

Mini Miracles Learning Center Menu

				BREAKFAST				
Serving Sizes				Monday	Tuesday	Wednesday	Thursday	Friday
	1-2yrs	3-5yrs	6-12yrs					
MILK	1/2 cup	3/4 cup	1 cup	Milk (A) Banana Cherrios	Milk (A) Sliced Apples Cherrios	Milk (A) Sliced Oranges Cherrios	Milk (A) Sliced Pinapple Cherrios	Milk (A) Watermelon Cherrios
FRUIT/VEG	1/4 cup	1/2 cup	1/2 cup					
GRAINS	1/2 ser	1/2 ser	1 ser					
Serving Sizes				LUNCH				
	1-2yrs	3-5yrs	6-12yrs					
MILK	1/2 cup	3/4 cup	1 cup	Milk (A) Hot Dogs Hotdog Buns(WG) French Fries Pears	Milk (A) Grilled Cheese Wheat Bread (WG) Baby Carrots Peaches	Milk (A) Meatballs Rice (WG) Green Beans Mandarin Oranges	Milk (A) Chicken Nuggets Crackers (WG) Tator Tots Peaches	Milk (A) Turkey & Cheese Wheat Bread (WG) Sweet Corn Mandarin Oranges
MEAT/ALT	1 oz	1 1/2oz	2 oz					
GRAINS	1/2 ser	1/2 ser	1 ser					
VEGGIES	1/8 cup	1/4 cup	1/2 cup					
FRUIT	1/8 cup	1/4 cup	1/2 cup					
				PM SNACK				
Serving Sizes								
	1-2yrs	3-5yrs	6-12yrs					
FRUIT/VEG	1/2 cup	1/2 cup	3/4 cup	100% Apple Juice	100% Apple Juice	100% Apple Juice	100% Apple Juice	100% Apple Juice
GRAINS	1/2 ser	1/2 ser	1 ser	Ritz Crackers	Graham Crackers	Cheez-it	Pretzels	Animal Crackers
Vitamin (A)								
Vitamin (C)								

~Cold water is offered to children at each meal-time and throughout the day~

Type of milk offered: 1% & Whole (under 2yrs)

WG = WHOLE WHEAT
Grill Cheese = 2 Slices per sandwich
Slice of Chees with Chicken Nuggets