

KID'S CLUB ACADEMY

Menu #3

Food Components/ Meal Pattern	Age 1-3 yrs.	Age 3-6 yrs.	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u>							
Milk	½ C	¾ C	Milk	Milk	Milk	Milk	Milk
Juice or Fruit or Vegetable	¼ C ½ oz.	½ C ½ oz.	Fruit Salad	Strawberry	Apple Slice	Banana	Mandarin
Bread or Cereal Flakes	½ sl. ½ oz.	½ sl. ½ oz.	Bran Flakes Cereal	Whole Grain	Cheerios Cereal	Corn Muffin	
Cereal Round	½ C	½ C	Whole Grain	Raising Bread	Whole Grain		
Cereal Puffed Cereal	¾ C	¾ C					Rice Krispies Cereal
<u>Lunch</u>							
Milk	6-8 oz	6 oz.	Milk	Milk	Milk	Milk	Milk
Meat, Poultry, Fish	1 oz.	1 ½ oz	Pork Ajiaco	Ranchero eggs	Spaghetti with Meatball	Chicken Fricassee	Ground Turkey
Cheese or Egg or Cooked Dry Beans or Peanut Butter	1 oz. 1 ¼ C. 2 Tbs.	1 ½ oz 1 3/8 C 3 Tbs.	Beets Orange White Rice	Fried Plantains Pears White Rice	Mixed Greens Salad Low fat Ranch Dressing	Carrot Fruit Cocktail Mash Potatoes	Sweet Potatoes
Veg. &/or Fruit (2 or more)	¼ C.	½ C	Slice of bread	Slice of bread	Pineapple	Slice of bread	White Rice Peach Slide of bread
Bread &/or Rice or Pasta	½ sl. ¼ C.	½ sl ¼ C	Whole Grain	Whole Grain	Whole Grain	Whole Grain	Whole Grain
<u>P.M. Supplement</u>							
Select 2 of these 4:			Milk	Apple Sauce	Milk	Grape 100 % Juice	Milk
Fruit or Vegetable or Milk or Juice or yogurt	½ C ½ C	½ C ½ C	Honey Maid Whole Grain	Cuban Cookies with (Cream Cheese)	Ritz Whole Grain	Bread with Ham	Saltines Cracker Whole Grain
Meat or meat Alter. Bread or Cereal	½ oz ½ sl ¼ C	½ oz ½ sl ¼ C					

- 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

KID'S CLUB ACADEMY

Menu #3

Food Components/ Meal Pattern	Age 4-7 month	Age 8-11 month	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> 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 Apple Sauce Cereal	Milk Peach Cereal	Milk Fruit Cocktail Cereal	Milk Banana Cereal
<u>Lunch</u> 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 Carrots Steak	Milk Green Beans Pork	Milk Beets Chicken	Milk Broccoli Meat ball	Milk Sweet Potato Beef
<u>P.M. Supplement</u> 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	Apple Sauce Cuban Cookies with (Cream Cheese	Milk Banana Cookies	Milk Animal Cookies	Grape 100 % Juice Bread with Ham	Yogurt Saltines Cracker Whole Grain

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