



Middle River Baptist Church Child Development Center

Menu Plan for May 1-3, 2024

MEAL REQUIREMENTS	PORTION SIZES			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Age							
	1-2	3-5	6-12					
BREAKFAST – Served 8:30 – 9:00 AM								
Fluid Milk ¹	½ cup	¾ cup ²	1 cup ²			Milk	Milk	Milk
Fruit or Vegetable	¼ cup	½ cup	½ cup			100% Orange juice	100% Orange juice	100% Orange juice
Bread OR bread alternate OR cereal	½ slice or ½ cup	½ slice or ⅓ cup	1 slice or ¾ cup			Cheerios, Rice Krispies, or Chex Cereal	Pancakes	Cheerios, Rice Krispies, or Chex Cereal
LUNCH – Served 12:00 PM								
Main Dish:						Turkey & cheese Sandwich	Beef soft tacos	Chicken & gravy
Fluid Milk	½ cup	¾ cup ²	1 cup ²			Milk	Milk	Milk
Meat/poultry/fish OR	1 oz.	1 ½ oz.	2 oz.			Sliced turkey / sliced cheese	Ground beef. Shredded cheddar cheese	Chicken
Cheese OR	1 oz.	1 ½ oz.	2 oz.					
Large Egg OR	½	¾	One					
Peanut Butter OR	2 tbsp.	3 tbsp.	4 tbsp.					
Dried beans & peas OR	¼ cup	¾cup	½ cup					
Yogurt	½ cup	¾ cup	1 cup					
2 different fruits OR 2 different vegetables OR 1 fruit & 1 vegetable	¼ cup each	½ cup each	¾ cup each			Cucumbers and/or carrots	Corn	Parsley potatoes
Bread OR bread alternate OR pasta OR rice	½ slice or ½ cup	½ slice or ½ cup	1 slice or ¾ cup			Applesauce	Peaches	Fruit cocktail
						Bread	Flour tortilla	Rice
SNACK – Choose 2 – Served 3:00 PM								
Fluid Milk ¹	½ cup	½ cup ²	1 cup ²			Milk	Milk	Milk
Fruit OR vegetable	½ cup	½ cup	¾ cup					
Bread OR bread alternate OR cereal	½ slice or ½ cup	½ slice or ⅓ cup	1 slice or ¾ cup			Graham crackers	Veggie stick crackers	Pretzels
Meat OR meat alternate	½ oz.	½ oz.	1 oz.					

¹Fruit juice is not served when fluid milk is the only other component served at snack.

²Children aged 1-2 years will receive whole milk; children over the age of 2 will receive 1% milk.



Middle River Baptist Church Child Development Center

Menu Plan for: May 6-10, 2024

MEAL REQUIREMENTS	PORTION SIZES			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Age							
	1-2	3-5	6-12					
BREAKFAST – Served 8:30 – 9:00 AM								
Fluid Milk ¹	½ cup	¾ cup ²	1 cup ²	Milk	Milk	Milk	Milk	Milk
Fruit or Vegetable	¼ cup	½ cup	½ cup	100% Orange juice	100% Orange juice	100% Orange juice	100% Orange juice	100% Orange juice
Bread OR bread alternate OR cereal	½ slice or ½ cup	½ slice or ½ cup	1 slice or ¾ cup	Cheerios, Rice Krispies, or Chex Cereal	Strawberry oatmeal bar	Cheerios, Rice Krispies, or Chex Cereal	Pancakes	Cheerios, Rice Krispies, or Chex Cereal
Ham & beans								
Main Dish:				Spaghetti w/meat sauce	Turkey & gravy	Ham & cheese sandwich	Beef stew	Macaroni & cheese
Fluid Milk	½ cup	¾ cup ²	1 cup ²	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish OR	1 oz.	1 ½ oz.	2 oz.	Ground beef	Turkey	Sliced ham & cheese	Stew beef	Cheddar cheese
Cheese OR	1 oz.	1 ½ oz.	2 oz.					
Large Egg OR	½	¾	One					
Peanut Butter OR	2 tbsp.	3 tbsp.	4 tbsp.					
Dried beans & peas OR	¼ cup	¾ cup	½ cup					
Yogurt	½ cup	¾ cup	1 cup					
2 different fruits OR 2 different vegetables OR 1 fruit & 1 vegetable	¼ cup each	½ cup each	¾ cup each	Green beans	Mashed potatoes	Sliced cucumbers or carrots w/ dip	Mixed vegetables	Peas
				Peaches	Oranges	Pineapple chunks	Cooked apples	Applesauce
Bread OR bread alternate OR pasta OR rice	½ slice or ½ cup	½ slice or ½ cup	1 slice or ¾ cup	Pasta	½ slice bread	Bread	Crackers	Pasta
SNACK – Choose 2 – Served 3:00 PM								
Fluid Milk ¹	½ cup	½ cup ²	1 cup ²	Milk		Milk	Milk	Milk
Fruit OR vegetable	½ cup	½ cup	¾ cup					
Bread OR bread alternate OR cereal	½ slice or ½ cup	½ slice or ½ cup	1 slice or ¾ cup	Cookie	Saltine crackers	Graham crackers	Goldfish crackers	Pretzels
Meat OR meat alternate	½ oz.	½ oz.	1 oz.		Sliced cheese			

¹Fruit juice is not served when fluid milk is the only other component served at snack.

²Children aged 1-2 years will receive whole milk; children over the age of 2 will receive 1% milk.



Middle River Baptist Church Child Development Center

Menu Plan for May 13-17, 2024

MEAL REQUIREMENTS	PORTION SIZES			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Age							
	1-2	3-5	6-12					
BREAKFAST – Served 7:30-8:00 for School Age; 8:30 – 9:00 AM for Preschool								
Fluid Milk ¹	½ cup	¾ cup ²	1 cup ²	Milk	Milk	Milk	Milk	Milk
Fruit or Vegetable	¼ cup	½ cup	½ cup	100% Orange juice	100% Orange juice	100% Orange juice	100% Orange juice	100% Orange juice
Bread OR bread alternate OR cereal	½ slice or ½ cup	½ slice or ⅓ cup	1 slice or ¾ cup	Cheerios, Rice Krispies, or Chex Cereal	Strawberry oatmeal bar	Cheerios, Rice Krispies, or Chex Cereal	Pancakes	Cheerios, Rice Krispies, or Chex Cereal
LUNCH – Served 12:00 PM								
Main Dish:				Baked ziti	Baked chicken nuggets	Chicken salad sandwich	Meatloaf	Ham & beans
Fluid Milk	½ cup	¾ cup ²	1 cup ²	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish OR	1 oz.	1 ½ oz.	2 oz.	Ground beef	2-3 chicken nuggets	Chicken	Ground beef	Sliced ham
Cheese OR	1 oz.	1 ½ oz.	2 oz.					
Large Egg OR	½	¾	One					
Peanut Butter OR	2 tbsp.	3 tbsp.	4 tbsp.					
Dried beans & peas OR	¼ cup	¾cup	½ cup					
Yogurt	½ cup	¾ cup	1 cup					
2 different fruits OR 2 different vegetables OR 1 fruit & 1 vegetable	¼ cup each	½ cup each	¾ cup each	Mixed vegetables	Baked French fries	Cucumbers or carrots w/dip	Mashed potatoes	Baked beans
				Peaches	Oranges	Cooked apples	Fruit cocktail	Applesauce
Bread OR bread alternate OR pasta OR rice	½ slice or ½ cup	½ slice or ⅓ cup	1 slice or ¾ cup	Pasta	½ slice bread	Bread	½ slice bread	½ slice bread
SNACK – Choose 2 – Served 3:00 PM								
Fluid Milk ¹	½ cup	½ cup ²	1 cup ²	Milk	Milk	Milk	Milk	Milk
Fruit OR vegetable	½ cup	½ cup	¾ cup					
Bread OR bread alternate OR cereal	½ slice or ½ cup	½ slice or ⅓ cup	1 slice or ¾ cup	Cokie	Party mix (pretzels raisins, Chex, cheerios)	Graham crackers	Goldfish crackers	Pretzels
Meat OR meat alternate	½ oz.	½ oz.	1 oz.					

¹Fruit juice is not served when fluid milk is the only other component served at snack.

²Children aged 1-2 years will receive whole milk; children over the age of 2 will receive 1% milk.



Middle River Baptist Church Child Development Center

Menu Plan for May 20-24, 2024

MEAL REQUIREMENTS	PORTION SIZES			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Age							
	1-2	3-5	6-12					
BREAKFAST – Served 7:30-8:00 for school age 8:30 – 9:00 AM								
Fluid Milk ¹	½ cup	¾ cup ²	1 cup ²	Milk	Milk	Milk	Milk	Milk
Fruit or Vegetable	¼ cup	½ cup	½ cup	100% Orange juice	100% Orange juice	100% Orange juice	100% Orange juice	100% Orange juice
Bread OR bread alternate OR cereal	½ slice or ½ cup	½ slice or ⅓ cup	1 slice or ¾ cup	Cheerios, Rice Krispies, or Chex Cereal	Strawberry Oatmeal bar	Cheerios, Rice Krispies, or Chex Cereal	Pancakes	Cheerios, Rice Krispies, or Chex Cereal
LUNCH – Served 12:00 PM								
Main Dish:				Ham	Sloppy Joes	Turkey & cheese sandwich	BBQ chicken	Macaroni & cheese
Fluid Milk	½ cup	¾ cup ²	1 cup ²	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish OR	1 oz.	1 ½ oz.	2 oz.	Sliced ham	Ground beef	Sliced turkey / sliced cheese	Chicken legs, thighs	Cheddar cheese
Cheese OR	1 oz.	1 ½ oz.	2 oz.					
Large Egg OR	½	¾	One					
Peanut Butter OR	2 tbsp.	3 tbsp.	4 tbsp.					
Dried beans & peas OR	¼ cup	⅓ cup	½ cup					
Yogurt	½ cup	¾ cup	1 cup					
2 different fruits OR 2 different vegetables OR 1 fruit & 1 vegetable	¼ cup each	½ cup each	¾ cup each	Sweet potato casserole	Corn	Cucumbers or carrots	Mashed potatoes	Peas
				Broccoli	Peaches	Fruit salad	Oranges	Applesauce
Bread OR bread alternate OR pasta OR rice	½ slice or ½ cup	½ slice or ⅓ cup	1 slice or ¾ cup	½ slice bread	Hamburger bun	Bread	½ slice bread	Pasta
SNACK – Choose 2 – Served 3:00 PM								
Fluid Milk ¹	½ cup	½ cup ²	1 cup ²	Milk	Milk	Milk	Milk	Milk
Fruit OR vegetable	½ cup	½ cup	¾ cup					
Bread OR bread alternate OR cereal	½ slice or ½ cup	½ slice or ⅓ cup	1 slice or ¾ cup	Oatmeal cookie	Vanilla wafers w/pudding	Graham crackers	Veggie stick crackers	Pretzels
Meat OR meat alternate	½ oz.	½ oz.	1 oz.					

¹Fruit juice is not served when fluid milk is the only other component served at snack.

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Middle River Baptist Church Child Development Center

Menu Plan for: May 27-31, 2024

MEAL REQUIREMENTS	PORTION SIZES			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Age							
	1-2	3-5	6-12					
BREAKFAST – Served 8:30 – 9:00 AM								
Fluid Milk ¹	½ cup	¾ cup ²	1 cup ²		Milk	Milk	Milk	Milk
Fruit or Vegetable	¼ cup	½ cup	½ cup		100% Orange juice	100% Orange juice	100% Orange juice	100% Orange juice
Bread OR bread alternate OR cereal	½ slice or ½ cup	½ slice or ⅓ cup	1 slice or ¾ cup		Strawberry oatmeal bars	Cheerios, Rice Krispies, or Chex Cereal	Pancakes	Cheerios, Rice Krispies, or Chex Cereal
LUNCH – Served 12:00 PM								
Main Dish:					Stuffed shells	Ham sandwich	Chicken casserole	Cheese ravioli
Fluid Milk	½ cup	¾ cup ²	1 cup ²		Milk	Milk	Milk	Milk
Meat/poultry/fish OR	1 oz.	1 ½ oz.	2 oz.	Closed for Memorial Day	Ricotta cheese	Sliced ham	Chicken	Ricotta cheese
Cheese OR	1 oz.	1 ½ oz.	2 oz.					
Large Egg OR	½	¾	One					
Peanut Butter OR	2 tbsp.	3 tbsp.	4 tbsp.					
Dried beans & peas OR	¼ cup	¾cup	½ cup					
Yogurt	½ cup	¾ cup	1 cup					
2 different fruits OR 2 different vegetables OR 1 fruit & 1 vegetable	¼ cup each	½ cup each	¾ cup each		Mixed vegetables	Cucumbers and/or carrots	Green beans	Corn
					Peaches	Applesauce	Fruit salad	Oranges
Bread OR bread alternate OR pasta OR rice	½ slice or ½ cup	½ slice or ½ cup	1 slice or ¾ cup		Pasta	Bread	Rice	Pasta
SNACK – Choose 2 – Served 3:00 PM								
Fluid Milk ¹	½ cup	½ cup ²	1 cup ²		Milk	Milk		Milk
Fruit OR vegetable	½ cup	½ cup	¾ cup					
Bread OR bread alternate OR cereal	½ slice or ½ cup	½ slice or ⅓ cup	1 slice or ¾ cup		Cookie	Graham crackers	Saltine crackers	Pretzels
Meat OR meat alternate	½ oz.	½ oz.	1 oz.				Sliced cheese	

¹Fruit juice is not served when fluid milk is the only other component served at snack.

²Children aged 1-2 years will receive whole milk; children over the age of 2 will receive 1% milk.