

# CHILD CARE MENU FORM II - (Mon - Sun.)

Name: \_\_\_\_\_

Child 1 - 12 years

Week of: \_\_\_\_\_



## Nutrition Works

1607 W. Jefferson • Boise, ID 83702

<b>FOOD</b> Minimum Servings 1 to 3 / 3 to 6 / 6 to 12	<b>MONDAY</b> Food Items	<b>TUESDAY</b> Food Items	<b>WEDNESDAY</b> Food Items	<b>THURSDAY</b> Food Items	<b>FRIDAY</b> Food Items	<b>SATURDAY</b> Food Items	<b>SUNDAY</b> Food Items
<b>BREAKFAST</b> 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							
<b>AM SNACK (2 OUT OF 4)</b> 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							
<b>LUNCH / SUPPER</b> 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							
<b>PM SNACK (2 OUT OF 4)</b> 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							
<b>LUNCH / SUPPER</b> 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							
<b>LATE SNACK</b> (Snack same as above)							