

# CHILD CARE MENU PLANNING WORKSHEET

Week Of: May 2 - 6

Facility Name/License Number (last 4): Friendship Little Lions / 7713

Hours of Operation: 7 am till 5:00 pm County: Marshall

Contact Person/Telephone Number: Stephanie Osteen / 662-838-4000

Licensing Official Name: Kristen Taylor



Record all food and beverages served. Please refer to Appendix C in Regulations Governing Licensure of Child Care Facilities for nutritional standards.

Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast-Time: 8 am</b> Fruit Cereal or Bread/Bread Alternate Milk	milk + water cheerios 1/2 banana	milk + water 1/2 english muffin w/jam 1/2 apple	milk + water baked oatmeal bars blueberries *	milk + water waffle w/powder sugar strawberries*	milk + water cinnamon french toast roll upapple sauce
<b>Snack-Time: _____</b> (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable, Fruit, or Juice Bread or Bread Alternate Milk					
<b>Lunch/Supper-Time: 10:30 am</b> Meat or Meat Alternate Vegetable and Fruit (2 Veg/fruit or 1 veg & 1 fruit) Bread or Bread Alternate Milk	milk+ water lasagna, broccoli *+ pineapple slices *+	milk+ water hamburger baked sweet potatoe peaches+*	milk + water meatballs, yellow rice, mixed vegies tropical fruit *+	milk + water enchiladas, pinto beans, pears	milk + water pizza, salad w/tomatoes & ranch, mandarin orange+*
<b>Snack-Time: 1 pm</b> (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable, Fruit, or Juice Bread or Bread Alternate Milk	milk+ water oatmeal raisen cookie (1) Apple sauce	milk+ water manarin orange +* gold fish	milk+ water grahm crackers (2) peanut butter	milk+ water mandarin orange +* go-gurt	milk+ water banana pudding w/sliced bananas & vanilla waggers (3)
<b>Snack-Time: 3:30 pm</b> (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable, Fruit, or Juice Bread or Bread Alternate Milk	milk + water orange juice * cheese it's	milk+ water grape juice nutri grain bar	milk+ water apple juice granola bar	milk+ water pineapple juice * wheat thins	milk+ water grape juice rice crackers

\*Water is made available at all meals and snacks. \*Whole grain bread & bread products are used. \*No meal or snack may be served more than once in 24 hours.

\*Other Foods or Condiments may be served with meals/snacks but DO NOT count as a component.

# CHILD CARE MENU PLANNING WORKSHEET

Week Of: May 2 - 6

Facility Name/License Number (last 4): Friendship Little Lions / 7713

Hours of Operation: 7 am till 5:00 pm County: Marshall

Contact Person/Telephone Number: Stephanie Osteen / 662-838-4000

Licensing Official Name: Kristen Taylor



Record all food and beverages served. Please refer to Appendix C in Regulations Governing Licensure of Child Care Facilities for nutritional standards.

Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast-Time: <u>8 am</u></b> Fruit Cereal or Bread/Bread Alternate Milk	milk + water cheerios 1/2 banana	milk + water 1/2 english muffin w/jam 1/2 apple	milk + water baked oatmeal bars blueberries *	milk + water waffle w/powder sugar strawberries*	milk + water cinnamon french toast roll upapple sauce
<b>Snack-Time: _____</b> (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable, Fruit, or Juice Bread or Bread Alternate Milk					
<b>Lunch/Supper-Time: <u>10:30 am</u></b> Meat or Meat Alternate Vegetable and Fruit (2 Veg/fruit or 1 veg & 1 fruit) Bread or Bread Alternate Milk	milk+ water lasagna, broccoli *+ pineapple slices *+	milk+ water hamburger baked sweet potatoe peaches+*	milk + water meatballs, yellow rice, mixed vegies tropical fruit *+	milk + water enchiladas, pinto beans, pears	milk + water pizza, salad w/tomatoes & ranch, mandarin orange+*
<b>Snack-Time: <u>1 pm</u></b> (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable, Fruit, or Juice Bread or Bread Alternate Milk	milk+ water oatmeal raisen cookie (1) Apple sauce	milk+ water manarin orange +* gold fish	milk+ water grahm crackers (2) peanut butter	milk+ water mandarin orange +* go-gurt	milk+ water banana pudding w/sliced bananas & vanilla waggers (3)
<b>Snack-Time: <u>3:30 pm</u></b> (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable, Fruit, or Juice Bread or Bread Alternate Milk	milk + water orange juice * cheese it's	milk+ water grape juice nutri grain bar	milk+ water apple juice granola bar	milk+ water pineapple juice * wheat thins	milk+ water grape juice rice crackers

\*Water is made available at all meals and snacks. \*Whole grain bread & bread products are used. \*No meal or snack may be served more than once in 24 hours.

\*Other Foods or Condiments may be served with meals/snacks but DO NOT count as a component.

# CHILD CARE MENU PLANNING WORKSHEET

Week Of: May 2 - 6

Facility Name/License Number (last 4): Friendship Little Lions / 7713

Hours of Operation: 7 am till 5:00 pm County: Marshall

Contact Person/Telephone Number: Stephanie Osteen / 662-838-4000

Licensing Official Name: Kristen Taylor

Record all food and beverages served. Please refer to Appendix C in Regulations Governing Licensure of Child Care Facilities for nutritional standards.



MISSISSIPPI  
STATE DEPARTMENT OF HEALTH

Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast-Time: 8 am</b> Fruit Cereal or Bread/Bread Alternate Milk	milk + water cheerios 1/2 banana	milk + water 1/2 english muffin w/jam 1/2 apple	milk + water baked oatmeal bars blueberries *	milk + water waffle w/powder sugar strawberries*	milk + water cinnamon french toast roll upapple sauce
<b>Snack-Time: _____</b> (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable, Fruit, or Juice Bread or Bread Alternate Milk					
<b>Lunch/Supper-Time: 10:30 am</b> Meat or Meat Alternate Vegetable and Fruit (2 Veg/fruit or 1 veg & 1 fruit) Bread or Bread Alternate Milk	milk+ water lasagna, broccoli *+ pineapple slices *+	milk+ water hamburger baked sweet potatoe peaches+*	milk + water meatballs, yellow rice, mixed vegies tropical fruit *+	milk + water enchiladas, pinto beans, pears	milk + water pizza, salad w/tomatoes & ranch, mandarin orange+*
<b>Snack-Time: 1 pm</b> (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable, Fruit, or Juice Bread or Bread Alternate Milk	milk+ water oatmeal raisen cookie (1) Apple sauce	milk+ water manarin orange +* gold fish	milk+ water grahm crackers (2) peanut butter	milk+ water mandarin orange +* go-gurt	milk+ water banana pudding w/sliced bananas & vanilla waggers (3)
<b>Snack-Time: 3:30 pm</b> (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable, Fruit, or Juice Bread or Bread Alternate Milk	milk + water orange juice * cheese it's	milk+ water grape juice nutri grain bar	milk+ water apple juice granola bar	milk+ water pineapple juice * wheat thins	milk+ water grape juice rice crackers

\*Water is made available at all meals and snacks. \*Whole grain bread & bread products are used. \*No meal or snack may be served more than once in 24 hours.

\*Other Foods or Condiments may be served with meals/snacks but DO NOT count as a component.

# CHILD CARE MENU PLANNING WORKSHEET

Week Of: May 2 - 6

Facility Name/License Number (last 4): Friendship Little Lions / 7713

Hours of Operation: 7 am till 5:00 pm County: Marshall

Contact Person/Telephone Number: Stephanie Osteen / 662-838-4000

Licensing Official Name: Kristen Taylor



Record all food and beverages served. Please refer to Appendix C in Regulations Governing Licensure of Child Care Facilities for nutritional standards.

Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast-Time: 8 am</b> Fruit Cereal or Bread/Bread Alternate Milk	milk + water cheerios 1/2 banana	milk + water 1/2 english muffin w/jam 1/2 apple	milk + water baked oatmeal bars blueberries *	milk + water waffle w/powder sugar strawberries*	milk + water cinnamon french toast roll upapple sauce
<b>Snack-Time: _____</b> (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable, Fruit, or Juice Bread or Bread Alternate Milk					
<b>Lunch/Supper-Time: 10:30 am</b> Meat or Meat Alternate Vegetable and Fruit (2 Veg/fruit or 1 veg & 1 fruit) Bread or Bread Alternate Milk	milk+ water lasagna, broccoli *+ pineapple slices *+	milk+ water hamburger baked sweet potatoe peaches+*	milk + water meatballs, yellow rice, mixed vegies tropical fruit *+	milk + water enchiladas, pinto beans, pears	milk + water pizza, salad w/tomatoes & ranch, mandarin orange+*
<b>Snack-Time: 1 pm</b> (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable, Fruit, or Juice Bread or Bread Alternate Milk	milk+ water oatmeal raisen cookie (1) Apple sauce	milk+ water manarin orange +* gold fish	milk+ water grahm crackers (2) peanut butter	milk+ water mandarin orange +* go-gurt	milk+ water banana pudding w/sliced bananas & vanilla waggers (3)
<b>Snack-Time: 3:30 pm</b> (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable, Fruit, or Juice Bread or Bread Alternate Milk	milk + water orange juice * cheese it's	milk+ water grape juice nutri grain bar	milk+ water apple juice granola bar	milk+ water pineapple juice * wheat thins	milk+ water grape juice rice crackers

\*Water is made available at all meals and snacks. \*Whole grain bread & bread products are used. \*No meal or snack may be served more than once in 24 hours.

\*Other Foods or Condiments may be served with meals/snacks but DO NOT count as a component.