

TREE HOUSE SAMPLE MENU

SITE/CENTER NAME: TREE HOUSE CHILDCARE									
Type	Component	Minimum Serving							
		1 & 2 years	3 - 5 years	6 - 12 years	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Juice, fruit Or vegetable	1/4 cup	1/2 cup	1/2 cup	Bananas	Strawberries	Grapes	Apples	Mixed Fresh Fruit
	Grains/Breads Dry cereal	1/2 slice 1/4 cup or 1/3 oz.	1/2 slice 1/3 cup or 1/2 oz.	1 slice 3/4 cup or 1 oz.	Cereal	Waffles	Oatmeal	Butter/Jelly Toast	Cereal
	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Turkey Sandwich	Chicken Corn Dogs	Beef/Cheese Tacos	Chicken Nuggets Cottage Cheese	Cheese Pizza
Grains/Breads Pasta/Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup	Whole Wheat Bread	Tortilla		Dinner Roll		
LUNCH	Fruit and/or vegetable and/or juice (2 servings to total)	1/4 cup total	1/2 cup total	3/4 cup total	Chick-Rice Veggie Soup	Green Beans	Lettuce Tomatoes	Peas	Glazed Carrots
					Orange Slices	Applesauce	Pineapple Bits	Cantaloupe	Strawberries Yogurt
	Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Milk, fluid	1/2 cup	1/2 cup	1 cup	Milk	Apple Juice	Milk	Orange Juice	Milk
Juice, fruit or vegetable	1/2 cup	1/2 cup	3/4 cup						
PM SNACK (select 2)	Grains/Breads/ Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup	Fruit Grain Bar	Gold Fish	Graham Cracker	Pretzels	Granola Bar
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.					

Tree House serves 100% fruit juice, fresh fruits & vegetables, or canned fruits & vegetables rinsed in water.