

NPC Day Care Menu Week of: September 30, 2024- October 4, 2024


Breakfast

| Monday 9/30 | Tuesday 10/1 | Wednesday 10/2 | Thursday 10/3 | Friday 10/4 |
|----------------------------|--------------------------|-------------------------------|---------------|--|
| Fresh Fruit | → | | | |
| Rice Krispies Life Chex | Bagels & Cream Cheese | Kix Cornflakes Wheaties | Muffins | Cheerios Crispix Honey Bunches of Oats |
| WG Toast | → | | | |
| Milk | → | | | |

A.M. Snack

| | | | | |
|-----------------------------|----------|--------------|----------------------|-----------------|
| Oatmeal Cream Cookies | Pretzels | Pop Tarts | Nutri- Grain Bars | Lorna Doones |
| Milk | Juice | Milk | Milk | Milk |

Lunch

| Monday 9/30 | Tuesday 10/1 | Wednesday 10/2 | Thursday 10/3 | Friday 10/4 |
|--|---|---|---|---|
| Sausage Links Egg Patty Bread & Butter Carrots Peaches | Soft Tacos Lettuce Tomatoes Sour Cream P/O Peas D/P/K Pineapple | Chef's Choice Green Beans Mandarin Oranges  | Grilled Chicken Strips Noodles Broccoli Applesauce | Bologna & Cheese on A Bun Cucumbers P/O Mixed Vegetables D/P/K Pears |
| Milk | → | | | |

P.M. Snack

| | | | | |
|-----------------------------|----------------------------|----------------------------|-------------|--------------|
| Tortilla Chips Cheese | Fresh Fruit Crackers | Fresh Fruit Crackers | Chex Mix | Ritz Bits |
| Water | Water | Milk | 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. |



This institution is an equal opportunity provider!

Notes: No special notes this week.