

DAY NURSERY OF ABILENE

COMPONENTS:

Breakfast shall consist of 3 components. Lunch shall consist of 4 components but the vegetable component shall be 2 or more items. Supplement shall consist of 2 of the 4 components listed except juice may not be served when milk is served as the only other component.

**2. Spring
March/April/May**

REQUIREMENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>BREAKFAST (3-6 yrs old)</u> Milk, fluid ¾ cup Vegetable(s) or Juice or Fruit ½ cup Cereal and/or Bread Cereal 1/3 cup Bread ½ slice	Milk Scrambled Eggs Orange Juice(C) Toast	Milk Pineapple Juice French Toast Fingers Syrup	Milk Orange Juice Cereal	Milk Apple Juice English Muffin w/ Jelly	Milk Cinnamon Toast Banana
SUBSTITUTIONS					
<u>LUNCH (3-6 yrs old)</u> Milk, fluid ¾ cup Meat and/or Alternate Cooked meat, poultry or Fish 1½ oz Cheese 1½ oz Cooked dry beans or peas ¼ cup Egg One Peanut Butter 3 Tbsp Vegetable and/or Fruit (2) ½ cup Bread, enriched ½ slice	Milk Lasagna Green Salad Garlic Bread Peaches	Milk Enchiladas Rice Tossed Salad Applesauce	Milk Turkey Ham Buttered Noodles Green Beans Fruit Cocktail	Milk Oven Fried Chicken Spinach or Mixed Greens Pineapple Chunks Bread	Milk Beans & Weanies Mixed Vegetables Apple Wedges Bread
SUBSTITUTIONS					
<u>SUPPLEMENT (3-6 yrs old)</u> Milk, fluid or juice or Fruit or vegetable ½ cup Cereal and/or Bread Cereal 1/3 cup Bread ½ slice Meat, poultry, fish, cheese, Eggs or peanut butter	Pink Fruit Salad Milk	Water Pretzels w/ Cheese Infants: Animal Crackers	Water Trail Mix	Milk Ritz Crackers w/ Strawberry Cream Cheese	Orange Juice Peanut Butter & Jelly Sandwiches
SUBSTITUTIONS					