

Greater Quincy Child Care Center

Menu

Menu for the Week of February 6-10, 2012	Monday February 6, 2012	Tuesday February 7, 2012	Wednesday February 8, 2012	Thursday February 9, 2012	Friday February 10, 2012
Early Morning Snack 7:30-8:00					
Beverage	Milk/Apple Juice	Milk/Fruit Punch	Milk/Apple Juice	Milk/Fruit Punch	Milk/Apple Juice
Crackers	Goldfish	Graham Crackers	Ritz Crackers	Saltine Crackers	Wheat Thins
Breakfast					
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Fruit and/or Vegetable	Apple Juice	Fruit Punch	Apple Juice	Fruit Punch	Apple Juice
Bread or Alternate	Life Cereal	Raisin Bran	Toast with Cream Cheese and Jelly	Cheerios	Waffles
Lunch					
Entrée	American Chop Suey with Peas	Tacos	Chicken and Cheese Sandwich with Chicken rice soup	Macaroni & Cheese with Broccoli & Diced Carrots	Ham & Cheese Sandwich with Cucumbers, Tomatoes
Meat or Alternate	Hamburg	Hamburg/Cheese	Chicken/Cheese	Cheese	Ham & Cheese
Fruit and/or Vegetable	Tomato Sauce/Peas	Salsa, Lettuce		Broccoli & Carrots	Cucumbers, Tomatoes
	Apples/Oranges	Bananas/Apples	Apples/Oranges	Apples/Bananas	Apples/Oranges
Bread or Alternate	Pasta/Bread	Tortilla	Bread	Pasta/Bread	Bread
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Other Foods			Chicken Rice Soup		Potato Chips Ranch Dressing
AFTERNOON SNACK					
Fruit and/or Vegetable	Fruit Punch	Apple Juice	Fruit Punch	Apple Juice	Fruit Punch
Bread or Alternate	Wheat Thins	Gold Fish Crackers	Saltines Crackers	Ritz Crackers	Graham Crackers

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Menu

Menu for the Week of February 13-17, 2012	Monday February 13, 2012	Tuesday February 14, 2012	Wednesday February 15, 2012	Thursday February 16, 2012	Friday February 17, 2012
Early Morning Snack 7:30-8:00					
Beverage	Milk/Apple Juice	Milk/Fruit Punch	Milk/Apple Juice	Milk/Fruit Punch	Milk/Apple Juice
Crackers	Wheat Thins	Saltine Crackers	Graham Crackers	Goldfish Crackers	Ritz Crackers
Breakfast					
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Fruit and/or Vegetable	Apple Juice	Fruit Punch	Apple Juice	Fruit Punch	Apple Juice
Bread or Alternate	Raisin Bran	Toast with Cream Cheese and Jelly	Life Cereal	Waffles	Cheerios
Lunch					
Entrée	Spanish Rice with Chicken and Peas	Ham & Cheese Sandwich with chicken rice soup	Chicken with Rice, Carrots and Corn Bread	Chicken & Cheese Quesadillas with Salsa, Rice & Corn	Chicken and Cheese Sandwich with Broccoli and Dip
Meat or Alternate	Chicken	Ham/Cheese	Chicken	Chicken	Chicken/Cheese
Fruit and/or Vegetable	Tomato/Peas		Carrots	Corn/Salsa	Broccoli
	Apples /Oranges	Apples/Bananas	Apples/Oranges	Apples/Bananas	Apples/Oranges
Bread or Alternate	Rice/Bread	Bread	Rice Corn Bread	Tortilla/Rice	Bread
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Other Foods		Chicken Rice Soup			Potato Chips Ranch Dressing
AFTERNOON SNACK					
Fruit and/or Vegetable	Fruit Punch	Apple Juice	Fruit Punch	Apple Juice	Fruit Punch
Bread or Alternate	Ritz Crackers	Wheat Thins	Saltines Crackers	Goldfish Crackers	Graham Crackers

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Menu

Menu for the Week of February 20-24, 2012	Monday February 20, 2012	Tuesday February 21, 2012	Wednesday February 22, 2012	Thursday February 23, 2012	Friday February 24, 2012
Early Morning Snack 7:30-8:00					
Beverage		Milk/Fruit Punch	Milk/Apple Juice	Milk/Fruit Punch	Milk/Apple Juice
Crackers		Goldfish Crackers	Wheat Thins	Saltine Crackers	Ritz Crackers
Breakfast					
Fluid Milk		Milk	Milk	Milk	Milk
Fruit and/or Vegetable		Fruit Punch	Apple Juice	Fruit Punch	Apple Juice
Bread or Alternate		Toast with Jelly and Cream Cheese	Raisin Bran	Waffles	Cheerios
Lunch					
Entrée		Chicken & Cheese Sandwich With chicken rice soup	Baked Ziti with Cheese and Green Beans	Ham & Cheese Sandwich with tomato/cucumber	Fish Sticks with Rice, Peas & Carrots
Meat or Alternate		Chicken/Cheese	Cheese	Ham/Cheese	Fish Stick
Fruit and/or Vegetable		Bananas/Apples	Apples/Oranges	Apples/Bananas	Apples/Oranges
Bread or Alternate	Center Closed for	Bread	Pasta/Bread	Bread	Rice/Bread
Fluid Milk	Presidents' Day	Milk	Milk	Milk	Milk
Other Foods		Chicken and Rice Soup		Chips Ranch Dressing	
AFTERNOON SNACK					
Fruit and/or Vegetable		Apple Juice	Fruit Punch	Apple Juice	Fruit Punch
Bread or Alternate		Wheat Thins	Saltines Crackers	Goldfish Crackers	Graham Crackers

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Menu

Menu for the Week of February 27-March 2,	Monday February 27, 2012	Tuesday February 28, 2012	Wednesday February 29, 2012	Thursday March 1, 2012	Friday March 2, 2012
Early Morning Snack 7:30-8:00					
Beverage	Milk/Apple Juice	Milk/Fruit Punch	Milk/Apple Juice	Milk/Fruit Punch	Milk/Apple Juice
Crackers	Saltine Crackers	Goldfish Crackers	Graham Crackers	Ritz Crackers	Wheat Thins
Breakfast					
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Fruit and/or Vegetable	Apple Juice	Fruit Punch	Apple Juice	Fruit Punch	Apple Juice
Bread or Alternate	Life Cereal	Waffles	Toast with Cream Cheese and Jelly	Cheerios	Raisin Bran
Lunch					
Entrée	Meatballs with Tomato Sauce and Pasta	Hamburgers with Baked French Fries and Green Beans	Ham and Cheese Sandwich with chicken rice soup	Chicken & Cheese Sandwich with tomato/cucumber	Pizza
Meat or Alternate	Hamburg	Hamburger	Ham/Cheese	Chicken/Cheese	Cheese
Fruit and/or Vegetable	Tomato	Green beans/potato		Tomatoes & Cucumbers	Tomato
	Apples/Oranges	Bananas/Apples	Apples/Oranges	Apples/Bananas	Apples/Oranges
Bread or Alternate	Pasta/Bread	Bun	Bread	Bread	Pizza Shell
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Other Foods			Chicken Rice Soup	Potato Chips Ranch Dressing	
AFTERNOON SNACK					
Fruit and/or Vegetable	Fruit Punch	Apple Juice	Fruit Punch	Apple Juice	Fruit Punch
Bread or Alternate	Wheat Thins	Goldfish Crackers	Ritz Crackers	Saltines Crackers	Graham Crackers