

University of Dubuque Childcare Menu

WEEK ONE

Month and Year:

Meals	Monday Date	Tuesday Date	Wednesday Date	Thursday Date	Friday Date
Breakfast <ul style="list-style-type: none"> Grains, or meat/meat alternate (M/MA = no more than 3 times per week) Vegetables, Fruits or portions of both Fluid Milk Other Foods 	½ cup Cheerios ½ cup Fruit Cocktail ¾ cup Milk	¼ cup Oatmeal ½ cup Pears ¾ cup Milk	¾ cup Rice Krispies ½ cup Fruit Cocktail ¾ cup Milk	½ slice Bagel ½ cup Pears ¾ cup Milk	½ cup Corn Flakes ½ cup Fruit Cocktail ¾ cup Milk
AM Snack (Select two of these five components) <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits Grains 	1 Pancake ½ cup Orange Juice	½ cup Cottage Cheese ½ cup Peaches Water	½ slice Raisin Toast ½ cup Milk	1 Graham Cracker (sheet) ½ cup Grape Juice	½ Tortilla w/ Cinnamon ½ cup Milk
Lunch <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruit/Vegetable Grains Other Foods 	1 Hot Dog 1 WW Bun ¼ cup Baked Beans ¼ cup Blueberries ¾ cup Milk	1 ½ oz Roast Beef 1 WGR Roll ¼ cup Green Beans ¼ cup Cantaloupe ¼ cup Mashed Potatoes ¾ cup Milk	1 ½ oz Hamburger Patty ¼ cup Mac-n-Cheese ¼ cup Parmesan Cauliflower ¼ cup Honeydew Melon ½ WGR Bun ¾ cup Milk	1 ½ oz Pork Chop ¼ cup White Rice ¼ cup Broccoli ½ Fresh Orange 1 Cheddar Biscuit ¾ cup Milk	1 ½ oz Fried Cod 1 WGR Roll ¼ cup Potatoes ¼ cup Peaches ¾ cup Milk
PM Snack (Select two of these five components) <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits Grains 	1 Banana ½ cup Milk	½ cup Rice Chex ½ cup Milk	½ cup Tortilla Chips ¼ cup Salsa ½ cup Milk	¼ cup Chex Mix ½ cup Milk	¼ cup Goldfish ½ cup Apple Juice
Supper <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruit/Vegetable Grains Other Foods 	1 Hot Dog 1 WW Bun ¼ cup Baked Beans ¼ cup Blueberries ½ cup Milk	1 ½ oz Roast Beef 1 WGR Roll ¼ cup Green Beans ¼ cup Cantaloupe ¼ cup Mashed Potatoes ¾ cup Milk	1 ½ oz Hamburger Patty ¼ cup Mac-n-Cheese ¼ cup Parmesan Cauliflower ¼ cup Honeydew Melon ½ WGR Bun ¾ cup Milk	1 ½ oz Pork Chop ¼ cup White Rice ¼ cup Broccoli ½ Fresh Orange 1 Cheddar Biscuit ¾ cup Milk	1 ½ oz Fried Cod 1 WGR Roll ¼ cup Potatoes ¼ cup Peaches ¾ cup Milk

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WEEK TWO

Month and Year:

Meals	Monday Date	Tuesday Date	Wednesday Date	Thursday Date	Friday Date
Breakfast <ul style="list-style-type: none"> • Grains, or meat/meat alternate (M/MA = no more than 3 times per week) • Vegetables, Fruits or portions of both • Fluid Milk • Other Foods 	½ cup KIX ½ cup Mandarin Oranges ¾ cup Milk	1 Rice Cake ½ cup Pineapple ¾ cup Milk	½ cup Life Cereal ½ cup Mandarin Oranges ¾ cup Milk	½ cup Rice Chex ½ cup Mixed Fruit ¾ cup Milk	¼ cup Oatmeal 1 Banana ¾ cup Milk
AM Snack (Select two of these five components) <ul style="list-style-type: none"> • Fluid Milk • Meat or meat alternate • Vegetables • Fruits • Grains 	1 Waffle ½ cup Milk	1 Banana ½ cup Milk	½ English Muffin w/ Jelly ½ cup Milk	¾ cup Honey KIX ½ cup Milk	1 Rice Cake ½ cup Milk
Lunch <ul style="list-style-type: none"> • Fluid Milk • Meat or meat alternate • Vegetables • Fruit/Vegetable • Grains • Other Foods 	¼ cup WGR Macaroni ¼ cup Meat Sauce ¼ cup Peas ¼ cup Sliced Grapes 1 Breadstick ¾ cup Milk	1 ½ oz Baked Ham 1 WGR Roll ¼ cup Broccoli ¼ cup Apricots ¼ cup Cheese Hashbrowns ¾ cup Milk	Walking Tacos 1 ½ oz Ground Beef ¼ cup Doritos ¼ cup Black Beans ¼ cup Pineapple ¼ cup Spanish Rice ¾ cup Milk	1 ½ oz Turkey & Cheese Wrap ¼ cup Cauliflower ¼ cup Pears ¾ cup Milk	2 oz Italian Sausage ¼ cup Penne w/ Marinara ¼ cup Corn ¼ cup Applesauce ¼ cup Salad ¾ cup Milk
PM Snack (Select two of these five components) <ul style="list-style-type: none"> • Fluid Milk • Meat or meat alternate • Vegetables • Fruits • Grains 	5 Pretzel Crisps ½ cup Grape Juice	4 Triscuits ½ cup Applesauce Water	¼ cup Teddy Grahams ½ cup Milk	1 Ham Slice 4 Club Crackers Water	9 Wheat Thins ½ cup Orange Juice
Supper <ul style="list-style-type: none"> • Fluid Milk • Meat or meat alternate • Vegetables • Fruit/Vegetable • Grains • Other Foods 	¼ cup WGR Macaroni ¼ cup Meat Sauce ¼ cup Peas ¼ cup Sliced Grapes 1 Breadstick ¾ cup Milk	1 ½ oz Baked Ham 1 WGR Roll ¼ cup Broccoli ¼ cup Apricots ¼ cup Cheese Hashbrowns ¾ cup Milk	1 ½ oz Ground Beef ¼ cup Doritos ¼ cup Black Beans ¼ cup Pineapple ¼ cup Spanish Rice ¾ cup Milk	1 ½ oz Turkey & Cheese Wrap ¼ cup Cauliflower ¼ cup Pears ¾ cup Milk	2 oz Italian Sausage ¼ cup Penne w/ Marinara ¼ cup Corn ¼ cup Applesauce ¼ cup Salad ¾ cup Milk

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WEEK THREE

Month and Year:

Meals	Monday Date	Tuesday Date	Wednesday Date	Thursday Date	Friday Date
Breakfast <ul style="list-style-type: none"> Grains, or meat/meat alternate (M/MA = no more than 3 times per week) Vegetables, Fruits or portions of both Fluid Milk Other Foods 	½ cup Cheerios ½ cup Fruit Cocktail ¾ cup Milk	¼ cup Oatmeal ½ cup Pears ¾ cup Milk	¾ cup Rice Krispies ½ cup Fruit Cocktail ¾ cup Milk	½ Bagel ½ cup Pears ¾ cup Milk	½ cup Corn Flakes ½ cup Fruit Cocktail ¾ cup Milk
AM Snack (Select two of these five components) <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits Grains 	2 Graham Crackers (sheet) ½ cup Milk	1 Pancake ½ cup Milk	¼ cup Yogurt ½ cup Corn Flakes Water	½ slice WGR toast w/ Sunbutter ½ cup Milk	½ Bagel w/ Cream Cheese ½ cup Apple Juice
Lunch <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruit/Vegetable Grains Other Foods 	1 ½ oz Mini Corn Dogs 1 WGR Roll ¼ cup German Vegetable Blend ¼ cup Peaches ¼ cup Potato Smiles ¾ cup Milk	1 ½ oz Hamburger Patty w/ Cheese ½ WGR Bun ¼ cup Baked Beans ½ Fresh Orange ¼ cup Waffle Fries ¾ cup Milk	Breakfast for Lunch ¼ cup Scrambled Eggs ¼ cup Fried Diced Potatoes 1 Sausage Patty 1 Pancake ¼ cup Fruit Cocktail ¾ cup Milk	1 Mini Cheese Pizza ¼ cup Corn ½ cup Cinnamon Apples ¾ cup Milk	1 ½ oz Grilled Ham and Cheese Sandwich 1 slice WGR Bread ¼ cup Diced Carrots ½ Banana ¼ cup Tomato Soup ¾ cup Milk
PM Snack (Select two of these five components) <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits Grains 	½ cup Tortilla Chips ¼ cup Salsa ½ cup Milk	¼ cup Animal Crackers ½ cup Fruit Punch	1 slice American Cheese 4 Ritz Crackers Water	¾ cup Honey KIX cereal ½ cup Grape Juice	1 String Cheese Stick ½ cup Apple Juice
Supper <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruit/Vegetable Grains Other Foods 	Mini Corn Dogs 1 WGR Roll ¼ cup German Vegetable Blend ¼ cup Peaches ¼ cup Potato Smiles ¾ cup Milk	1 ½ oz Hamburger Patty ½ WGR Bun ¼ cup Baked Beans ½ Fresh Orange ¼ cup Waffle Fries ¾ cup Milk	¼ cup Scrambled Eggs ¼ cup Fried Diced Potatoes 1 Sausage Patty 1 Pancake ¼ cup Fruit Cocktail ¾ cup Milk	1 Mini Cheese Pizza ¼ cup Corn ½ cup Cinnamon Apples ¾ cup Milk	1 ½ oz Grilled Ham and Cheese Sandwich 1 slice WGR Bread ¼ cup Diced Carrots ½ Banana ¼ cup Tomato Soup ¾ cup Milk

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WEEK FOUR

Month and Year:

Meals	Monday Date	Tuesday Date	Wednesday Date	Thursday Date	Friday Date
Breakfast <ul style="list-style-type: none"> Grains, or meat/meat alternate (M/MA = no more than 3 times per week) Vegetables, Fruits or portions of both Fluid Milk Other Foods 	½ cup KIX ½ cup Mandarin Oranges ¾ cup Milk	½ English Muffin ½ cup Mixed Fruit ¾ cup Milk	½ cup Corn Flakes ½ cup Pears ¾ cup Milk	¾ cup Cottage Cheese ½ cup Mixed Fruit ¾ cup Milk	½ cup Rice Chex 1 Banana ¾ cup Milk
AM Snack (Select two of these five components) <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits Grains 	½ cup Frosted Mini Wheats ½ cup Milk	¼ cup Oyster Crackers 1 Clementine Orange Water	½ oz Cheddar Cheese ½ Flour Tortilla Water	1 Waffle ½ cup Milk	¼ cup Cottage Cheese ½ cup Pineapple Water
Lunch <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruit/Vegetable Grains Other Foods 	1 ½ oz Sloppy Joe ½ WGR Bun ¼ cup Broccoli ¼ cup Blueberries ¼ cup French Fries ¾ cup Milk	1 ½ oz Chicken Quesadilla ½ Tortilla ¼ cup Refried Beans ¼ cup Spanish Rice ¼ cup Honeydew Melon ¾ cup Milk	Tater Tot Casserole ¼ cup Green Beans ¼ cup Pineapple 1 Biscuit ¾ cup Milk	Tuna Noodles 1 WGR Roll ¼ cup Mandarin Oranges ¼ cup Peas ¾ cup Milk	2 oz Chicken Patty ½ WGR Bun ¼ cup Carrots ¼ cup Cantaloupe ¾ oz Milk
PM Snack (Select two of these five components) <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits Grains 	1 Banana ½ cup Milk	1 Apple (small) 1 Cheese Slice (½ oz) Water	¼ cup Pretzel Sticks w/ Mustard ½ cup Milk	¼ cup Teddy Grahams ½ cup Grape Juice	2 Graham Crackers (sheet) ½ cup Milk
Supper <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruit/Vegetable Grains Other Foods 	1 ½ oz Sloppy Joe ½ WGR Bun ¼ cup Broccoli ¼ cup Blueberries ¼ cup French Fries ¾ cup Milk	1 ½ oz Chicken Quesadilla ½ Tortilla ¼ cup Refried Beans ¼ cup Spanish Rice ¼ cup Honeydew Melon ¾ cup Milk	Tater Tot Cassarole ¼ cup Green Beans ¼ cup Pineapple 1 Biscuit ¾ cup Milk	Tuna Noodles 1 WGR Roll ¼ cup Mandarin Oranges ¼ cup Peas ¾ cup Milk	2 oz Chicken Patty ½ WGR Bun ¼ cup Carrots ¼ cup Cantaloupe ¾ oz Milk

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WEEK FIVE

Month and Year:

Meals	Monday Date	Tuesday Date	Wednesday Date	Thursday Date	Friday Date
Breakfast <ul style="list-style-type: none"> Grains, or meat/meat alternate (M/MA = no more than 3 times per week) Vegetables, Fruits or portions of both Fluid Milk Other Foods 	½ cup KIX ½ cup Mandarin Oranges ¾ cup Milk	½ English Muffin ½ cup Mixed Fruit ¾ cup Milk	½ cup Corn Flakes ½ cup Pears ¾ cup Milk	¾ cup Cottage Cheese ½ cup Mixed Fruit ¾ cup Milk	½ cup Rice Chex 1 Banana ¾ cup Milk
AM Snack (Select two of these five components) <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits Grains 	1 Banana ½ cup Milk	½ cup Life Cereal ½ cup Milk	¾ cup Berry Berry KIX ½ cup Milk	½ cup Mixed Fruit ½ cup Milk	1 Rice Cake ½ cup Milk
Lunch <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruit/Vegetable Grains Other Foods 	"KFC" Bowl 1 ½ oz Popcorn Chicken ¼ cup Mashed Potatoes w/ Gravy ¼ cup Corn ¼ cup Peaches 1 WGR Roll ¾ cup Milk	2 oz Pork Tenderloin ½ WGR Bun ¼ cup Au Gratin Potatoes ¼ cup Strawberries ¼ cup Corn ¾ cup Milk	1 ½ oz Turkey Burger ½ WGR Bun ¼ cup Mixed Vegetables ¼ cup Grapes ¼ cup Mashed Potatoes ¾ cup Milk	1 ½ oz Chicken Parmesan ¼ cup Cheese Ravioli ¼ cup Green Beans ¼ cup Slice Apricots ¾ cup Milk	2 oz Chili ½ Grilled Cheese ¼ cup French Fries ½ Banana ¾ oz Milk
PM Snack (Select two of these five components) <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits Grains 	1 Turkey Slice (½ oz) 4 Ritz Crackers Water	¼ cup Animal Crackers ½ cup Fruit Punch	½ cup Honey Bunches of Oats (Honey Roasted) ½ cup Milk	6 Wheat Thins ½ oz Cheese Slice Water	¼ cup Pretzels ½ cup Cranberry Juice
Supper <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruit/Vegetable Grains Other Foods 	"KFC" Bowl 1 ½ oz Popcorn Chicken ¼ cup Mashed Potatoes w/ Gravy ¼ cup Corn ¼ cup Peaches 1 WGR Roll ¾ cup Milk	2 oz Pork Tenderloin ½ WGR Bun ¼ cup Au Gratin Potatoes ¼ cup Strawberries ¼ cup Corn ¾ cup Milk	1 ½ oz Turkey Burger ½ WGR Bun ¼ cup Mixed Vegetables ¼ cup Grapes ¼ cup Mashed Potatoes ¾ cup Milk	1 ½ oz Chicken Parmesan ¼ cup Cheese Ravioli ¼ cup Green Beans ¼ cup Slice Apricots ¾ cup Milk	2 oz Chili ½ Grilled Cheese ¼ cup French Fries ½ Banana ¾ oz Milk