

# Child Care Licensing Program Menus

Week 1								
Meal				Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> (Serve all 3 components)	<b>Age 1-2</b>	<b>Age 3-4</b>	<b>Age 5-6</b>					
Milk* Fruit, vegetable or 100% juice Grain/bread or alternate** Alternate Cereal (cold or hot)*** or pasta Other non-creditable items	½ cup ¼ cup ½ slice ½ serving ¼ cup	¾ cup ½ cup ½ slice ½ serving ¼ cup	1 cup ½ cup 1 slice 1 serving ½ cup	Milk Banana Whole wheat cinnamon toast	Milk Orange wedges English muffin  Fruit preserve	Milk Peaches Cold cereal	Milk Strawberries Buttermilk pancakes  Apricot glaze	Milk Kiwi Oatmeal muffin
<b>Morning Snack****</b> (Serve 2 of the 5 components listed)	<b>Age 1-2</b>	<b>Age 3-4</b>	<b>Age 5-6</b>					
Milk* Fruit, vegetable or 100% juice Meat (lean, poultry or fish) or alternate Tofu or other soy product Cheese Large egg Cooked Dry beans and peas  Yogurt, plain or flavored unsweetened  Peanut butter Nuts Grain/bread or alternate** Alternate Cereal (cold or hot)*** or pasta	½ cup ½ cup ½ oz. ½ oz. ½ oz. ½ 1/8 cup  ¼ cup  1 Tbsp ½ oz. ½ slice ½ serving ¼ cup	½ cup ½ cup ½ oz. ½ oz. ½ oz. ½ 1/8 cup  ¼ cup  1 Tbsp ½ oz. ½ slice ½ serving ¼ cup	1 cup ¾ cup 1 oz. 1 oz. 1 oz. ½ 1/8 cup  ¼ cup  2 Tbsp 1 oz. 1 slice 1 serving ½ cup	Celery sticks      Peanut butter	Fresh broccoli and carrots      Whole wheat crackers	Apple slices      Pita chips	Cherry tomatoes  String cheese	Milk      Animal crackers

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Meal				Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch</b> (Serve all 5 of the components listed)	<b>Age 1-2</b>	<b>Age 3-4</b>	<b>Age 5-6</b>					
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	Fish Sticks	Chicken salad	Whole grain	Teriyaki chicken
Tofu or other soy product	1 oz.	1 ½ oz.	2 oz.	chicken noodle		sandwiches on	pasta salad with	Pineapple
Cheese	1 oz.	1 ½ oz.	2 oz.	soup		whole wheat	vegetables,	
Large egg	½ each	¾ each	1 each		Cantaloupe	bread	cheese and	Green beans
Cooked beans	¼ cup	¾ cup	½ cup	Strawberries			cooked black	
Peanut butter	2 Tbsp	3 Tbsp	4Tbsp	Green Salad	Mixed	Grapes	beans	
Nuts	½ oz.	¾ oz.	1 oz.		vegetables		Mandarin	
Yogurt, plain or flavored unsweetened	½ cup	¾ cup	1 cup	Oyster crackers		Celery	oranges	
Fruit or 100% juice	1/8 cup	¼ cup	¼ cup		Whole wheat			Brown rice
Vegetable	1/8 cup	¼ cup	½ cup		roll			
Grain/bread or alternate**	½ slice	½ slice	1 slice					
Alternate	½ serving	½ serving	1 serving					
Cereal (cold or hot)*** or pasta	¼ cup	¼ cup	½ cup					
<b>Afternoon Snack****</b> (Serve 2 of the 5 components listed)	<b>Age 1-2</b>	<b>Age 3-4</b>	<b>Age 5-6</b>					
Milk*	½ cup	½ cup	1 cup	Whole grapes	Fruit and		Banana	Fruit kabob
Fruit, vegetable or 100% juice	½ cup	½ cup	¾ cup	Mixed nuts	yogurt parfait	Blueberries		(seasonal fruit)
Meat (lean, poultry or fish) or alternate	½ oz.	½ oz.	1 oz.		with granola			with yogurt dip
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	Peanut butter	
Alternate	½ serving	½ serving	1 serving				Whole wheat	
Cereal (cold or hot)*** or pasta	¼ cup	1/3 cup	3/4 cup				toast	

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Week 2								
Meal				Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> (Serve all 3 components)	<b>Age 1-2</b>	<b>Age 3-4</b>	<b>Age 5-6</b>					
Milk* Fruit, vegetable or 100% juice Grain/bread or alternate** Alternate Cereal (cold or hot)*** or pasta Other non-creditable items	½ cup ½ cup ½ slice ½ serving ¼ cup	¾ cup ½ cup ½ slice ½ serving ¼ cup	1 cup ½ cup 1 slice 1 serving ½ cup	Milk Orange wedges  Banana bread	Milk Strawberries  Cold cereal	Milk  Whole wheat blueberry pancakes Syrup	Milk Applesauce  Bagel  Cream cheese	Milk Banana Oatmeal   Brown sugar
<b>Morning Snack****</b> (Serve 2 of the 5 components listed)	<b>Age 1-2</b>	<b>Age 3-4</b>	<b>Age 5-6</b>					
Milk* Fruit, vegetable or 100% juice Meat (lean, poultry or fish) or alternate Tofu or other soy product Cheese Large egg Cooked Dry beans and peas  Yogurt, plain or flavored unsweetened  Peanut butter Nuts Grain/bread or alternate** Alternate Cereal (cold or hot)*** or pasta	½ cup ½ cup ½ oz. ½ oz. ½ oz. ½ 1/8 cup  ¼ cup  1 Tbsp ½ oz. ½ slice ½ serving ¼ cup	½ cup ½ cup ½ oz. ½ oz. ½ oz. ½ 1/8 cup  ¼ cup  1 Tbsp ½ oz. ½ slice ½ serving ¼ cup	1 cup ¾ cup 1 oz. 1 oz. 1 oz. ½ 1/8 cup  ¼ cup  2 Tbsp 1 oz. 1 slice 1 serving ½ cup	Plums   String cheese     Whole grain wheat thins	Carrots   Hummus    Pita chips	Celery      Peanut butter	Grapes      Trail mix with nuts, granola, dried fruits	Apple slices        Goldfish crackers

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Meal				Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch</b> (Serve all 5 of the components listed)	<b>Age 1-2</b>	<b>Age 3-4</b>	<b>Age 5-6</b>					
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	Chicken nuggets	Stir fry with beef, vegetables, and low sodium soy sauce	Turkey burger on a whole wheat bun, 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	¾ cup	½ cup					
Peanut butter	2 Tbsp	3 Tbsp	4Tbsp					
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	Pineapple	Tomato soup	Peaches	Mandarin oranges	Pears
Vegetable	1/8 cup	¼ cup	¼ cup	Cucumber slices	Apples	Cauliflower		Cherry tomatoes
Grain/bread or alternate**	½ slice	½ slice	1 slice		(Whole wheat bread)	Whole wheat roll	Brown rice	
Alternate	½ serving	½ serving	1 serving					
Cereal (cold or hot)*** or pasta	¼ cup	¼ cup	½ cup					
<b>Afternoon Snack****</b> (Serve 2 of the 5 components listed)	<b>Age 1-2</b>	<b>Age 3-4</b>	<b>Age 5-6</b>					
Milk*	½ cup	½ cup	1 cup	Cherry tomatoes and snap peas	Milk	Bananas	Yogurt	Salsa
Fruit, vegetable or 100% juice	½ cup	½ cup	¾ cup				Strawberries	Fat free refried beans
Meat (lean, poultry or fish) or alternate	½ oz.	½ oz.	1 oz.					
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					
Alternate	½ serving	½ serving	1 serving		Oatmeal raisin cookie	Peanut butter Graham crackers		Baked corn chips
Cereal (cold or hot)*** or pasta	¼ cup	1/3 cup	3/4 cup					

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Week 3								
Meal				Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> (Serve all 3 components)	<b>Age 1-2</b>	<b>Age 3-4</b>	<b>Age 5-6</b>					
Milk* Fruit, vegetable or 100% juice Grain/bread or alternate** Alternate Cereal (cold or hot)*** or pasta Other non-creditable items	½ cup ¼ cup ½ slice ½ serving ¼ cup	¾ cup ½ cup ½ slice ½ serving ¼ cup	1 cup ½ cup 1 slice 1 serving ½ cup	Milk Pears Bran Muffin  Scrambled Eggs	Milk Strawberries  Whole wheat pancakes  Syrup	Milk. Mixed berries Yogurt Granola	Milk Banana  Cold cereal	Milk Orange wedges  Whole wheat toast
<b>Morning Snack****</b> (Serve 2 of the 5 components listed)	<b>Age 1-2</b>	<b>Age 3-4</b>	<b>Age 5-6</b>					
Milk* Fruit, vegetable or 100% juice Meat (lean, poultry or fish) or alternate Tofu or other soy product Cheese Large egg Cooked Dry beans and peas  Yogurt, plain or flavored unsweetened  Peanut butter Nuts Grain/bread or alternate** Alternate Cereal (cold or hot)*** or pasta	½ cup ½ cup ½ oz. ½ oz. ½ oz. ½ 1/8 cup  ¼ cup  1 Tbsp ½ oz. ½ slice ½ serving ¼ cup	½ cup ½ cup ½ oz. ½ oz. ½ oz. ½ 1/8 cup  ¼ cup  1 Tbsp ½ oz. ½ slice ½ serving ¼ cup	1 cup ¾ cup 1 oz. 1 oz. 1 oz. ½ 1/8 cup  ¼ cup  2 Tbsp 1 oz. 1 slice 1 serving ½ cup	Grapes  Cheese cubes	Celery Sticks    Peanut butter	Milk      Whole wheat cinnamon toast	Peaches Cottage cheese	Hummus      Pretzels

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Meal				Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch</b> (Serve all 5 of the components listed)	<b>Age 1-2</b>	<b>Age 3-4</b>	<b>Age 5-6</b>					
Milk* Meat (lean, poultry or fish) or alternate Tofu or other soy product Cheese Large egg Cooked beans Peanut butter Nuts Yogurt, plain or flavored unsweetened Fruit or 100% juice Vegetable Grain/bread or alternate** Alternate Cereal (cold or hot)*** or pasta	½ cup 1 oz. 1 oz. 1 oz. ½ each ¼ cup 2 Tbsp ½ oz. ½ cup 1/8 cup 1/8 cup ½ slice ½ serving ¼ cup	¾ cup 1 ½ oz. 1 ½ oz. 1 ½ oz. ¾ each ¾ cup 3 Tbsp ¾ oz. ¾ cup ¼ cup ¼ cup ½ slice ½ serving ¼ cup	1 cup 2 oz. 2 oz. 2 oz. 1 each ½ cup 4Tbsp 1 oz. 1 cup ¼ cup ½ cup 1 slice 1 serving ½ cup	Milk  Whole wheat Macaroni and cheese with grilled chicken   Mandarin oranges Peas	Milk  Cheese quesadillas    Grapes Black beans, corn and mango salsa (Enriched flour tortilla)	Milk Chicken and corn chowder String cheese   Strawberries Steamed mixed vegetables Whole wheat roll	Milk Whole wheat spaghetti and turkey meatballs   Kiwi Steamed broccoli, marinara sauce	Milk Tuna sandwich     Apple slices Carrot sticks (Whole wheat bread)
<b>Afternoon Snack****</b> (Serve 2 of the 5 components listed)	<b>Age 1-2</b>	<b>Age 3-4</b>	<b>Age 5-6</b>					
Milk* Fruit, vegetable or 100% juice Meat (lean, poultry or fish) or alternate Tofu or other soy product Cheese Large egg Cooked Dry beans and peas Yogurt, plain or flavored unsweetened Peanut butter Nuts Grain/bread or alternate** Alternate Cereal (cold or hot)*** or pasta	½ cup ½ cup ½ oz. ½ oz. ½ oz. ½ each 1/8 cup ¼ cup 1 Tbsp ½ oz. ½ slice ½ serving ¼ cup	½ cup ½ cup ½ oz. ½ oz. ½ oz. ½ each 1/8 cup ¼ cup 1 Tbsp ½ oz. ½ slice ½ serving 1/3 cup	1 cup ¾ cup 1 oz. 1 oz. 1 oz. ½ each 1/8 cup ¼ cup 2 Tbsp 1 oz. 1 slice 1 serving 3/4 cup	Carrot sticks and sweet red/orange/yello w bell peppers   Wheat crackers	100% apple juice   Mixed nuts	Mixed fruit and yogurt smoothie   Graham crackers	Milk    Oatmeal raisin cookie	Yogurt Strawberries

## Child Care Licensing Program Menus

Week 4								
Meal				Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> (Serve all 3 components)	<b>Age 1-2</b>	<b>Age 3-4</b>	<b>Age 5-6</b>					
Milk* Fruit, vegetable or 100% juice Grain/bread or alternate** Alternate Cereal (cold or hot)*** or pasta Other non-creditable items	½ cup ¼ cup ½ slice ½ serving ¼ cup	¾ cup ½ cup ½ slice ½ serving ¼ cup	1 cup ½ cup 1 slice 1 serving ½ cup	Milk Peaches Oatmeal  Brown sugar	Milk Strawberries English muffin  Scrambled eggs	Milk. Berry cup Whole wheat toast  Raspberry jam	Milk Banana Cold cereal	Milk Apples with cinnamon Waffles  Maple syrup
<b>Morning Snack****</b> (Serve 2 of the 5 components listed)	<b>Age 1-2</b>	<b>Age 3-4</b>	<b>Age 5-6</b>					
Milk* Fruit, vegetable or 100% juice Meat (lean, poultry or fish) or alternate Tofu or other soy product Cheese Large egg Cooked Dry beans and peas  Yogurt, plain or flavored unsweetened  Peanut butter Nuts Grain/bread or alternate** Alternate Cereal (cold or hot)*** or pasta	½ cup ½ cup ½ oz. ½ oz. ½ oz. ½ 1/8 cup  ¼ cup  1 Tbsp ½ oz. ½ slice ½ serving ¼ cup	½ cup ½ cup ½ oz. ½ oz. ½ oz. ½ 1/8 cup  ¼ cup  1 Tbsp ½ oz. ½ slice ½ serving ¼ cup	1 cup ¾ cup 1 oz. 1 oz. 1 oz. ½ 1/8 cup  ¼ cup  2 Tbsp 1 oz. 1 slice 1 serving ½ cup	Yogurt       Goldfish crackers	Dried cranberries      Pretzels	Milk      Carrot muffin	Milk Wheat crackers Peanut butter	Apple slices  Mixed nuts

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Meal				Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch</b> (Serve all 5 of the components listed)	<b>Age 1-2</b>	<b>Age 3-4</b>	<b>Age 5-6</b>					
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.	Whole wheat pita	Taco soup with	Whole wheat	Hawaiian	Meat tortellini
Tofu or other soy product	1 oz.	1 ½ oz.	2 oz.	pizza	shredded	turkey wrap with	haystacks	marinara sauce
Cheese	1 oz.	1 ½ oz.	2 oz.		cheese	lettuce and red		
Large egg	½ each	¾ each	1 each			pepper		
Cooked beans	¼ cup	¾ cup	½ cup					
Peanut butter	2 Tbsp	3 Tbsp	4Tbsp					
Nuts	½ oz.	¾ oz.	1 oz.					
Yogurt, plain or flavored unsweetened	½ cup	¾ cup	1 cup	Mandarin oranges	Peaches	Pears	Pineapple	Honeydew
Fruit or 100% juice	1/8 cup	¼ cup	¼ cup	Cesar salad	Carrot sticks	Cherry tomatoes	(Celery and	Green beans
Vegetable	1/8 cup	¼ cup	½ cup		Chips		peppers)	
Grain/bread or alternate**	½ slice	½ slice	1 slice				Brown rice	
Alternate	½ serving	½ serving	1 serving					
Cereal (cold or hot)*** or pasta	¼ cup	¼ cup	½ cup					
<b>Afternoon Snack****</b> (Serve 2 of the 5 components listed)	<b>Age 1-2</b>	<b>Age 3-4</b>	<b>Age 5-6</b>					
Milk*	½ cup	½ cup	1 cup	Applesauce	Milk	Yogurt		
Fruit, vegetable or 100% juice	½ cup	½ cup	¾ cup			Strawberries	100% orange	Cucumbers,
Meat (lean, poultry or fish) or alternate	½ oz.	½ oz.	1 oz.				juice	carrots and
Tofu or other soy product	½ oz.	½ oz.	1 oz.					hummus
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.		Peanut butter			
Grain/bread or alternate**	½ slice	½ slice	1 slice					
Alternate	½ serving	½ serving	1 serving	Graham crackers	Whole wheat		Granola bar	
Cereal (cold or hot)*** or pasta	¼ cup	1/3 cup	3/4 cup		toast			



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\*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.