

Medford Family Daycare

Healthy 2-Week Menu

Ages 16 Months-5 Years

Week	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1/2	AM Snack	Plain yogurt + fruit	Whole-grain toast + string cheese	Plain yogurt + fruit	String cheese + fruit	Plain yogurt + fruit
	Lunch	Rice, shredded chicken, mix veggies + milk	Chicken quesadilha+ mix veggies milk	Rice+ chicken + mix veggies +milk	Tuna fish sandwich + mix veggies +milk	Rice, scrambled eggs +mix veggies + milk
	PM Snack	Whole-grain toast + avocado	Fruit + plain yogurt	Whole-grain crackers + hummus	Toast + mashed avocado	Whole-grain crackers + cheese
Week 3/4	AM Snack	Plain yogurt + fruit	Plain yogurt + fruit	Whole-grain toast + avocado	String cheese + fruit	Plain yogurt + fruit
	Lunch	Potato+ chicken + mix veggies; milk	potatoes, scrambled egg, mix veggies + milk	Chicken sandwich + mix veggies +milk	Chicken sandwich + mix veggies +milk	potatoes, scrambled egg, mix veggies + milk
	PM Snack	Toast + avocado	Whole-grain crackers + string cheese	fruit + plain yogurt	Whole-grain crackers + hummus	Toast + cheese

CACFP/EEC-friendly note: Lunches are designed around a grain, protein, two different vegetables, and milk; snacks pair two food components. Use age-appropriate CACFP portions. Whole milk is generally used for age 1; unflavored low-fat/1% milk for ages 2-5.