## BUSY BEACH FOOD MENU FOOD MENU

Pg 1of 2

Menu for: WEEK 1

BREAKFAST	Monday Waffles w/ fresh seasonal fruit & Milk	Tuesday Pancakes w/ fruit cocktail & Milk	Wednesday Cereal w/ bananas & Milk	Thursday Toast w/ apple sauce & Milk	Friday Cereal w/ bananas & Milk
	Serving Size: 1 waffle 1/2 c. fruit 1/2 c. milk	Serving Size: 1 pancake ½ c. fruit ½ c. milk	Serving Size: ½ c. cereal ½ c. fruit ½ c. milk	Serving Size: 1 sl. toast 1/2 c. fruit 1/2 c. milk	Serving Size: ½ c. cereal ½ c. fruit ½ c. milk
SNACKS	Goldfish and Juice	Wheat Thins and Water	Ritz Crackers w/ cheese & Juice	Animals Crackers and Milk	Yogurt w/ peaches and water
	Serving Size: 1/2 c. Goldfish 1/2 c. 100% juice	Serving Size: 8 crackers ½ c. water	Serving Size: 1 sl. cheese & 4 crackers ½ c. 100% juice	Serving Size: 8 crackers ½ c. milk	Serving Size: ½ c. yogurt ½ c. fruit

Menu for: WEEK 2

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

## BUSY BEACH FOOD MENU FOOD MENU

Pg 2 of 2

Menu for: WEEK 3

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

## Menu for: WEEK 4

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