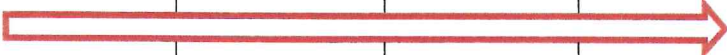


NPC Day Care Menu Week of: September 18, 2023-September 22, 2023

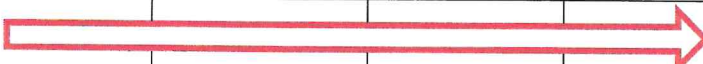
Breakfast

Monday 9/18	Tuesday 9/19	Wednesday 9/20	Thursday 9/21	Friday 9/22
Fresh Fruit				
Rice Krispies Life Chex	Pastry Crisps	Kix Cornflakes Wheaties	Muffins	Cheerios Crispix Honey Bunches of Oats
WG Toast				
Milk				

A.M. Snack

Cheese It's	Oatmeal Cream Pie	Nutri Grain Bar	Fudge Rounds	Pretzels
Juice	Milk	Milk	Milk	Juice

Lunch

Monday 9/18	Tuesday 9/19	Wednesday 9/20	Thursday 9/21	Friday 9/22
Beef Ravioli Peas Tropical Fruit	Sausage Links French Toast Sticks Carrots Applesauce	Turkey & Cheese Dinner rolls Mixed Vegetables Mandarin Oranges	Baked Spaghetti with Cheese & Ham Green Beans Pears	Chicken Quesadillas Corn Pineapple
Milk				

P.M. Snack

Chocolate Chewy Granola Bars	Rice Krispy Treats	Fresh Fruit Crackers	Fresh Fruit Crackers	Lorna Doones
Milk	Milk	Water	Water	Milk

Component Quantity required for each age			
	1-2 yrs.	3-6 yrs	6-12 yrs
Breakfast			
Milk	1/2 cup		
Fruit/Veg	1/4 cup	1/2 cup	1/2 cup
Breakfast/Cereal	1/2 oz. or 1/2 slice	1/2 oz. or 1/2 slice	1 oz. or 1 slice
Lunch/ Supper			
Milk	1/2 cup	3/4 cup	1 cup
Fruit/Veg	Two servings to a 1/4 cup	Total: 1/2 cup	3/4 cup
Bread/Cereal	1/2 oz. or 1/2 slice	1/2 oz. or 1/2 slice	1 oz. or 1 slice
Meat/Alternate	1 oz.	1 1/2 oz.	2 oz.
Snack any two food groups in the quantities below			
Milk	1/2 cup	1/2 cup	1 cup
Fruit/Veg	1/2 cup	1/2 cup	1/2 cup
Bread/Cereal	1/2 oz. or 1/2 slice	1/2 oz. or 1/2 slice	1 oz. or 1 slice
Meat/Alternate	1/2 oz.	1/2 oz.	1 oz.

Welcome Back To School



Notes: