

BUSY BEACH FOOD MENU
FOOD MENU

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Menu for: WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Waffles w/ fresh seasonal fruit & Milk <i>Serving Size:</i> 1 waffle ½ c. fruit ½ c. milk	Pancakes w/ fruit cocktail & Milk <i>Serving Size:</i> 1 pancake ½ c. fruit ½ c. milk	Cereal w/ bananas & Milk <i>Serving Size:</i> ½ c. cereal ½ c. fruit ½ c. milk	Toast w/ apple sauce & Milk <i>Serving Size:</i> 1 sl. toast ½ c. fruit ½ c. milk	Cereal w/ bananas & Milk <i>Serving Size:</i> ½ c. cereal ½ c. fruit ½ c. milk
SNACKS	Goldfish and Juice <i>Serving Size:</i> ½ c. Goldfish ½ c. 100% juice	Wheat Thins and Water <i>Serving Size:</i> 8 crackers ½ c. water	Ritz Crackers w/ cheese & Juice <i>Serving Size:</i> 1 sl. cheese & 4 crackers ½ c. 100% juice	Animals Crackers and Milk <i>Serving Size:</i> 8 crackers ½ c. milk	Yogurt w/ peaches and water <i>Serving Size:</i> ½ c. yogurt ½ c. fruit

Menu for: WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Cereal w/ bananas & Milk <i>Serving Size:</i> ½ c. cereal ½ c. fruit ½ c. milk	Pancakes w/ fruit cocktail & Milk <i>Serving Size:</i> 1 pancake ½ c. fruit ½ c. milk	Toast w/ apple sauce & Milk <i>Serving Size:</i> 1 sl. toast ½ c. fruit ½ c. milk	Waffles w/ fresh seasonal fruit & Milk <i>Serving Size:</i> 1 waffle ½ c. fruit ½ c. milk	Cereal w/ bananas & Milk <i>Serving Size:</i> ½ c. cereal ½ c. fruit ½ c. milk
SNACKS	Goldfish and Water <i>Serving Size:</i> ½ c. Goldfish ½ c. water	Graham Crackers and Juice <i>Serving Size:</i> 2 graham crackers ½ c. 100% juice	Yellow Cheese w/saltines& Water <i>Serving Size:</i> 1 sl. cheese 4 saltines	Small Pretzels and Juice <i>Serving Size:</i> 6 Pretzels ½ c. 100% juice	Cheese-its and Milk <i>Serving Size:</i> 8 cheese-its ½ c. milk

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Menu for: WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Pancakes w/ fruit cocktail & Milk <i>Serving Size:</i> 1 pancake ½ c. fruit ½ c. milk	Bagels w/fruit fresh seasonal fruit & Milk <i>Serving Size:</i> ½ bagel ½ c. fruit ½ c. milk	Toast w/ apple sauce & Milk <i>Serving Size:</i> 1 sl. toast ½ c. fruit ½ c. milk	Waffles w/ fresh seasonal fruit & Milk <i>Serving Size:</i> 1 waffle ½ c. fruit ½ c. milk	Cereal w/ bananas & Milk <i>Serving Size:</i> ½ c. cereal ½ c. fruit ½ c. milk
SNACKS	Graham Crackers and Juice <i>Serving Size:</i> 2 graham crackers ½ c. 100% juice	Vanilla Wafers and Milk <i>Serving Size:</i> 5 wafers ½ c. milk	Ritz Crackers w/ Cheese & water <i>Serving Size:</i> 4 crackers & 1 slice/cheese ½ c. water	Animal Crackers & water <i>Serving Size:</i> 8 crackers ½ c. water	Cheese-its and Juice <i>Serving Size:</i> 8 cheese-its ½ c. 100% juice

Menu for: WEEK 4

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Pancakes w/ fruit cocktail & Milk <i>Serving Size:</i> 1 pancake ½ c. fruit ½ c. milk	Cereal w/ bananas & Milk <i>Serving Size:</i> ½ c. cereal ½ c. fruit ½ c. milk	Toast w/ apple sauce & Milk <i>Serving Size:</i> 1 sl. toast ½ c. fruit ½ c. milk	Waffles w/ fresh seasonal fruit & Milk <i>Serving Size:</i> 1 waffle ½ c. fruit ½ c. milk	English Muffins w/fruit fresh seasonal fruit & Milk <i>Serving Size:</i> ½ muffin ½ c. fruit ½ c. milk
SNACKS	Graham Crackers and Milk <i>Serving Size:</i> 2 graham crackers ½ c. milk	Yellow Cheese w/saltines & Water <i>Serving Size:</i> 1 sl. Cheese & 4 saltines ½ c. water	Goldfish and Juice <i>Serving Size:</i> ½ c. Goldfish ½ c. 100% juice	Vanilla Wafers and Milk <i>Serving Size:</i> 5 wafers ½ c. milk	Small Pretzels and Juice <i>Serving Size:</i> 6 Pretzels ½ c. 100% juice