






# JULY 2010 MENU

West Shore Child Care Center

			<p>1 animal ckr &amp; oj BOLOGNA &amp; CHEESE SANDWICHES MIXED VEGETABLES PEACHES MILK yogurt &amp; grape juice</p>	<p>2 teddy grahams &amp; apple j. THREE CHEESE PIZZA GARDEN SALAD FRUIT MEDLEY MILK cereal mix &amp; oj</p>
<p>5 <b>CLOSED for the HOLIDAY</b></p>	<p>6 donut holes &amp; milk PASTA WITH MEAT SAUCE GREEN BEANS APPLESAUCE BREAD &amp; BUTTER MILK pretzels cheese &amp; grape j.</p>	<p>7 townhouse &amp; oj CHICKEN PATTY ON BUN OR BREAD CORN FRUIT COCKTAIL MILK muffin square &amp; fruit punch</p>	<p>8 ritz ckr &amp; oj TURKEY &amp; CHEESE SANDWICHES CUCUMBER SLICES PEACHES MILK oyster ckr raisins &amp; apple juice</p>	<p>9 oatmeal cookie &amp; milk MAC &amp; CHEESE PEAS FRUIT MEDLEY BREAD &amp; BUTTER MILK cereal mix &amp; apple juice</p>
<p>12 goldfish &amp; grape j SWEET &amp; SOUR CHICKEN OVER RICE MIXED VEGETABLES PINEAPPLE MILK pretzels cheese &amp; grape juice</p>	<p>13 yogurt &amp; pine/oj TURKEY HAM &amp; CHEESE SANDWICHES PEARS BABY CARROTS MILK cereal mix &amp; milk</p>	<p>14 teddy grahams &amp; pine/oj CHICKEN NUGGETS FRENCH FRIES MANDARIN ORANGES BREAD &amp; BUTTER MILK rice crispie treats &amp; apple juice</p>	<p>15 oyster ckr raisins &amp; oj CN CORN DOGS GREEN BEANS PEACHES MILK teddy grahams &amp; white grape juice</p>	<p>16 club ckr &amp; oj HAMBURGER ON A BUN PEAS &amp; CARROTS FRUIT MEDLEY MILK wheat thins &amp; apple j.</p>
<p>19 vanilla wafers &amp; oj CN CHEESE RAVIOLI GREEN BEANS PEARS BREAD &amp; BUTTER MILK wheat thins &amp; grape juice</p>	<p>20 townhouse ckr &amp; oj CHEESEBURGER MACARONI CASSEROLE PEAS TROPICAL FRUIT MILK cinnamania &amp; fruit punch</p>	<p>21 oyster ckr, raisins &amp; oj CHICKEN SALAD SANDWICHES ON WHOLE WHEAT BUN TROPICAL FRUIT BABY CARROTS pretzels, cheese &amp; grape juice</p>	<p>22 saltines &amp; pineapple/oj SLOPPY JOES ON A BUN CORN PEARS MILK cookie bar &amp; milk</p>	<p>23 animal ckr &amp; oj TURKEY &amp; CHEESE SANDWICH CUCUMBER SLICES FRUIT MEDLEY MILK muffin square &amp; grape juice</p>
<p>26 goldfish &amp; oj CHICKEN NUGGETS FRENCH FRIES MANDARIN ORANGES BREAD &amp; BUTTER MILK cookie bar &amp; milk</p>	<p>27 yogurt &amp; pineapple/oj CN TURKEY HOT DOGS ON A BUN BAKED BEANS PEARS MILK saltines &amp; grape juice</p>	<p>28 townhouse ckr &amp; oj SOFT SHELL BEEF TACO WITH LETTUCE &amp; CHEESE CORN PEACHES MILK goldfish &amp; apple juice</p>	<p>29 donut holes &amp; milk HAMBURGER ON BUN FRENCH FRIES PINEAPPLE MILK oyster crackers raisins &amp; fruit punch</p>	<p>30 french toast mania &amp; oj PEPPERONI PIZZA GARDEN SALAD FRUIT MEDLEY MILK wheat thins &amp; grape juice</p>

*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	
	<b>MILK, FLUID</b> <b>MEAT OR ALTERNATE</b> <b>VEGETABLE OR FRUIT</b> <b>VEGETABLE OR FRUIT</b> <b>CEREAL/BREAD ALTERNATE</b>	½ cup 1 oz. ¼ cup ¼ cup ¼ cup	¾ cup 1½ oz. ½ cup ½ cup ½ slice	1 cup 2 oz. ¾ cup ¾ cup 1 slice	
	<b>SNACKS: CHOOSE 2 OF THESE 4</b> 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).	½ cup ½ cup ½ slice ½ oz.	½ cup ½ cup ½ slice ½ oz.	1 cup ¾ cup 1 slice 1 oz.	

MENU ONLINE AT [www.wschildcare.org](http://www.wschildcare.org)