



Menu Planning Worksheet for Children

Small Wonders Child Care - Menu #1

No. 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cheerios Honey Banana Milk	French Toast Syrup Mandarins Milk	Cinnamon Toast Cereal Pears Milk	Pancakes Syrup Banana Milk	Whole Bread Butter Peach Milk
Lunch	Parmesan Chicken(CN) White Rice Sliced Tomatoes Pears Milk	Beefaroni/Ground beef Tossed Salad - Lettuce & Tomatoes - LF Ranch Dressing Mixed Fruits Milk	Lentil Soup with beef and Potatoes White Rice Corn Peach Milk	Chicken Soup Crackers Green Beans Fruit Cocktail Milk	Pizza w/Cheese Ham Mixed Vegetables Pineapple Milk
Snack	Cheese Crackers Mandarins Apple Juice	Whole Bread Butter Milk	Oatmeal Cookies Apple Slices Milk	Froot loops cereal Milk	Animal Cookies Mixed fruit Milk