

Blake and Milford Daycare  
November & December 2018  
SNACK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b><u>WEEK 1</u></b> Whole Grain Cheese it Crackers- 1 oz Grape Juice – 4 oz	Corn Muffin- 1 oz Orange Juice- 4oz	Wheat Squares – 2 oz Apple Juice – 4 oz	Non Fat Yogurt -4 oz Grape Juice- 4oz	Ritz Crackers -2 oz Pineapple Juice – 4oz
<b><u>WEEK 2</u></b> Whole Grain Honey Graham Crackers -1 oz Apple Juice- 4oz	String Cheese – 1 oz Pineapple Juice – 4 oz	Whole Grain Pretzels- 1 oz Grape Juice- 4oz	Whole Wheat Wrap w/ Cheese - 2 oz Apple Juice – 4 oz	Whole Grain Vanilla Dots -1 oz Orange Juice- 4oz
<b><u>WEEK 3</u></b> Ritz Crackers – 2 oz Pineapple Juice- 4oz	Blueberry Muffin – 1 oz Orange Juice - 4 oz	Bread Sticks – 2 oz Apple Juice- 4oz	Non Fat Yogurt -4 oz Grape Juice- 4oz	Wheat Squares – 2 oz Apple Juice- 4oz
<b><u>WEEK 4</u></b> String Cheese- 1oz Apple Juice- 4oz	Whole Grain Animal Crackers – 1 oz Pineapple Juice – 4 oz	Whole Grain Pretzels-1 oz Orange Juice- 4oz	Whole Wheat Bread w/ Cheese- 2 oz Grape Juice – 4 oz	Whole Grain Honey Graham Crackers-1 oz Apple Juice- 4oz

11/01/2018 - 12/31/2018

\*\*Five Loaves Food Service Reserves the right to substitute items of same food components\*\*

\*\*\*All Whole Wheat or Whole Grain Products are Whole Grain Rich\*\*\*

Blake and Milford Daycare  
November & December 2018

**LUNCH**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>WEEK 1</u></b> Swedish Meatball w/ Gravy -2 oz Whole Wheat Bun – 1 oz Sweet Corn – 4 oz Banana -4oz Milk 1% - 6oz</p>	<p>(**) Turkey &amp; Cheese – 3 oz Whole Wheat Wrap -1 oz Tatar Tots– 4 oz Pineapple – 4oz Milk 1% -6oz</p>	<p>(**) Baked Ziti w/ Cheese – 6 oz Sweet Peas – 4 oz Orange – 4oz Milk 1% - 6oz</p>	<p>Baked Basil Chicken w/Gravy – 2 oz Yellow Rice– 4oz Salad w/Dressing– 4oz Banana – 4oz Milk 1%-6oz</p>	<p>Whole Grain Fish Sticks- 3 oz Egg Wide Noodles – 4 oz Carrot Sticks– 4 oz Melon– 4oz Milk 1%-6oz</p>
<p><b><u>WEEK 2</u></b> Whole Grain Chicken Nuggets– 4 oz Whole Wheat Bread– 1 oz Mashed Potatoes– 4 oz Melon– 4oz Milk 1%-6oz</p>	<p>Beef Hamburger– 3 oz Whole Wheat Bun– 1 oz Vegetarian Beans– 4 oz Pineapples– 4oz Milk 1%-6oz</p>	<p>(**) Macaroni &amp; Cheese – 6oz Green Beans– 4 oz Melon – 4oz Milk 1% - 6oz</p>	<p>Beef Meatloaf w/ Gravy – 3 oz White Rice – 4 oz Carrot Sticks- 4oz Banana– 4oz Milk 1%-6oz</p>	<p>(**) Whole Grain Cheese Pizza– 4 oz Salad w/ Dressing– 4 oz Apple – 4oz Milk 1% - 6oz</p>
<p><b><u>WEEK 3</u></b> Baked Chicken – 3 oz Whole Wheat Wrap – 1 oz Steamed Broccoli – 4 oz Orange– 4oz Milk 1%-6oz</p>	<p>(**) Baked Ziti w/ Cheese – 6 oz Sweet Peas – 4 oz Melon – 4 oz Milk 1 % - 6 oz</p>	<p>Fish Patty- 3 oz Whole Wheat Bun – 1 oz Italian Blend- 4 oz Apple – 4 oz Milk 1% - 6 oz</p>	<p>BBQ Chicken- 3 oz Brown Rice– 4oz Salad w/Dressing – 4oz Orange– 4oz Milk 1%-6oz</p>	<p>Beef Meatball– 3 oz Spaghetti w/ Tomato Sauce – 4 oz Carrot Sticks– 4 oz Banana– 4oz Milk 1%-6oz</p>
<p><b><u>WEEK 4</u></b> Whole Grain Chicken Patty– 3 oz Whole Wheat Bun – 1 oz Sweet Corn – 4 oz Melon – 4oz Milk 1% - 6oz</p>	<p>(**) Cheese Lasagna – 4 oz Mixed Vegetables– 4 oz Pear– 4oz Milk 1%-6oz</p>	<p>(**) Baked Macaroni w/ Cheese– 6 oz Green Beans – 4 oz Peaches – 4 oz Milk 1% -6oz</p>	<p>Crispy Chicken w/ Gravy- 3 oz Rice Pilaf – 4 oz Carrot Sticks- 4 oz Banana – 4oz Milk 1%-6oz</p>	<p>(**) Whole Grain Cheese Pizza- 4 oz Green Salad w/ Dressing– 4 oz Pineapple – 4oz Milk 1% - 6oz</p>

(\*\*) 2 oz of Cheese Per Serving Size    11/01/2018 - 12/31/2018    (\*) 2 oz of Meat Per Serving Size

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