

**ANNETTE'S DEVELOPMENTAL AND LEARNING CENTER  
MENU WORKSHEETS**

CYCLE 4, WEEK 4

AGES 1-2	AGES 3-5	AGES 6-12	BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
½ C ½ SL ¼ C ¼ C	¾ C ½ SL ¼ C ½ C	1 C 1 SL ¾ C ½ C	MILK BREAD/BREAD ALTERNATE FRUIT/ VEGETABLE/JUICE OTHER (OPTIONAL)	MILK CORN FLAKES PINEAPPLE CHUCKS	MILK WAFFLES BANANA	MILK PANCAKE & SAUSAGE ON THE STICK APPLE	MILK APPLE & MUFFIN ORANGE SLICES	MILK HAM & CHEESE POCKETS PEAR HALVES
			<b>LUNCH/DINNER</b>					
½ C ½ SL 1 OZ ¼ C	¾ C ½ SL 1 ½ OZ ½ C	1 C 1 SL 2 OZ ¾ C	MILK BREAD/BREAD ALTERNATE MEAT/MEAT ALTERNATE VEGETABLE/FRUIT VEGETABLE/FRUIT	MILK HOT ROLL FRIED FISH PATTIES CORN POTATO SALAD GREEN BEANS GRAPES	MILK BEEF TACOS W/CHEESE SHREDDED LETTUCE DICED TOMATOES MEXICAN CORN CAKE W/ICING ORANGE SLICES	MILK RED BEANS & RICE SMOKE SAUSAGE TOSSED SALAD PEAR HALVES	MILK SLICED BREAD BBQ ROAST BEEF CREAMED POTATOES GREEN PEAS MIXED FRUIT	MILK RICE W/GRAVY SLICE TURKEY CORN MIXED VEGETABLES
			<b>PM SNACK</b>					
½ C ½ SL 1 OZ ¼ C	½ C ½ SL ½ C ½ OZ	1 C 1 SL ¾ C 1 OZ	MILK BREAD/BREAD ALTERNATE FRUIT/VEGETABLE/JUICE MEAT/MEAT ALTERNATE	MILK PEANUT BUTTER TOAST	APPLE JUICE BANANA MUFFIN	RITZ CRACKERS GRAPE JUICE	MILK OREO COOKIES	FRUIT PUNCH CHEESE TOAST