



Menu Planning Worksheet for Children

Small Wonders Child Care - Menu #4

No. 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Froot loops cereal Peach Banana Milk	Pancakes Syrup Mandarins Milk	English Muffins Butter Fruit cocktail Milk	Waffles Syrup Peach Milk	Cinnamon Toast Cereal Pears Milk
Lunch	Pea with beef soup White Rice Coleslaw Pear Milk	Chicken Patty(CN) Mash Potatoes -Lettuce & Tomatoes -Lf Ranch dressing Mixed fruit Milk	Beef teriyaki (CN) Spaghetti Sliced tomatoes Peach Milk	Chicken Soup Crackers Green Beans Pineapple Milk	Pizza w/Cheese Ham Mixed Vegetables Fruits Cocktail Milk
Snack	Whole Bread/butter Apple slices Milk	Yogurt Cheese crackers Milk	Crackers Apple Juice	Lucky charm cereal Mandarins Milk	Granola Bar Apple sauce Milk