



MARCH 2010 MENU

West Shore Child Care Center

1 saltines & oj SMOKED SUASAGE PASTA MEDLEY MANDARIN ORANGES BREAD & BUTTER MILK fig newtons & apple j.	2 donut holes & milk PASTA WITH MEAT SAUCE GREEN BEANS APPLESAUCE BREAD & BUTTER MILK pretzels cheese & grape j.	3 townhouse & oj CHICKEN PATTY ON BUN OR BREAD CORN TROPICAL FRUIT MILK muffin square & fruit punch	4 ritz ckr & oj TOSTADA BAKE CARROTS PEARS MILK oyster ckr raisins & apple juice	5 oatmeal cookie & milk CN CHEESE RAVIOLI GREEN BEANS FRUIT MEDLEY BREAD & BUTTER MILK cereal mix & apple juice
8 goldfish & grape j SWEET & SOUR CHICKEN OVER RICE MIXED VEGETABLES PINEAPPLE MILK pretzels cheese & grape juice	9 yogurt & pine/oj SWISS STEAK MASHED POTATOES PEACHES MILK cereal mix & milk	10 teddy grahams & pine/oj CHICKEN NUGGETS FRENCH FRIES MANDARIN ORANGES BREAD & BUTTER MILK rice crispie treats & apple juice	11 oyster ckr raisins & oj SLOPPY JOES ON A BUN CORN PEARS MILK graham ckr & white grape juice	12 club ckr & oj THREE CHEESE PIZZA GARDEN SALAD FRUIT MEDLEY MILK cheese bisquits & apple j.
15 vanilla wafers & oj CN CHEESE RAVIOLI GREEN BEANS PEARS BREAD & BUTTER MILK wheat thins & grape juice	16 townhouse ckr & oj CN TURKEY HOT DOGS ON A BUN BAKED BEANS APPLESAUCE MILK cinnamania & fruit punch	17 donut holes & milk MEATLOAF MASHED POTATOES & GRAVY PINEAPPLE BREAD & BUTTER MILK oyster crackers raisins & fruit punch	18 saltines & pineapple/oj HAMBURGER ON A BUN PEAS & CARROTS PEACHES MILK cookie bar & milk	19 animal ckr & oj GRILLED CHEESE SANDWICH VEGETABLE SOUP FRUIT MEDLEY MILK muffin square & grape juice
22 goldfish & oj CHICKEN & GRAVY MASHED POTATOES MANDARIN ORANGES BREAD & BUTTER MILK cereal mix & apple juice	23 yogurt & pineapple/oj CHEESEBURGER MACARONI CASSEROLE PEAS TROPICAL FRUIT MILK saltines & grape juice	24 townhouse ckr & oj SOFT SHELL BEEF TACO WITH LETTUCE & CHEESE CORN PEACHES MILK sugar cookie & milk	25 oyster ckr, raisins & oj CN CORN DOGS MIXED VEGETABLE PEARS MILK pretzels, cheese & grape juice	26 french toast mania & oj PEPPERONI PIZZA GARDEN SALAD FRUIT MEDLEY MILK wheat thins & grape juice
29 fig newton & oj SWEDISH MEATBALLS OVER NOODLES CARROTS FRUIT COCKTIAL MILK oatmeal cookie & milk	30 saltines & pine/oj GRILLED CHEESE & TURKEY SANDWICH VEGETABLE SOUP PEACHES MILK graham ckr & grape juice	31 cinnamania & milk LASAGNA GREEN BEANS PEARS BREAD & BUTTER MILK donut holes & oj		

Subject to change without advance notice. LEGEND: * CN Indicates a product bearing a child nutrition label; lower case snacks; UPPER CASE LUNCH

MEAL PATTERN REQUIREMENTS

	MENU FORM Lunch	AGE 1-2	AGE 3-5	AGE 6-12	
	MILK, FLUID MEAT OR ALTERNATE VEGETABLE OR FRUIT VEGETABLE OR FRUIT CEREAL/BREAD ALTERNATE	1/2 cup 1 oz. 1/4 cup 1/4 cup 1/2 slice	3/4 cup 1 1/2 oz. 1/2 cup 1/2 cup 1/2 slice	1 cup 2 oz. 3/4 cup 3/4 cup 1 slice	
	SNACKS: CHOOSE 2 OF THESE 4 milk or fluid vegetable or fruit bread or alternate meat or alternate (do not serve milk and juice together or 2 foods from same group).	1/2 cup 1/2 cup 1/2 slice 1/2 oz.	1/2 cup 1/2 cup 1/2 slice 1/2 oz.	1 cup 3/4 cup 1 slice 1 oz.	

CHECK OUR MENU OUT ON OUR WEBSITE: www.wschildcare.org