

Department of Public Health and Human Services  
Quality Assurance Division – Licensure Bureau  
Child Care Licensing

**Child Care Menu Form**

Child Care Provider Name: \_\_\_\_\_

PV Number (if known): \_\_\_\_\_

Day / Date		Monday /	Tuesday /	Wednesday /	Thursday /	Friday /
<b>Breakfast</b> Must include: 1 Fluid Milk 1 Fruit / Vegetable 1 Bread / Grain	Fruit / Vegetable	Banana	Blueberries	Strawberries	Honeydew	Cinnamon Applesauce
	Bread / Grain	Oatmeal	Pancakes	Bagel and cream cheese	Bran cereal flakes	Whole Wheat toast
	Fluid Milk	Milk	Milk	Milk	Milk	Milk
<b>Lunch / Supper</b> Must include: 1 Fluid Milk 1 Meat / Beans 2 Fruit / Vegetable 1 Bread / Grain	Main Dish	Bean & Vegetable Soup	Ham & Pineapple	Egg Salad Sandwich	Teriyaki Chicken Stir-fry	Fish Tacos
	Meat / Beans	Beans	Ham & Mozzarella cheese	Egg Salad	Diced Chicken	Baked Fish
	Fruit / Vegetable	Carrots and potato	Tomato Sauce	Lettuce	Red pepper and cabbage	Diced tomatoes
	Fruit / Vegetable	Apricots	Pineapple tidbits	Orange wedges	Peaches	Avocado and lettuce
	Bread / Grain	Whole Wheat Rolls	English Muffins	Multigrain Bread	Rice	Whole wheat tortilla (soft/hard)
	Fluid Milk	Milk	Milk	Milk	Milk	Milk
<b>Snack</b> Must include: (choose 2 foods from the 4 food groups) Fluid Milk Meat / Beans Fruit / Vegetable Bread / Grain	Meat / Beans	Hummus	Yogurt	Swiss Cheese Cubes		Yogurt Dill Dip
	Fruit / Vegetable	Snap peas and baby carrots		Cucumber coins		Broccoli
	Bread / Grain		Granola		Cornbread	
	Fluid Milk				Milk	

**NEED HELP – see the Sample Menu**