

NPC Day Care Menu Week of: February 12, 2024-February 16, 2024

Breakfast

Monday 2/12	Tuesday 2/13	Wednesday 2/14	Thursday 2/15	Friday 2/16
Fresh Fruit	→			
Rice Krispies Life Chex	Pancakes & Syrup	Kix Cornflakes Wheaties	Yogurt	Cheerios Crispix Honey Bunches of Oats
WG Toast	→			
Milk	→			

A.M. Snack

Pretzels	Valentine Cookies	Valentine Treats	Fig Newtons	Pop Tarts
Juice	Milk	Milk	Milk	Milk

Lunch

Monday 2/12	Tuesday 2/13	Wednesday 2/14	Thursday 2/15	Friday 2/16
Veal Patty Broccoli Applesauce	Turkey & Cheese Strips Cucumbers P/O Carrots D/P/K Mandarin Oranges	Grilled Cheese Pickles Peas & Carrots Pears	Farfalle Pasta & Meat Sauce Green Beans Fruit Cocktail	Pierogis Peas Peaches
Milk	→			

P.M. Snack

Tiger Grahams	Fresh Fruit Crackers	Fruit Cup Crackers	Muffins	Gold Fish Grahams
Milk	Water	Water	Milk	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.



**Notes: Nordonia and St B are here Fri 2/16/24
Teacher In-Service Day Tue 2/13 Fat Tuesday Wed 2/14 Ash Weds.
Valentine Day, Fri 2/16 first Friday of Lent.**