



**QUALITY FIRST CHILD CARE, INC.
MENU SHEET - WEEK ONE**



BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	White Milk	Chocolate Milk	White Milk	Chocolate Milk	White Milk
Fruit, vegetable or juice	Apple Slices	Orange Slices	Grapes	Peach Slices	Pear Slices
Bread or Alternate	Bagel Slice	Pancakes	Oatmeal	Wheat Slice	Cereal
A.M. SNACK					
Milk or Yogurt	Milk	Yogurt	Milk	Yogurt	Milk
Fruit, vegetable or juice	Carrots	Apricots	Watermelon	Cantaloupe	Carrots
Bread or Alternate	Graham Crackers	Mini Muffins	Pretzels	Fish Crackers	Oyster Crackers
Meat or Alternate	Roast Beef	Salami	Chicken	Turkey	Nuggets
LUNCH					
Milk	Chocolate Milk	White Milk	Chocolate Milk	White Milk	Chocolate Milk
Meat or Alternate	Pizza	Nuggets	Roast Beef	Chicken	Turkey
Fruit or vegetable	Pineapples	Sliced Peaches	Sliced Apples	Grapes	Strawberries
Bread or alternate	Wheat	Wheat	Wheat	Wheat	Wheat
P.M. SNACK					
Milk or Yogurt	Yogurt	Cheese	Yogurt	Cheese	Yogurt
Fruit, vegetable or juice	Apple Juice	Grape Juice	Apple Juice	Grape Juice	Apple Juice
Bread or alternate	Pita Bread	Graham Crackers	Muffin Square	Fish Crackers	Oyster Crackers
Meat or Alternate	BBQ Beef	Tuna	Chicken	Turkey	Roast Beef
DINNER					
Milk	White Milk	White Milk	White Milk	White Milk	White Milk
Meat or Alternate	Ham	Meat Loaf	Turkey	Chicken	Nuggets
Fruit or vegetable	Steam Broccoli	Steamed Carrots	Steamed Green Beans	Steamed Spinach	Sweet Potatoes
Bread or alternate	Corn Tortillas	Cornbread	French Bread	Wheat Bread	Pita Bread
EVENING SNACK					
Milk or Yogurt	Chocolate Milk	White Milk	Chocolate Milk	White Milk	Chocolate Milk
Fruit, vegetable or juice	Baked Beans	Potato Wedges	Raisins	Banana	Fruit Cocktail
Bread or alternate	Pita Bread	Wheat Bread	Gram Crackers	Fish Crackers	Oyster Crackers
Meat or Alternate	Turkey	Chicken	Tuna	BBQ Beef	Salami