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# Atlantic Avenue Early Learning Center

Week of: 12/06/10 to 12/10/10

## Toddler Menu

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		Tuesday	Wednesday	Thursday	Friday	
<b>BREAKFAST</b> Serve 3 of 4 groups	Fluid Milk/Beverage	1% Milk Water Whole Milk	1% Milk Water Whole Milk	1% Milk Water Whole Milk	1% Milk Water Whole Milk	
	Fruit or Vegetable	Apple Sauce	Banana	Peaches	Oranges	
	Bread* or Bread Alternate*	Pancakes	Cheerios	Oatmeal	Corn Muffin	
	Meat or Meat Alternate*					
<b>LUNCH</b>	Fluid Milk/Beverage	1% Milk Water Whole Milk	1% Milk Water Whole Milk	1% Milk Water Whole Milk	1% Milk Water Whole Milk	
	Bread* or Bread Alternate*	Whole Wheat Bun	Bread Chicken	Macaroni Pasta	Brown Rice	
	2 Servings of Fruit and/or Vegetables	Lettuce & Tomatoes	French Fries	Carrots	Black eyed peas Broccoli	Toss Salad
		Sliced Cantaloupe	Apple Sauce	Pears	Mixed Fruit	Sweet Oranges Sliced
	Meat or Meat Alternate	Roast Beef	Chicken Fingers	Turkey Ground Meat	Smoked Turkey	Tuna Fish
	Other					
<b>SNACK</b> Serve 2 of 4 groups	Fluid Milk/Beverage	1% Milk Water Whole Milk	1% Milk Water Whole Milk	1% Milk Water Whole Milk	1% Milk Water Whole Milk	
	Bread* or Bread Alternate*	Banana Bread			Pita Bread	
	2 Servings of Fruit and/or Vegetables		Sliced Apples	Fruit Jell-O		Mixed Fruit & Fruit Juice
		Meat or Meat Alternate		Yogurt		Hummus

\* Please refer to "CACFP Crediting Food Guide" for further guidance.