



## Menu Planning Worksheet for Children

### Small Wonders Child Care - Menu #3

No. 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Croissants Ham Banana Milk	Waffles Syrup Peach Milk	Lucky charms cereal Peach Bananas	French Toast Syrup Pears Milk	Bagel Cream Cheese Mandarins Milk
<b>Lunch</b>	Beefaroni/Ground beef Coleslaw Pears Milk	Lentil Soup with beef and Potatoes White Rice Corn Mixed Fruits Milk	Macaronis & Cheese Ham Green Beans Pineapples Milk	Meat Ball Fideo Rice - Lettuce & Tomatoes - LF Ranch Dressing Peach Milk	Pizza w/Cheese Ham Mixed Vegetables Fruit cocktail Milk
<b>Snack</b>	Cheerios Honey Pineapples Milk	Cheese Crackers Apple slices Apple Juice	Whole Bread Butter Mandarins Milk	Froot loops cereal Milk	Gelatin Round butter crackers Milk