



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



BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	White Milk	Chocolate Milk	White Milk	Chocolate Milk	White Milk
Fruit, vegetable or juice	Banana	Apple Juice	Strawberries	Apple Sauce	Pear Slices
Bread or Alternate	English Muffins	Cereal	Pancake	Oatmeal	Muffins
A.M. SNACK					
Milk or Yogurt	Milk	Yogurt	Milk	Yogurt	Milk
Fruit, vegetable or juice	Carrots	Apple Slices	Grapes	Fruit Cocktail	French Fries
Bread or Alternate	Pretzels	Oyster Crackers	Graham Crackers	Fish Crackers	Mini Muffins
Meat or Alternate	Fish Chips	Pizza Rolls	Turkey	Nuggets	Chicken
LUNCH					
Milk	Chocolate Milk	White Milk	Chocolate Milk	White Milk	Chocolate Milk
Meat or Alternate	Turkey	Nuggets	Roast Beef	Hot Dogs	Pizza
Fruit or vegetable	Carrots	Fruit Cocktails	Sliced Apples	Sliced Peaches	Pineapples
Bread or alternate	Breadsticks	Noodles	Bread Sticks	Wheat Slice	Bagel
P.M. SNACK					
Milk or Yogurt	Milk	Cheese	Milk	Cheese	Milk
Fruit, vegetable or juice	Fruit Cocktail	Apple Sauce	Grapes	Apple Juice	Apple Slices
Bread or alternate	Muffin Square	Fish Crackers	Pita Bread	Graham Crackers	Bread Sticks
Meat or Alternate	Chicken Nuggets	BBQ Beef	Turkey	Chicken	Fish Sticks
DINNER					
Milk	White Milk	White Milk	White Milk	White Milk	White Milk
Meat or Alternate	Roast Beef	Meat Loaf	Chicken Nuggets	Smoked Ham	Turkey
Fruit or vegetable	French Fries	Tater Tots	Steamed Green Beans	Steamed Spinach	Peas
Bread or alternate	Corn Tortillas	Cornbread	Mac & Cheese	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	Apple Slices	Fruit Cocktail	Banana
Bread or alternate	Pita Bread	Bread Sticks	Gram Crackers	Fish Crackers	Oyster Crackers
Meat or Alternate	Fish Sticks	Roast Beef	Meat Loaf	Chicken Nuggets	Turkey