



SELF PREP MENU PLANNING

Week # 1

498 Children's Nest of Manatee

	Child Meal Pattern Food Components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice	Applesauce	Fresh Fruit	Mandarin Oranges	Apple Slices	Fruit Cocktail
	Grain/Bread	Waffles w/Sausage	Cheerios	WW Bread w/Sliced Cheese	Oatmeal	Cornflakes
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 or Fruit	Mashed Potatoes	Peas	Mixed Vegetable	Green Salad	Tossed Salad
	Vegetable or Fruit	Green Beans	Tropical Mixed Fruit	Applesauce	Peaches	Peaches
	Grain/Bread	Yellow Rice	WW Roll	Whole Grain Bread	WW Roll	WW Bread
SNACK	Select 2 different components					
	Milk	Peanut Butter	Milk	String Cheese	Milk	Yogurt
	Meat/Meat Alternate					
	Vegetable/Fruit/Juice					
	Grain/Bread	WW Bread	Animal Crackers	Saltine Crackers	Fish Shape 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 and lunch meal.

Milk must be served with snack as indicated.

When a drink is not specifically listed with a snack, water is recommended.

Between a child's first and second birthday, whole milk must be served.

After age 2, it is required that low fat (1%) or fat free milk be served.



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Week # 2

BREAKFAST	Child Meal Pattern Food Components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		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	Farina	Kix Cereal
LUNCH	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Grilled Cheese and Ham Sandwich	Chicken Stir Fry	Sloppy Joe	BBQ Chicken	Fish Sticks (CN Label)
	Vegetable or Fruit	Tossed Salad	Stir Fry Vegetables	Mixed Vegetables	Garden Salad	Corn
	Vegetable or Fruit	Diced Pears	Corn	Apple Slices	Peas	Pears
	Grain/Bread	WW Bread	Wheat Roll	Hamburger Roll	Yellow Rice/WW Bread	WW Bread
SNACK	Select 2 different components					
	Milk					
		Yogurt	Milk	String Cheese	Cheese	Assorted Crackers
	Meat/Meat Alternate					
	Vegetable/Fruit/Juice	Carrots w/ranch dressing				
	Grain/Bread		Pretzels	WW Bread	Soft Tortilla	Mandarin Oranges

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 and lunch meal.

Milk must be served with snack as indicated.

When a drink is not specifically listed with a snack, water is recommended.

Between a child's first and second birthday, whole milk must be served.

After age 2, it is required that low fat (1%) or fat free milk be served.



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Week # 3

BREAKFAST	Child Meal Pattern	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice	Fruit Salad	Banana	Apple Slices	Mandarin Oranges	Peaches
	Grain/Bread	Oatmeal	Hash Brown	Muffin	WW Bread Toast w/ cream cheese	Multigram Cheerios
LUNCH	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Black Bean	Baked Chicken	Meat Ravioli	Chicken Tacos	Extra Cheese Pizza (CN Label)
	Vegetable or Fruit	Corn	Peas	Mixed Vegetables	Lettuce and Tomatoes	Green Salad
	Applesauce	Tomatoes	Fruit Cocktail	Pears	Fruit Salad	Peaches
	Grain/Bread	Yellow Rice	WW Bread	Whole Grain Crackers	Hard or Soft Tacos	Pizza Crust
	Select 2 different components					
SNACK	Milk					
		Cheese Sliced	Cucumbers	Hard Boiled Eggs	Milk	String Sliced
	Meat/Meat Alternate					
	Vegetable/Fruit/Juice					
	Grain/Bread	WW Bread	Pretzel	100% Apple Juice	WW Raisin Bread	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 and lunch meal.

Milk must be served with snack as indicated.

When a drink is not specifically listed with a snack, water is recommended.

Between a child's first and second birthday, whole milk must be served.

After age 2, it is required that low fat (1%) or fat free milk be served.

Effective FFY 2017-2018



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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	WG English Muffin	Kix Cereal	
LUNCH	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Hamburger	PB & Jelly Sandwich	Sliced Ham	Tuna Salad	Chicken Nuggets (CN Labels)
	Vegetable or Fruit	Mashed Potatoe	Green Beans	Steamed Carrots	Tator Tots	Black Beans
	Vegetable or Fruit	Pineapple	Peaches	Fresh Fruit	Mandarin Oranges	Fruit Salad
	Grain/Bread	Yellow Rice/WW Roll	WW Roll	Mac&Cheese	WW Roll	WW Bread
SNACK	Select 2 different components					
	Milk	Celery Sticks w/ranch dressing	Graham Crackers	Milk	Yogurt	Pretzels
	Meat/Meat Alternate					
	Vegetable/Fruit/Juice					
Grain/Bread	Muffin	100% Grape Juice	WW Bread w/butter	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 and lunch meal.
 Milk must be served with snack as indicated.
 When a drink is not specifically listed with a snack, water is recommended.
 Between a child's first and second birthday, whole milk must be served.
 After age 2, it is required that low fat (1%) or fat free milk be served.



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Week # 5

	Child Meal Pattern Food Components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice	Applesauce	Banana	Berries	Peaches	Diced Pears
	Grain/Bread	WW Toast w/sausage	Bagel W/butter	Oatmeal	English Muffin	Honey Bunches Oats
LUNCH	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Hotdogs (CN Labels)	Cheeseburger	Roast Pork	Meatballs w/sauce	Turkey Sandwich
	Vegetable or Fruit	Tator Tots	Lettuce	Steam Carrots	Black Beans	Broccoli
	Vegetable or Fruit	Black Beans	Tomato Sliced	Mashed Potato	Fresh Fruit	Fruit Salad
	Grain/Bread	Hotdog Bun	WW Bun	WW Roll	WW Bread	WW Bread
SNACK	Select 2 different components					
	Milk					
		Broccoli w/ranch dressing	Milk	Cheese Sliced	Ham Sliced	Assorted Crackers
	Meat/Meat Alternate					
	Vegetable/Fruit/Juice		Peanut Butter & Jelly Sandwich			Celery Sticks W/ranch dressing
Grain/Bread	Cheese Crackers		Cuban Crackers	WW Bread		

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 and lunch meal.
 Milk must be served with snack as indicated.
 When a drink is not specifically listed with a snack, water is recommended.
 Between a child's first and second birthday, whole milk must be served.
 After age 2, it is required that lowfat (1%) or fat free milk be served.



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	Child Meal Pattern Food Components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST						
	Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice					
	Grain/Bread					
LUNCH						
	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate					
	Vegetable or Fruit					
	Vegetable or Fruit					
	Grain/Bread					
SNACK	Select 2 different					
	Milk					
	Meat/Meat Alternate					
	Vegetable/Fruit/Juice					
	Grain/Bread					