



SELF PREP MENU PLANNING

Week # 1

498 Children's Nest of Manatee

BREAKFAST	Child Meal Pattern Food Components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Milk	Milk	Milk	Milk	Milk	Milk
Vegetable/Fruit/Juice	Applesauce	Fresh Fruit	Mandarin Oranges	Apple Slices	Fruit Cocktail	
Grain/Bread	Waffles w/ Sausage	Cheerios Cereal	Bread w/ Sliced Cheese (100% whole grain)	Oatmeal	Cornflakes Cereal	
LUNCH	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Baked Sliced Ham	Fish Sticks (CN Label)	Chicken Noodle Soup	Spaghetti w/ Meat Sauce	Chicken Nuggets (CN Label)
	Vegetable	Mashed Potatoes	Peas	Mixed Vegetables	Green Salad	Tossed Salad
	Vegetable or Fruit	Green Beans	Tropical Mixed Fruit	Banana	Peaches	Fresh Fruit
	Grain/Bread	WG Bread (100% whole grain)	Whole Grain Roll (100% whole grain)	Bread	Whole Grain Roll (100% whole grain)	Whole Grain Bread (100% whole grain)
SNACK	Select 2 different components					
	Milk	Peanut Butter	Milk	String Cheese	Milk	Assorted Crackers
	Meat/Meat Alternate					
	Vegetable/Fruit/Juice					
	Grain/Bread	Pretzels	Animal Crackers	Saltine Crackers	Fish Shaped Crackers	Pineapple

Refer to Child Care Food Program Meal Pattern for Children when planning portion sizes for age groups specified.

Milk must be served with each breakfast, lunch and supper meal.

Milk must be served with snack as indicated.

Children 1 year of age, whole milk (unflavored) must be served. Children 2-5 years of age must be served 1% or fat free milk (unflavored).

Children 6-12 years of age must be served 1% or fat free milk (unflavored or flavored).

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Week # 2

	Child Meal Pattern Food Components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice	100% Orange Juice	Banana	Fresh Fruit	Cinnamon Apples	Fruit Cocktail
	Grain/Bread	Muffin	French Toast Sticks	Bagel w/cream cheese	Kix Cereal	Kix Cereal
LUNCH	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Grilled Cheese and Ham Sandwich	Chicken Stir Fry	Homemade Sloppy Joe	BBQ Chicken	Fish Sticks (CN Label)
	Vegetable	Tossed Salad	Vegetables (in entrée)	Mixed Vegetables	Garden Salad	Corn
	Vegetable or Fruit	Diced Pears	Corn	Apple Slices	Peas	Pears
	Grain/Bread	Whole Grain Bread (100% whole grain)	Whole Grain Roll (100% whole grain)	Hamburger Roll	Whole Grain Bread (100% Whole Grain)	Whole Grain Bread (100% whole grain)
SNACK	Select 2 different components					
	Milk					
	Meat/Meat Alternate	Milk	Milk	String Cheese	Cheese	Assorted Crackers
	Vegetable/Fruit/Juice	Peanut Butter Crackers				
	Grain/Bread		Pretzels	Whole Grain Bread (100% whole grain)	Soft Tortilla	Mandarin Oranges

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 Milk must be served with each breakfast, lunch and supper meal.
 Milk must be served with snack as indicated.
 Children 1 year of age, whole milk (unflavored) must be served. Children 2-5 years of age must be served 1% or fat free milk (unflavored). Children 6-12 years of age must be served 1% or fat free milk (unflavored or flavored).

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Week # 3

Child Meal Pattern Food Components:		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice	Fruit Salad	Banana	Apple Slices	Mandarin Oranges	Peaches
	Grain/Bread	Oatmeal	Cheerios Cereal	Muffin	Whole Grain Bread (100% whole grain) Toast w/cream cheese	Multigrain Cheerios
LUNCH	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Black Beans	Baked Chicken	Meat Ravioli	Chicken Tacos	Chicken Nuggets (CN Label)
	Vegetable	Corn	Peas	Mixed Vegetables	Lettuce and Tomatoes	Black Beans
	Vegetable or Fruit	Tomatoes	Fruit Cocktail	Pears	Fruit Salad	Fruit Salad
	Grain/Bread	Yellow Rice	Whole Grain Bread (100% whole grain)	Whole Grain Crackers (100% whole grain)	Hard or Soft Tacos	Whole Grain Bread (100% whole grain)
SNACK	Select 2 different components					
	Milk					
	Meat/Meat Alternate	Cheese Slices	Fruit Cocktail	Graham Crackers	Milk	String Cheese
	Vegetable/Fruit/Juice					
	Grain/Bread	Whole Grain Bread (100% whole grain)	Pretzel	100% Apple Juice	Fish Shape Crackers	Animal Crackers

Refer to Child Care Food Program Meal Pattern for Children when planning portion sizes for age groups specified.

Milk must be served with each breakfast, lunch and supper meal.

Milk must be served with snack as indicated.

Children 1 year of age, whole milk (unflavored) must be served. Children 2-5 years of age must be served 1% or fat free milk (unflavored).

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Week # 4

BREAKFAST	Child Meal Pattern Food Components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Milk	Milk	Milk	Milk	Milk	Milk
Vegetable/Fruit/Juice	100% Apple Juice	Banana	Pears	Peaches	Fruit Cocktail	
Grain/Bread	Bagel w/ Cream Cheese	French Toast Sticks	Mini Pancakes	English Muffin	Kix Cereal	
LUNCH	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Hamburger	PB & J Sandwich	Sliced Ham	Chicken Noodle Soup	Chicken Nuggets (CN Labels)
	Vegetable	Mashed Potato	Green Beans	Steamed Carrots	Mixed Vegetables	Black Beans
	Vegetable or Fruit	Pineapple	Peaches	Fresh Fruit	Banana	Fruit Salad
	Grain/Bread	Yellow Rice/ Whole Grain Roll (100% whole grain)	Whole Grain Roll (100% whole grain)	Mac & Cheese (pasta)	Whole Grain Roll (100% Whole Grain)	Whole Grain Bread (100% whole grain)
SNACK	Select 2 different components					
	Milk					
	Meat/Meat Alternate	Milk	Milk	Milk	Animal Crackers	Pretzels
	Vegetable/Fruit/Juice			Whole Grain Bread (100% whole grain) w/butter		
	Grain/Bread	Peanut Butter Crackers	Graham Crackers		Pineapple	Diced Pears

Refer to Child Care Food Program Meal Pattern for Children when planning portion sizes for age groups specified.

Milk must be served with each breakfast, lunch and supper meal.

Milk must be served with snack as indicated.

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Week # 5

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Child Meal Pattern					
	Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice	Applesauce	Banana	Seasonal Fresh Fruit	Peaches	Diced Pears
	Grain/Bread	Whole Grain Toast (100% whole grain) w/ Sausage	Bagel w/butter	Oatmeal	English Muffin	Honey Bunches of Oats
LUNCH	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Hotdogs (CN Labels)	Cheeseburger	Roast Pork	BBQ Chicken	Turkey Sandwich
	Vegetable	Tator Tots	Lettuce	Steamed Carrots	Corn	Broccoli
	Vegetable or Fruit	Black Beans	Sliced Tomato	Mashed Potato	Fresh Fruit	Fruit Salad
	Grain/Bread	Hotdog Bun	Bun	Whole Grain Roll (100% whole grain)	Whole Grain Bread (100% whole grain)	Whole Grain Bread (100% whole grain)
SNACK	Select 2 different components					
	Milk					
		Banana	Milk	Cheese Slices	Ham Sliced	Assorted Crackers
	Meat/Meat Alternate					
	Vegetable/Fruit/Juice		Peanut Butter & Jelly Sandwich on 100%			
Grain/Bread	Cheese Crackers	Whole Grain Bread	Cuban Crackers	Bread	Diced Pears	

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Milk must be served with each breakfast, lunch and supper meal.

Milk must be served with snack as indicated.

Children 1 year of age, whole milk (unflavored) must be served. Children 2-5 years of age must be served 1% or fat free milk (unflavored).

Children 6-12 years of age must be served 1% or fat free milk (unflavored or flavored).

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