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Week of March 25th, April 29th, & June 3rd

	MONDAY 3/4/24 4/8/24 5/13/24	TUESDAY 3/5/24 4/9/24 5/14/24	WEDNESDAY 3/6/24 4/10/24 5/15/24	THURSDAY 3/7/24 4/11/24 5/16/24	FRIDAY 3/8/24 4/12/24 5/17/24
BREAKFAST: Milk Vegetables, Fruits or portions of both Grains (3 of the 5 components Listed above)	1/2 c. Approved Cereal 1/2 c. Mangoes 3/4 c. Skim Milk <i>1/2 sl. WG Toast may also be served</i>	1 (.7 oz.) WG Pancake 1/2 oz. (2) Sausage Links 1/2 c. 100% Juice 3/4 c. Skim Milk	1/2 Breakfast Burrito 1/2 c. Pineapple 3/4 c. Skim Milk	1/2 WG Bread/Toast 1/2 oz, 1 Cheddar Cheese Slice 1/2 c. Bananas 3/4 c. Skim Milk	1/2 WG Bagel w/ light cream cheese 1/2 c. Strawberries 3/4 c. Skim Milk
LUNCH: Milk Meat or Meat Alternate Vegetables Fruits Grains	1 Cheeseburger w/WG Bun 1/4 c. Green Beans 1/4 c. Tropical fruit 1/2 sl. WG Bread 3/4 c. Skim Milk	3/4 c. Chicken Alfredo 1/4 c. Broccoli 1/4 c. Apples - HS 1/4 c. Applesauce - EHS 3/4 c. Skim Milk	1/2 Grilled Ham & Cheese Sandwich (WG Bread) 1/4 c. Peas 1/4 c. Peaches 3/4 c. Skim Milk	1 serving Bubble Pizza 1/4 c. California Medley 1/4 c. Mandarin Oranges 3/4 c. Skim Milk	1 1/2 oz. Taco Haystacks w/WG Tortilla Chips or Taco Shells <i>WG Softshell for EHS</i> 1/4 c. Romaine Lettuce 1/4 c. Shredded Cheese 1/4 c. Pears 3/4 c. Skim Milk
PM SNACK: (2 of the 5 components listed above)	1/2 c. Peaches 1/8 c. Cottage Cheese	1/2 c. Mandarin Oranges 16 WG Honey Teddy Grahams	1 Yogurt Parfait: Yogurt, Granola, Fruit	19 Goldfish Crackers 1/2 c. Skim Milk	

Water available at meals/snacks and throughout the day.

WG = Whole Grain Source

Did you know that maintaining a healthy diet also means you are careful with what you drink?

- High sugar drinks take away a child's appetite for healthy foods.
- Sugar can provide the calories, but not the vitamins and minerals children need to grow and be healthy.
- Fruit juice contains 6 teaspoons of sugar in an 8 oz serving.
- A 20 oz soft drink can contain 15-20 teaspoons of sugar.
- There are 15-20 teaspoons of sugar with 500-700 calories in a 20 oz milkshake.
- Children over the age of 2 should drink 1% or skim milk.
- It is important to be aware of the sugar and fat in your favorite beverages. As a CACFP provider, we use the best practice of only serving non-flavored milk or water to keep your child healthy and strong!

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Week of April 1st, May 6th, & June 10th

	MONDAY 3/11/24 4/15/24 5/20/24	TUESDAY 3/12/24 4/16/24 5/21/24	WEDNESDAY 3/13/24 4/17/24 5/22/24	THURSDAY 3/14/24 4/18/24 5/23/24	FRIDAY 3/15/24 4/19/24 5/24/24
BREAKFAST: Milk Vegetables, Fruits or portions of both Grains (3 of the 5 components Listed above)	1/2 c. Approved Cereal 1/2 c. Blueberries 3/4 c. Skim Milk	1 1/2 WG Fr Toast Sticks 2 Sausage Links 1/2 c. 100% Juice 3/4 c. Skim Milk	1/2 WG English Muffin 1/2 c. Bananas 3/4 c. Skim Milk	1 sl. Banana Bread 1/2 c. Mandarin Oranges 3/4 c. Skim Milk	1/2 oz. (3) Pancake wrapped sausage links 1/2 c. Strawberries 3/4 c. Skim Milk
LUNCH: Milk Meat or Meat Alternate Vegetables Fruits Grains	1 Chicken Patty w/WG Bun 1/4 c. Sweet Potato Fries or Sweet Potato Tots 1/4 c. Mangoes 3/4 c. Skim Milk	2/3 c. Hamburger Stroganoff 1/4 c. Peas & Carrots 1/4 c. Pears 3/4 c. Skim Milk	2/3 c. Chicken Stir Fry with rice 1/4 c. California Medley 3/4 c. Skim Milk	Class Choice **Must provide WG	2/3 c. Cheesy Tuna Noodle Casserole (WG noodles) 1/4 c. Peas 1/4 c. Peaches 3/4 c. Skim Milk
PM SNACK: (2 of the 5 components listed above)	6 Animal Crackers 100% Juice	1/3 c. Cereal Snack Mix 1/2 c. Skim Milk	1/2 c. Strawberries 1/8 c. Cottage Cheese	19 Goldfish Crackers 1/2 c. Skim Milk	

Water available at meals/snacks and throughout the day.

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Toothbrushing

Too much toothpaste may harm the appearance of young children's teeth. Since preschool children often swallow tooth paste, they may absorb too much fluoride and get fluorosis (snowflaking the the tooth enamel). Supervise young children when they brush their teeth and make sure they do not use more than a pea size amount of toothpaste.

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Week of April 8th, May 13th, & June 17th

	MONDAY 3/18/24 4/22/24 5/27/24	TUESDAY 3/19/24 4/23/24 5/28/24	WEDNESDAY 3/20/24 4/24/24 5/29/24	THURSDAY 3/21/24 4/25/24 5/30/24	FRIDAY 3/22/24 4/26/24 5/31/24
BREAKFAST: Milk Vegetables, Fruits or portions of both Grains (3 of the 5 components Listed above)	1/2 oz. Approved Cereal 1/2 c. Strawberries 3/4 c. Skim Milk <i>1/2 sl. WG Toast may also be served</i>	1 Baked Scrambled Egg 1/2 c. 100% Juice 3/4 c. Skim Milk <i>1/2 sl. WG Toast may also be served</i>	1/2 Blueberry Muffin 1/2 c. Bananas 3/4 c. Skim Milk	1 (.7 oz.) WG Waffle 2 Sausage Links 1/2 c. 100% Juice 3/4 c. Skim Milk	1/2 oz. WG Cereal 1/2 c. Orange Slices 3/4 c. Skim Milk
LUNCH: Milk Meat or Meat Alternate Vegetables Fruits Grains	1/2 Hamburger, Slice of Cheese & WG Bun 1/4 c. Baked Beans 1/4 c. Mandarin Oranges 3/4 c. Skim Milk	4 Fish Nuggets 1/4 c. Baked Fries or Tots 1/4 c. Pears 1/2 sl. WG Bread/Dinner Roll 3/4 c. Skim Milk	1/2 Chicken Strips 1/4 c. Romaine Lettuce/dressing 1/4 c. Carrots 1/4 c. Shredded Cheese for Garnish 3/4 c. Skim Milk	2/3 c. Cavatini 1/4 c. Green Beans 1/4 c. Mixed Fruit 3/4 c. Skim Milk	2/3 c. Tator Tot Casserole 1/4 c. Peaches 1/2 sl. WG Bread/Dinner Roll 3/4 c. Skim Milk
PM SNACK: (2 of the 5 components listed above)	6 Wheat Thin Crackers 1/2 oz. Cheese Cubes/Slices	1/4 c. Yogurt 1/2 c. Blueberries	1/2 c. Oyster Crackers 1/2 c. 100% Applesauce	1/4 c. (10) Cheez It Snack Crackers 1/2 c. Sliced Grapes	

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Rainbow Fruit Salad

- Watermelon, Cantaloupe, Pineapple, Kiwi, Blueberries: this is sure to be a favorite for kids and great way to get them involved in the kitchen. Wash, peel, and dice fruit as needed. To keep the fruit looking fresh, squeeze a lemon or lime over the fruit. Mix together and enjoy!

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Week of April 15th, May 20th, & June 24th

	MONDAY 3/25/24 4/29/24 6/3/24	TUESDAY 3/26/24 4/30/24 6/4/24	WEDNESDAY 3/27/24 5/1/24 6/5/24	THURSDAY 3/28/24 5/2/24 6/6/24	FRIDAY 3/29/24 5/3/24 6/7/24
BREAKFAST: Milk Vegetables, Fruits or portions of both Grains (3 of the 5 components Listed above)	1/2 oz. Approved Cereal 1/2 c. Pineapple 3/4 c. Skim Milk <i>1/2 sl. WG Toast may also be served</i>	1 (.7 oz.) WG Pancake 2 Sausage Links 1/2 c. 100% Juice 3/4 c. Skim Milk	1 sl. Banana Bread 1/2 c. Strawberries 3/4 c. Skim Milk	Cook's Choice	1/2 WG English Muffin 1/2 c. Bananas 3/4 c. Skim Milk
LUNCH: Milk Meat or Meat Alternate Vegetables Fruits Grains	2/3 c. Cheesy Tuna & Noodles 1/4 c. Peas 1/4 c. Mandarin Oranges 3/4 c. Skim Milk	1 Chicken Patty 1 WG Bun 1/4 c. Corn 1/4 c. Pears 3/4 c. Skim Milk	1 Turkey/Cheese Sub Sandwich (1 1/2 oz. Meat/Cheese) w/WG Hot Dog Bun 1/4 c. Baked Beans 1/4 c. Green Beans 3/4 c. Skim Milk	2/3 c. Scalloped Potatoes and Ham 1/4 c. Broccoli 3/4 c. Skim Milk	1/2 Chicken Quesadilla w/WG soft shell tortilla Shredded Cheese 1/4 c. Shredded Lettuce 1/4 c. Peaches 3/4 c. Skim Milk
PM SNACK: (2 of the 5 components Listed above)	16 WG Teddy Grahams 1/4 c. Milk	1/4 c. Cottage Cheese 1/2 c. Peaches	Carrots w/ ranch—HS 19 Goldfish Crackers—EHS 1/2 c. 100% Juice	4 WG Saltine Crackers 1 String cheese or cube cheese	

Water available at meals/snacks and throughout the day.

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Muffin Tin Recipes

- Potato and Egg Cup:** ½ cup grated potato, 1 egg, melted butter, salt and pepper. Preheat oven to 400°. Press potatoes tightly into the tin around the edges and the bottom to resemble a nest. Brush lightly with butter. Bake for 15 to 20 minutes. Allow the nests to cool and then crack the egg into each nest. Add salt and pepper to taste. Bake for about 15 more minutes until egg whites are set. Serve while warm and have the children sprinkle their favorite cheese on top
- Taco Pie:** 3" pie crust or tortilla circle, ¾ ounce refried beans, ¾ ounce cooked ground beef (prepared with taco seasoning), shredded cheese, ¼ cup shredded lettuce, diced tomatoes, & onion, and chopped avocado mixture Preheat oven to 350°. Press pastry until it fits neatly into the cup. Spoon the beef and refried beans into the cups. Sprinkle with cheese. Bake until cheese melts and edges of crust is brown. Top with lettuce mix.

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Week of April 22nd, May 27th, & July 1st

	MONDAY 4/1/24 5/6/24 6/10/24			TUESDAY 4/2/24 5/7/24 6/11/24			WEDNESDAY 4/3/24 5/8/24 6/12/24			THURSDAY 4/4/24 5/9/24 6/13/24			FRIDAY 4/5/24 5/10/24 6/14/24		
BREAKFAST: Milk Vegetables, Fruits or portions of both Grains (3 of the 5 components Listed above)	1/2 oz. WG Cereal 1/2 c. Blueberries 3/4 c. Skim Milk <i>1/2 sl. WG Toast may also be served</i>			1 1/2 WG French Toast Sticks 2 Sausage Links 1/2 c. Oranges 3/4 c. Skim Milk			1/2 oz. WG Cereal 1/2 c. Banana 3/4. Skim Milk			1/2 WG Bagel w/ light cream cheese 1/2 c. Pineapple Tidbits 3/4 c. Skim Milk			1 Blueberry Muffin 1/2 c. Applesauce 3/4 c. Skim Milk		
LUNCH: Milk Meat or Meat Alternate Vegetables Fruits Grains	1 1/2 oz. Cream Chicken w Grand Biscuit 1/4 c. California Medley Veggies 1/4 c. Pears 3/4 c. Skim Milk			1/2 c. Spaghetti & Meat Balls 1/4 c. Corn 1/4 c. Green Beans 3/4 c. Skim Milk			3/4 c. Egg Bake w/sausage OR cubed ham & hash-browns 1/4 c. Mandarin Oranges 3/4 c. Skim Milk			Cheese Pizza 1/4 c. Romaine Lettuce/dressing 1/4 c. Shredded Cheese for Garnish 3/4 c. Skim Milk			1 1/2 oz Tavern w/ WG bun 1/4 c. Baked Fries or Tots 1/4 c. Peas 3/4 c. Skim Milk		
PM SNACK: (2 of the 5 components Listed above)	1/2 c. Strawberries 1/4 c. Cottage Cheese			1/2 oz Wheat Ritz Crackers 3/4 c. Skim Milk			1/2 c. Cheerios 1/2 c. Skim Milk			Cooks Choice					

Water available at meals/snacks and throughout the day.

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Being Active

- **Why is it important for my child to be active and play?** 1). Young children need to be active to grow & develop. 2). Children need to do things over & over in order to learn them and do them well. 3). Children need to explore, try new things & discover for themselves.
- **What kinds of play do children like?** 1). Copying parents doing things. 2). Playing with toys they can push & pull. 3). Repeating movements or activities. 4). Dumping things out of containers.
- **Body Part Follow the Leader:** *Move your body parts as you repeat the words & encourage your child to:* Bend one knee and an elbow, nod your head, look high & low, shake a leg, clap your hands, wave your arms, make circles with your hips, wiggle your fingers, smile, put your feet together, pick up your