

CHILD CARE MENU FORM I - (Mon - Fri.)



Nutrition Works

1607 W. Jefferson • Boise, ID 83702

Child 1 - 12 years

Name: _____

Week of: _____

FOOD Minimum Servings 1 to 3 / 3 to 6 / 6 to 12	MONDAY Food Items	TUESDAY Food Items	WEDNESDAY Food Items	THURSDAY Food Items	FRIDAY Food Items
BREAKFAST Juice or Fruit or Vegetable 1/4c. / 1/2 c. / 1/2 c.					
Cereal or Bread Alternate 1/2 sl. / 1/2 sl. / 1 slice					
Milk 1/2 c. / 3/4 c. / 1 cup					
AM SNACK (2 OUT OF 4) 1. Fruit / Vegetable 1/2 c. / 1/2 c. / 3/4 cup 2. Meat or Alternate 1/2 oz. / 1/2 oz. / 1 oz. 3. Bread or Alternate 1/2 sl. / 1/2 sl. / 1 slice 4. Milk 1/2 c. / 3/4 c. / 1 cup					
LUNCH / SUPPER Meat or Alternate 1 oz. / 1 1/2 oz. / 2 oz.					
Vegetable / Fruit (2 items) 1/4 c. / 1/2 c. / 3/4 cup					
Bread or Alternate 1/2 sl. / 1/2 sl. / 1 slice					
Milk 1/2 c. / 3/4 c. / 1 cup					
PM SNACK (2 OUT OF 4) 1. Fruit / Vegetable 1/2 c. / 1/2 c. / 3/4 cup 2. Meat or Alternate 1/2 oz. / 1/2 oz. / 1 oz. 3. Bread or Alternate 1/2 sl. / 1/2 sl. / 1 slice 4. Milk 1/2 c. / 3/4 c. / 1 cup					
LUNCH / SUPPER Meat or Alternate 1 oz. / 1 1/2 oz. / 2 oz.					
Vegetable / Fruit (2 items) 1/4 c. / 1/2 c. / 3/4 cup					
Bread or Alternate 1/2 sl. / 1/2 sl. / 1 slice					
Milk 1/2 c. / 3/4 c. / 1 cup					
LATE SNACK (Snack same as above)					