

# KID'S CLUB ACADEMY

## Menu #2

Food Components/ Meal Pattern	Age 1-3 yrs.	Age 3-6 yrs.	Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>Breakfast</u></b>							
Milk			Milk		Milk	Milk	Milk
Juice or Fruit or Vegetable	½ C	¾ C	Orange	Milk Fruit Salad	Banana	Apple Slices	Grapes
Bread or Cereal Flakes	½ oz.	½ oz	Wheat Chex Cereal Whole Grain	Whole Grain Bagel Cream Cheese	Crispy Rice Cereal	Waffles Whole Grain /Syrup	Eggs and Cheese on whole Grain Sandwich(1 round)
Cereal Round	½ oz.	½ oz.					
Cereal Puffed	¾ C	¾ C					
<b><u>Lunch</u></b>							
Milk	6-8 oz	6 oz.	Milk	Milk	Milk	Milk	Milk
Meat, Poultry, Fish	1 oz.	1 ½ oz	Hot dog With Macaroni Whole Grain	Fish Nugget Shapes	Chicken Fricassee	Steak Casserole	Turkey Ham
Cheese or Egg or	1 oz. 1	1 ½ oz 1					Peas Soup
Cooked Dry Beans or Peanut Butter	¼ C. 2 Tbs.	3/8 C 3 Tbs.	Green Beans Pineapple	Red Beans Corn Pear	Broccoli Fruit Cocktail	Mash Potatoes	Carrots Apple Sauce
Veg. &/or Fruit (2 or more)	¼ C.	½ C		White Rice	Yellow Rice	Mix Vegetables Peach	
Bread &/or Rice or Pastas	½ sl. ¼ C.	½ sl ¼ C	Slice of bread Whole Grain	White Rice  Slice of bread Whole Grain	Slice of bread Whole Grain	Slice of bread Whole Grain	Slide of bread Whole Grain
<b><u>P.M. Supplement</u></b>							
Select 2 of these 4:			Milk				
Fruit or Vegetable or Milk or Juice or yogurt	½ C ½ C ½ oz	½ C ½ C ½ oz	Graham Crackers	Pineapple 100% Juice	Milk	Orange	Milk
Meat or meat Alter. Bread or Cereal	½ sl ¼ C	½ sl ¼ C		Cuban Cracker with Cheese Slice	Bread with Jelly	Chip Sun chip Multigrain	Sunrise Bites Whole Grain

- Between a child's first and second birthday, whole milk is strongly recommended. After age 2, it is required that low-fat(1%) or fat free milk be served

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## Menu #2

Food Components/ Meal Pattern	Age 4-7 month	Age 8-11 month	Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>Breakfast</u></b> Breastmilk or iron fortified infant formula Fruit or Vegetable Infant Cereal	4-8fl.oz  0-3Tbsp	6-8fl.oz  1-4Tbsp 2-4Tbsp	Milk  Strawberry Cereal	Milk  Pears Cereal	Milk  Apple Sauce Cereal	Milk  Banana Cereal	Milk  Fruit Cocktail Cereal
<b><u>Lunch</u></b> Breastmilk or iron fortified infant formula Fruit or Vegetable Infant Cereal Meat, fish, poultry, egg yolk, cooked dry beans or peas Cheese Cottage cheese Cheese food or cheese spread	4-8fl.oz  0-3Tbsp 0-3Tbsp	6-8fl.oz  1-4Tbsp 2-4Tbsp 1-4Tbsp  ½-2oz 1-4oz 1-4oz	Milk  Green Beans  Cheese	Milk  Apple Sauce  Black Beans	Milk  Broccoli  Chicken	Milk  Carrots  Steak	Milk  Peas Soup  Turkey
<b><u>P.M. Supplement</u></b> Breastmilk or iron fortified infant formula 100% Fruit juice Bread or Crackers	4-6fl.oz	2-4fl.oz  2-4fl.oz 0-1/2 Slice	Milk  Graham Crackers	Pineapple 100% Juice  Cuban Cracker with Cheese Slice	Milk  Bread with Jelly	Orange  Chip Sun chip Multigrain	Milk  Sunrise Bites Whole Grain

- Between a child's first and second birthday, whole milk is strongly recommended. After age 2, it is required that low-fat(1%) or fat free milk be served