



Babes on the Square Too

Weekly Menu

Meal	Component	Ages 1-2	Ages 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
	Milk	½ cup Whole	¾ cup 2%	milk	milk	milk	milk	milk
Breakfast	Fruit/Vegetable	¼ cup	½ cup	Mandarin oranges	berry mix	diced peaches	pineapple tidbits	fruit cocktail
	Grain/Meat	½ oz eq	½ oz eq	corn flakes	pancake loaf	cream of wheat turkey sausage	french toast stix	rice krispies
	Milk	½ cup Whole	¾ cup 2%	milk	milk	milk	milk	milk
	Fruit	1/8 cup	¼ cup	fruit cocktail	pineapple tidbits	tropical fruit	fresh apple slices	diced pears
Lunch	Vegetable	1/8 cup	¼ cup	broccoli potato	mixed veggies	broccoli	potatoes corn/peas	vegetarian baked beans
	Grain	½ oz eq	½ oz eq	whole grain bread	whole grain bread	whole grain bread	whole grain roll	potato bun
	Meat/Meat Alternative	1 oz	1 ½ oz	cheese	turkey ham cheese	chicken	beef	beef hot dog
				creamy potato broccoli soup	grilled turkey ham sandwich	chicken broccoli alfredo	shepherd pie	franks and beans
	Milk	½ cup Whole	½ cup 2%	water	water	water	water	water
	Vegetable	½ cup	½ cup	peppers cucumbers / ranch				
Snack Pick 2	Fruit	½ cup	½ cup		grapes		raisins	banana/straw berry/pineapple
	Grain	½ oz eq	½ oz eq	ritz crackers		animal crackers	honey graham crackers	

	Meat/Meat Alternative	½ oz	½ oz		cheese	strawberry yogurt		vanilla yogurt
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