








West Shore Child Care Center

AUGUST 2010

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| <p>2</p> <p>fig newton & oj MEATBALLS & SAUCE ON A BUN CUCUMBERS PINEAPPLE MILK oatmeal cookie & milk</p> | <p>3</p> <p>saltines & pine/oj TURKEY HAM & CHEESE SANDWICH GREEN BEANS APPLESAUCE MILK sugar cookie & white grape j.</p> | <p>4</p> <p>cinnamania & milk CHICKEN PATTY ON BUN OR BREAD CORN PINEAPPLE MILK donut holes & oj</p> | <p>5</p> <p>ritz ckr & fruit punch CN CORN DOGS GREEN BEANS PEACHES MILK MILK rice crispie treats & oj</p> | <p>6</p> <p>townhouse ckr & oj FISH NUGGETS FRENCH FRIES FRUIT MEDLEY MILK cookie bar & milk</p> |
| <p>9</p> <p>club ckr & apple juice SWEDISH MEATBALLS OVER NOODLES PEAS & CARROTS FRUIT COCKTIAL MILK teddy grahams & oj</p> | <p>10</p> <p>french toast mania & white grape j CN CHEESE RAVIOLI GREEN BEANS PEARS BREAD & BUTTER MILK wheat thins & oj</p> | <p>11</p> <p>vanilla wafers & pine/oj SLOPPY JOES ON A BUN CORN TROPICAL FRUIT MILK cookie bar & fruit punch</p> | <p>12</p> <p>animal ckr & oj BOLOGNA & CHEESE SANDWICHES MIXED VEGETABLES PEACHES MILK yogurt & grape juice</p> | <p>13</p> <p>teddy grahams & apple j. THREE CHEESE PIZZA GARDEN SALAD FRUIT MEDLEY MILK cereal mix & oj</p> |
| <p>16</p> <p>saltines & oj SMOKED SAUSAGE BUTTERED NOODLES MANDARIN ORANGES CARROTS MILK fig newtons & apple j.</p> | <p>17</p> <p>donut holes & milk PASTA WITH MEAT SAUCE GREEN BEANS APPLESAUCE BREAD & BUTTER MILK pretzels cheese & grape j.</p> | <p>18</p> <p>townhouse & oj CHICKEN PATTY ON BUN OR BREAD CORN FRUIT COCKTAIL MILK muffin square & fruit punch</p> | <p>19</p> <p>ritz ckr & oj TURKEY & CHEESE SANDWICHES CUCUMBER SLICES PEACHES MILK oyster ckr raisins & apple juice</p> | <p>20</p> <p>oatmeal cookie & milk MAC & CHEESE PEAS FRUIT MEDLEY BREAD & BUTTER MILK cereal mix & apple juice</p> |
| <p>23</p> <p>goldfish & grape j SWEET & SOUR CHICKEN OVER RICE MIXED VEGETABLES PINEAPPLE MILK pretzels cheese & grape juice</p> | <p>24</p> <p>yogurt & pine/oj TURKEY HAM & CHEESE SANDWICHES PEARS BABY CARROTS MILK cereal mix & milk</p> | <p>25</p> <p>teddy grahams & pine/oj CHICKEN NUGGETS FRENCH FRIES MANDARIN ORANGES BREAD & BUTTER MILK rice crispie treats & apple juice</p> | <p>26</p> <p>oyster ckr raisins & oj CN CORN DOGS GREEN BEANS PEACHES MILK teddy grahams & white grape juice</p> | <p>27</p> <p>club ckr & oj HAMBURGER ON A BUN PEAS & CARROTS FRUIT MEDLEY MILK wheat thins & apple j.</p> |
| <p>30</p> <p>vanilla wafers & oj CN CHEESE RAVIOLI GREEN BEANS PEARS BREAD & BUTTER MILK wheat thins & grape juice</p> | <p>31</p> <p>townhouse ckr & oj CHEESEBURGER MACARONI CASSEROLE PEAS TROPICAL FRUIT MILK cinnamania & fruit punch</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 | AGE 1-2 | AGE 3-5 | AGE 6-12 | |
|--|---|--|--|--|--|
|   | <p>LUNCH</p> <p>MILK, FLUID MEAT OR ALTERNATE VEGETABLE OR FRUIT VEGETABLE OR FRUIT CEREAL/BREAD ALTERNATE</p> | <p>1/2 cup 1 oz. 1/4 cup 1/4 cup 1/2 slice</p> | <p>3/4 cup 1 1/2 oz. 1/2 cup 1/2 cup 1/2 slice</p> | <p>1 cup 2 oz. 3/4 cup 3/4 cup 1 slice</p> |   |
| | <p>SNACKS: CHOOSE 2 OF THESE 4</p> <p>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).</p> | <p>1/2 cup 1/2 cup 1/2 slice 1/2 oz.</p> | <p>1/2 cup 1/2 cup 1/2 slice 1/2 oz.</p> | <p>1 cup 3/4 cup 1 slice 1 oz.</p> | |

DOWNLOAD MENUS FROM www.wschildcare.org & LOOK UP YOUR TUITION ACCOUNT AT HOME!