup, Pineapple	Mozzarella Cheese, Whole Grain Cheddar Goldfish Crackers, Water
Wednesday	3/7/18	19	Milk, Mandarin Oranges, Whole Wheat English Muffin	Milk, Scrambled Egg, Whole Grain Biscuit, Green Beans, Peaches	Applesauce, Whole Grain Pancake, Water
Thursday	3/8/18	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
Friday	3/9/18	1	Milk, Cantaloupe Wheat Bran Flakes	Milk, Turkey Sausage, Wheat Bun, Sweet Potato Fries (ketchup), Applesauce	Snow Peas (ranch dip), Whole Wheat Pita, Water
Monday	3/12/18	2	Milk, Banana, Whole Grain Corn Flakes	Milk, Cheese Pizza, Diced Carrots, Mandarin Oranges	Cheddar Cheese, Apple Slices, Water
Tuesday	3/13/18	3	Milk, Pears, Cheerios	Milk, Black Bean Burger (ketchup), Wheat Bun, Mashed Sweet Potatoes, Peaches	Graham Crackers, Pineapple, Water
Wednesday	3/14/18	4	Milk, Applesauce, Multigrain Waffle	Milk, Chicken Strips (taco seasoning), Whole Wheat Tortilla, Peppers, Tropical Fruit	Whole Grain Soft Pretzel, Hummus, 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

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DAY	DATE	MENU #	BREAKFAST	LUNCH/SUPPER	SNACK
Thursday	3/15/18	5	Milk, Orange Juice, Rice Chex	Milk, Whole Grain Pasta & Cheese, Peas, Pineapple	Animal Crackers, Watermelon, Water
Friday	3/16/18	Closed for Professional Development Day			
Monday	3/19/18	6	Milk, Tropical Fruit, Hard Cooked Egg	Milk, Turkey Meatballs with Tomato Sauce, Wheat Bun, Green Beans, Pears	Mozzarella Cheese, Whole Grain Cheddar Goldfish Crackers, Water
Tuesday	3/20/18	7	Milk, Apple Slices, Whole Grain Bagel (cream cheese)	Milk, Cheese Quesadilla with Whole Wheat Tortilla (salsa), Fresh Broccoli, Mandarin Oranges	Cucumber Slices (ranch dressing), Whole Wheat Pita, Water
Wednesday	3/21/18	8	Milk, Orange Juice, Wheat Bran Flakes	Milk, Fish (ketchup), Wheat Bread, Mashed Sweet Potatoes, Peaches	Turkey, Whole Wheat Tortilla, Water
Thursday	3/22/18	9	Milk, Mandarin Oranges, Whole Wheat English Muffin	Milk, Hamburger (ketchup), Wheat Bun, Baked Beans, Apricots	Tropical Fruit, Whole Grain Pancake, Water
Friday	3/23/18	10	Milk, Applesauce, Graham Crackers	Milk, Whole Grain Pasta with Alfredo Sauce, Broccoli, Banana	Mozzarella Cheese, Cantaloupe, Water
Monday	3/26/18	11	Milk, Tropical Fruit, Hard Cooked Egg	Milk, Turkey Sausage Patty, Whole Grain Biscuit, Diced Carrots, Applesauce	Red/Green Pepper Slices, Hummus, Water
Tuesday	3/27/18	12	Milk, Orange Juice, Wheat Bran Flakes	Milk, Turkey Sloppy Joe, Wheat Bun, Red Potatoes, Mandarin Oranges	Peaches, Fat Free Vanilla Yogurt, Water
Wednesday	3/28/18	13	Milk, Peaches, Cheerios	Milk, Cheese Pizza, Broccoli Cole Slaw (ranch dressing), Pears	Cheddar Cheese, Apple Slices, Water
Thursday	3/29/18	14	Milk, Applesauce, Multigrain Waffle	Chicken with Cream of Chicken Soup, Whole Grain Pasta, Peas and Carrots, Tropical Fruit	Whole Grain Soft Pretzel, Honeydew, Milk
Friday	3/30/18	15	Milk, Pears, Rice Chex	Milk, Chicken Patty (BBQ sauce), Brown Rice, Vegetable Blend (peas, carrots, corn, green beans), Pineapple	Turkey, Whole Wheat Tortilla, 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	1/4 cup	Meat/Alter.	1/2 oz.	1/2 oz.	1 oz.

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