

Child Care Licensing Program Menus - Week 1

Meal	Age 1-2	Age 3-4	Age 5-6	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (Serve all 3 components listed)								
Milk*	½ cup	½ cup	1 cup	Milk	Milk	Milk	Milk	Milk
Fruit, vegetable or 100% juice	½ cup	½ cup	½ cup	Banana	Orange wedges	Peaches	Strawberries	Kiwi
Grain/bread or alternate**	½ slice	½ slice	1 slice	Whole wheat cinn toast	English muffin	Cold cereal	Buttermilk pancakes	Oatmeal muffin
Alternate	½ serving	½ serving	1 serving					
Cereal (cold or hot)*** or pasta	¼ cup	¼ cup	½ cup					
Other non-creditable items					Fruit preserve		Apricot glaze	
A.M Snack**** (Serve 2 of the 5 components listed)								
Milk*	½ cup	½ cup	1 cup		Milk			Milk
Fruit, vegetable or 100% juice	½ cup	½ cup	¾ cup	Celery sticks	Fresh broccoli	100% Apple juice	Cherry tomatoes	
Meat (lean, poultry or fish) or alternate	½ oz.	½ oz.	1 oz.	Peanut butter			String cheese	
Tofu or other soy product	½ oz.	½ oz.	1 oz.					
Cheese	½ oz	½ oz	1 oz					
Large egg	½	½	½					
Cooked Dry beans and peas	1/8 cup	1/8 cup	1/8 cup					
Yogurt, plain or flavored unsweetened	¼ cup	¼ cup	¼ cup					
Peanut butter	1 Tbsp	1 Tbsp	2 Tbsp					
Nuts	½ oz.	½ oz.	1 oz.					
Grain/bread or alternate**	½ slice	½ slice	1 slice			Pita chips		Animal crackers
Alternate	½ serving	½ serving	1 serving					
Cereal (cold or hot)*** or pasta	¼ cup	¼ cup	½ cup					
Lunch (Serve all 5 of the components listed)								
Milk*	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
Meat (lean, poultry or fish) or alternate	1 oz.	1 ½ oz.	2 oz.	Low sodium chicken noodle soup	Fish sticks	Chicken salad sandwiches	Whole grain pasta salad with vegetables, cheese and cooked black beans	Teriyaki chicken with rice
Tofu or other soy product	1 oz.	1 ½ oz.	2 oz.					
Cheese	1 oz.	1 ½ oz.	2 oz.					
Large egg	½ each	¾ each	1 each					
Cooked beans	¼ cup	3/8 cup	½ cup					
Peanut butter	2 Tbsp	3 Tbsp	4 Tbsp					
Nuts	½ oz.	¾ oz.	1 oz.					
Yogurt, plain or flavored unsweetened	½ cup	¾ cup	1 cup					
Fruit or 100% juice	1/8 cup	¼ cup	¼ cup	Strawberries	Cantaloupe	Grapes	Mandarin oranges	Pineapple
Vegetable	1/8 cup	¼ cup	½ cup	Green salad	Mixed vegetables	Celery	(Peppers, tomatoes, olives)	Green beans
Grain/bread or alternate**	½ slice	½ slice	1 slice	Oyster crackers	Whole wheat roll	(Whole wheat bread)	(Whole wheat Fusilli)	(Brown rice)
Alternate	½ serving	½ serving	1 serving					
Cereal (cold or hot)*** or pasta	¼ cup	¼ cup	½ cup					

P.M Snack**** (Serve 2 of the 5 components listed)								
Milk*	½ cup	½ cup	1 cup					
Fruit, vegetable or 100% juice	½ cup	½ cup	¾ cup	100% Grape juice	Fruit and yogurt parfait with granola	Carrot sticks	Banana Peanut butter	Fruit kabob (banana, pineapple, strawberry) with yogurt dip
Meat (lean, poultry or fish) or alternate	½ oz.	½ oz.	1 oz.					
Tofu or other soy product	½ oz.	½ oz.	1 oz.	Mixed nuts				
Cheese	½ oz	½ oz	1 oz					
Large egg	½ each	½ each	½ each					
Cooked Dry beans and peas	1/8 cup	1/8 cup	1/8 cup					
Yogurt, plain or flavored unsweetened	¼ cup	¼ cup	¼ cup					
Peanut butter	1 Tbsp	1 Tbsp	2 Tbsp					
Nuts	½ oz.	½ oz.	1 oz.					
Grain/bread or alternate**	½ slice	½ slice	1 slice			Graham crackers	Whole wheat toast	
Alternate	½ serving	½ serving	1 serving					
Cereal (cold or hot)*** or pasta	¼ cup	1/3 cup	3/4 cup					

*Whole milk for children 1-2 years of age, Skim or 1% milk for older children

**At least one serving per day, across all eating occasions, must be whole grain or whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

***Breakfast cereals must conform to the requirements of the WIC program:

Must contain 45% iron per 1 ounce dry cereal

Must not contain more than 6 grams of sugar per 1 ounce dry cereal

****Only one of the two components may be a beverage.

Child Care Licensing Program Menus - Week 2

Meal	Age 1-2	Age 3-4	Age 5-6	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (Serve all 3 components listed)								
Milk*	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
Fruit, vegetable or 100% juice	¼ cup	½ cup	½ cup	Orange wedges	Watermelon		Applesauce	Banana
Grain/bread or alternate**	½ slice	½ slice	1 slice	Banana bread	Cold cereal	Whole Wheat pancakes with dried blueberries	Bagel	Oatmeal
Alternate	½ serving	½ serving	1 serving					
Cereal (cold or hot)*** or pasta	¼ cup	¼ cup	½ cup					
Other non-creditable items						Maple syrup		Brown sugar and raisins
A.M Snack**** (Serve 2 of the 5 components listed)								
Milk*	½ cup	½ cup	1 cup			Milk		
Fruit, vegetable or 100% juice	½ cup	½ cup	¾ cup	Plums	100% grape juice	Fresh broccoli	Carrot sticks	Apple slices
Meat (lean, poultry or fish) or alternate	½ oz.	½ oz.	1 oz.	String cheese	Hummus		Trail mix with nuts, granola, dried fruits	Gold fish crackers
Tofu or other soy product	½ oz.	½ oz.	1 oz.					
Cheese	½ oz	½ oz	1 oz					
Large egg	½	½	½					
Cooked Dry beans and peas	1/8 cup	1/8 cup	1/8 cup					
Yogurt, plain or flavored unsweetened	¼ cup	¼ cup	¼ cup					
Peanut butter	1 Tbsp	1 Tbsp	2 Tbsp					
Nuts	½ oz.	½ oz.	1 oz.					
Grain/bread or alternate**	½ slice	½ slice	1 slice	Wheat thins (whole grain)	Pita chips			
Alternate	½ serving	½ serving	1 serving					
Cereal (cold or hot)*** or pasta	¼ cup	¼ cup	½ cup					
Lunch (Serve all 5 of the components listed)								
Milk*	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
Meat (lean, poultry or fish) or alternate	1 oz.	1 ½ oz.	2 oz.	Nachos with black beans and cheese	Grilled cheese sandwich with tomato soup	Chicken nuggets	Stir fry with beef, vegetables, and low sodium soy sauce	Turkey burger with lettuce, tomatoes, pickles
Tofu or other soy product	1 oz.	1 ½ oz.	2 oz.					
Cheese	1 oz.	1 ½ oz.	2 oz.					
Large egg	½ each	¾ each	1 each					
Cooked beans	¼ cup	3/8 cup	½ cup					
Peanut butter	2 Tbsp	3 Tbsp	4 Tbsp					
Nuts	½ oz.	¾ oz.	1 oz.					
Yogurt, plain or flavored unsweetened	¼ cup	¾ cup	1 cup					
Fruit or 100% juice	1/8 cup	¼ cup	¼ cup	Pineapple	Peaches	Mandarin oranges	Pears	Mixed berries
Vegetable	1/8 cup	¼ cup	¼ cup	Cucumber slices	(Tomato soup)	Celery sticks	(Stir fry vegetables)	Cherry tomatoes
Grain/bread or alternate**	½ slice	½ slice	1 slice	(Baked corn chips)	(Whole wheat bread)	Whole wheat roll	Brown rice	(Bun)
Alternate	½ serving	½ serving	1 serving					
Cereal (cold or hot)*** or pasta	¼ cup	¼ cup	½ cup					

P.M Snack**** (Serve 2 of the 5 components listed)								
Milk*	½ cup	½ cup	1 cup		Milk			
Fruit, vegetable or 100% juice	½ cup	½ cup	¾ cup	Celery		100% Apple juice	Yogurt	Salsa
Meat (lean, poultry or fish) or alternate	½ oz.	½ oz.	1 oz.	Peanut butter		Peanut butter	Strawberries	Fat free refried beans
Tofu or other soy product	½ oz.	½ oz.	1 oz.					
Cheese	½ oz	½ oz	1 oz					
Large egg	½ each	½ each	½ each					
Cooked Dry beans and peas	1/8 cup	1/8 cup	1/8 cup					
Yogurt, plain or flavored unsweetened	¼ cup	¼ cup	¼ cup					
Peanut butter	1 Tbsp	1 Tbsp	2 Tbsp					
Nuts	½ oz.	½ oz.	1 oz.					
Grain/bread or alternate**	½ slice	½ slice	1 slice		Oatmeal raisin cookie	Graham crackers		Baked corn chips
Alternate	½ serving	½ serving	1 serving					
Cereal (cold or hot)*** or pasta	¼ cup	1/3 cup	3/4 cup					

*Whole milk for children 1-2 years of age, Skim or 1% milk for older children

**At least one serving per day, across all eating occasions, must be whole grain or whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

***Breakfast cereals must conform to the requirements of the WIC program:

Must contain 45% iron per 1 ounce dry cereal

Must not contain more than 6 grams of sugar per 1 ounce dry cereal

****Only one of the two components may be a beverage.

Child Care Licensing Program Menus - Week 3

Meal	Age 1-2	Age 3-4	Age 5-6	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (Serve all 3 components listed)								
Milk*	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
Fruit, vegetable or 100% juice	¼ cup	½ cup	¾ cup	Pears	Pears	Mixed berries	Banana	Orange wedges
Grain/bread or alternate**	½ slice	½ slice	1 slice	Bran Muffin	Whole Wheat pancakes	Yogurt and granola		Whole wheat toast
Alternate	½ serving	½ serving	1 serving					
Cereal (cold or hot)*** or pasta	¼ cup	¼ cup	¼ cup				Cold cereal	
Other non-creditable items					Low sugar syrup			
A.M Snack**** (Serve 2 of the 5 components listed)								
Milk*	½ cup	½ cup	1 cup			Milk		
Fruit, vegetable or 100% juice	½ cup	½ cup	¾ cup	Grapes	Celery sticks		Peaches	
Meat (lean, poultry or fish) or alternate	½ oz.	½ oz.	1 oz.	Cheese cubes	Peanut butter		Cottage cheese	Hummus
Tofu or other soy product	½ oz.	½ oz.	1 oz.					
Cheese	½ oz	½ oz	1 oz					
Large egg	½	½	½					
Cooked Dry beans and peas	1/8 cup	1/8 cup	1/8 cup					
Yogurt, plain or flavored unsweetened	¼ cup	¼ cup	¼ cup					
Peanut butter	1 Tbsp	1 Tbsp	2 Tbsp					
Nuts	½ oz.	½ oz.	1 oz.					
Grain/bread or alternate**	½ slice	½ slice	1 slice			Whole wheat cinn. toast		Pretzels
Alternate	½ serving	½ serving	1 serving					
Cereal (cold or hot)*** or pasta	¼ cup	¼ cup	¼ cup					
Lunch (Serve all 5 of the components listed)								
Milk*	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
Meat (lean, poultry or fish) or alternate	1 oz.	1 ½ oz.	2 oz.	Mac & cheese w/ grilled chicken	Cheese quesadilla	Chicken & corn chowder	Spaghetti & turkey meatballs	Tuna sandwich
Tofu or other soy product	1 oz.	1 ½ oz.	2 oz.					
Cheese	1 oz.	1 ½ oz.	2 oz.			String cheese		
Large egg	½ each	¾ each	1 each					
Cooked beans	¼ cup	¾ cup	½ cup					
Peanut butter	2 Tbsp	3 Tbsp	4 Tbsp					
Nuts	½ oz.	¾ oz.	1 oz.					
Yogurt, plain or flavored unsweetened	½ cup	¾ cup	1 cup					
Fruit or 100% juice	1/8 cup	¼ cup	½ cup	Mandarin oranges	Grapes	Strawberries	Kiwi	Apple slices
Vegetable	1/8 cup	¼ cup	½ cup	Peas	Black bean, corn and mango salsa	Steamed mixed vegetables	Steamed broccoli, marinara sauce	Carrot sticks
Grain/bread or alternate**	½ slice	½ slice	1 slice	(Whole wheat macaroni)	(Enriched flour tortilla)	Whole wheat roll	whole wheat spaghetti	(Whole wheat bread)
Alternate	½ serving	½ serving	1 serving					
Cereal (cold or hot)*** or pasta	¼ cup	¼ cup	¼ cup					

P.M Snack**** (Serve 2 of the 5 components listed)								
Milk*	½ cup	½ cup	1 cup					
Fruit, vegetable or 100% juice	½ cup	½ cup	¾ cup	Carrot sticks	100% apple juice	Fresh broccoli	Milk	Yogurt
Meat (lean, poultry or fish) or alternate	½ oz.	½ oz.	1 oz.		Mixed nuts	Peanut butter and jelly sandwich (whole wheat bread)		Strawberries
Tofu or other soy product	½ oz.	½ oz.	1 oz.					
Cheese	½ oz	½ oz	1 oz					
Large egg	½ each	½ each	½ each					
Cooked Dry beans and peas	1/8 cup	1/8 cup	1/8 cup					
Yogurt, plain or flavored unsweetened	¼ cup	¼ cup	¼ cup					
Peanut butter	1 Tbsp	1 Tbsp	2 Tbsp					
Nuts	½ oz.	½ oz.	1 oz.					
Grain/bread or alternate**	½ slice	½ slice	1 slice	Wheat thin crackers		(Whole wheat bread)	Oatmeal raisin cookie	
Alternate	½ serving	½ serving	1 serving					
Cereal (cold or hot)*** or pasta	¼ cup	1/3 cup	¾ cup					

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Child Care Licensing Program Menus - Week 4

Meal	Age 1-2	Age 3-4	Age 5-6	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (Serve all 3 components listed)								
Milk*	¼ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
Fruit, vegetable or 100% juice	¼ cup	½ cup	½ cup	Peaches	Banana	Berry cup	Plums	Apples with cinnamon
Grain/bread or alternate**	½ slice	½ slice	1 slice	Oatmeal	Cold cereal	Whole wheat toast	Cold cereal	Waffles
Alternate	½ serving	½ serving	1 serving					
Cereal (cold or hot)*** or pasta	¼ cup	¼ cup	½ cup					
Other non-creditable items				Brown sugar		Raspberry jam		Maple syrup
A.M Snack**** (Serve 2 of the 5 components listed)								
Milk*	½ cup	½ cup	1 cup	Yogurt			Milk	
Fruit, vegetable or 100% juice	½ cup	½ cup	¾ cup		Dried cranberries	100% Grape juice	Celery sticks	Apple slices
Meat (lean, poultry or fish) or alternate	½ oz.	½ oz.	1 oz.				Peanut butter	Mixed nuts
Tofu or other soy product	½ oz.	½ oz.	1 oz.					
Cheese	½ oz	½ oz	1 oz					
Large egg	½	½	½					
Cooked Dry beans and peas	1/8 cup	1/8 cup	1/8 cup					
Yogurt, plain or flavored unsweetened	¼ cup	¼ cup	¼ cup					
Peanut butter	1 Tbsp	1 Tbsp	2 Tbsp					
Nuts	½ oz.	½ oz.	1 oz.					
Grain/bread or alternate**	½ slice	½ slice	1 slice	Gold fish crackers	Pretzels	Carrot muffin		
Alternate	½ serving	½ serving	1 serving					
Cereal (cold or hot)*** or pasta	¼ cup	¼ cup	½ cup					
Lunch (Serve all 5 of the components listed)								
Milk*	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
Meat (lean, poultry or fish) or alternate	1 oz.	1 ½ oz.	2 oz.	Pita pizzas	Taco soup with shredded cheese	Turkey wrap with lettuce and red pepper	Hawaiian Haystacks	Meat tortellini with marinara sauce
Tofu or other soy product	1 oz.	1 ½ oz.	2 oz.					
Cheese	1 oz.	1 ½ oz.	2 oz.					
Large egg	½ each	¾ each	1 each					
Cooked beans	¼ cup	3/8 cup	½ cup					
Peanut butter	2 Tbsp	3 Tbsp	4 Tbsp					
Nuts	½ oz.	¾ oz.	1 oz.					
Yogurt, plain or flavored unsweetened	½ cup	¾ cup	1 cup					
Fruit or 100% juice	1/8 cup	¼ cup	¼ cup	Mandarin oranges	Peaches	Pears	Pineapple	Honey dew
Vegetable	1/8 cup	¼ cup	½ cup	Cesar salad	Carrot sticks	Cherry tomatoes	(Celery and peppers)	Green beans (marinara sauce)
Grain/bread or alternate**	½ slice	½ slice	1 slice	(Whole wheat pita)	Triscuits	(Whole wheat tortilla)	Brown rice	(Tortellini)
Alternate	½ serving	½ serving	1 serving					
Cereal (cold or hot)*** or pasta	¼ cup	¼ cup	½ cup					

P.M Snack**** (Serve 2 of the 5 components listed)								
Milk*	½ cup	½ cup	1 cup					Milk
Fruit, vegetable or 100% juice	½ cup	½ cup	¾ cup	Applesauce	Carrot sticks	Cucumbers	100% cranberry juice	Fresh broccoli
Meat (lean, poultry or fish) or alternate	½ oz.	½ oz.	1 oz.			Yogurt		
Tofu or other soy product	½ oz.	½ oz.	1 oz.					
Cheese	½ oz	½ oz	1 oz					
Large egg	½ each	½ each	½ each					
Cooked Dry beans and peas	1/8 cup	1/8 cup	1/8 cup					
Yogurt, plain or flavored unsweetened	¼ cup	¼ cup	¼ cup					
Peanut butter	1 Tbsp	1 Tbsp	2 Tbsp					
Nuts	½ oz.	½ oz.	1 oz.					
Grain/bread or alternate**	½ slice	½ slice	1 slice	Graham crackers	Whole wheat toast		Granola bar	
Alternate	½ serving	½ serving	1 serving					
Cereal (cold or hot)*** or pasta	¼ cup	1/3 cup	3/4 cup					

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