

# KID'S CLUB ACADEMY

## Menu #5

Food Components/ Meal Pattern	Age 1-3 yrs.	Age 3-5 yrs.	Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>Breakfast</u></b>							
Milk	½ C	¾ C	Milk	Milk	Milk	Milk	Milk
Juice or Fruit Vegetable	¼ C	½ C	Fruit Cocktail	Strawberries	Orange	Apple Slice	Banana
Bread or	½ oz.	½ oz					
Cereal Flakes	½ sl.	½ sl	Corn Flakes Whole	Cinnamon Raisin	Toast with Jelly	French Toast (1 ½	Rice Krispies Cereal
Cereal Round	½ C.	½ C.	Grain			Slices)	(¾ c)
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	Fish Sticks	Ropa Vieja	Spaghetti with	Hot dog in Sause	Turkey Beef
Cheese or	1 oz.	1 ½ oz			Chicken		
Egg or	1	1					
Cooked Dry Beans or	¼ C.	¾ C	Black Beans	Mix Vegetables	Mixed Greens Salad	Broccoli	Green Bean
Peanut Butter	2 Tbs.	3 Tbs.	Corn	Apple Sauce	Low fat Ranch	Pear	Pineapple
Veg. &/or Fruit	¼ C.	½ C	Orange	White Rice	Dressing	White Rice	Mash Potatoes
(2 or more)			White Rice	Slice of bread	Peach	Slice of bread	
Bread &/or	½ sl.	½ sl	Slice of bread	Whole Grain	Slice of bread	Whole Grain	Slide of bread
Rice or Pasta	¼ C.	¼ C	Whole Grain		Whole Grain		Whole Grain
<b><u>P.M. Supplement</u></b>							
Select 2 of these 4:							
Fruit or Vegetable or	½ C	½ C	Milk	Apple Juice 100%	Milk	Tropical Fruits Salad	Milk
Milk or Juice or yogurt	½ C	½ C					
Meat or meat Alter.	½ oz	½ oz	Graham Crackers	Cheese Sticks	Sunrise Bites Whole	Cheetos Baked	Margarine Butter
Bread or	½ sl	½ sl		Cuban Cookies	Grain	Crunchy Cheese	Sandwich Whole
Cereal	¼ C	¼ C					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

# KID'S CLUB ACADEMY

## Menu #5

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 Fruit Cocktail	Milk  Strawberry Cereal	Milk  Pear Cereal	Milk  Apple Sauce Cereal	Milk  Banana 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 Fruit Cocktail Black Beans	Milk Mixed Vegetables Steak	Milk Broccoli Chicken	Milk Green Beans Pork	Milk Carrots 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	Apple Juice 100%  Cheese Sticks Cuban Cookies	Milk  Sunrise Bites Whole Grain	Tropical Fruits Salad  Cheetos Baked Crunchy Cheese	Milk  Bread

- 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