



**Indiana State University**  
More. From day one.

# Toddler Menu 1-2 yrs old

Week 1 \_\_\_\_\_

Name of Facility ISU Child Care Center

MENU WRITTEN BY Mecheal Waugh

Updated: 3/22/2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 9:00 AM	FOOD ITEM	FOOD ITEM	FOOD ITEM	FOOD ITEM	FOOD ITEM
	AMT	AMT	AMT	AMT	AMT
Fruit/Vegetable	Pineapple Tidbits	Blueberries	Mandarin Oranges	Apricots*	Banana slices
	1/2 C	1/2 C	1/2 C	1/2 C	1/2 C
Grain/Bread/Rice/Pasta	WG Cheerios	WG toasted English muffin	WG Kix	WG Toast	WG mini bagels
	1/2 C	1/2 each	1/2 C	1/2 each	1/2 each
Meat/Alt (3xwk)				Scrambled eggs	
				2 T	
Milk/Formula	Whole	Whole	Whole	Whole	Whole
Vegetarian Option					
Lunch 11:30 AM	Taco Triangles CN	Spaghetti HM	Turkey and cheese sandwich HM	Chicken Nuggets CN	Pasta salad w/ cheese HM
Fruit	Mandarin oranges*	Peaches	Pears*	Mixed fruit*	Mixed berries
	1/8 C	1/8 C	1/8 C	1/8 C	1/8 C
Vegetable	Steamed broccoli	Peas*	Green beans	Corn	Peas & carrots
	1/8 C	1/8 C	1/8 C	1/8 C	1/8 C
Grain/Bread/Rice/Pasta	2 Triangles (WG tortilla)	WG Pasta	WG bread	WG brown rice	HM Tri color Pasta salad
	>1.5 oz.	1/2 C	1/2 slice	1/2 C	1/2 C
Meat/Alt	Shredded cheese (cheese/beef)	Cottage Cheese	Cheddar cheese Turkey meat	Chicken nuggets	Cubed cheese
	>1.5 oz.	1/2 C	1/2 each	5 each	1/2 C
Milk/Formula	Whole	Whole	Whole	Whole	Whole
Vegetarian Option	Soy Cheese	Yogurt	Soy cheese		Soy cheese
	1 slice	1/2 C	1 slice		1 slice
Snack 2:45 PM					
#1 Component	Cinnamon graham crackers	Cooked carrots	Cheese nips	Pears in natural juice*	Yogurt
	1 each	1/2 C	10	1/2 C	1/2 C
#2 Component	Apple slices*	String cheese	strawberries*	Saltine crackers	WG Multi-grain cheerios
	1/2 apple	1/2 each	1/2 each	4 each	1/2 C
Beverage	Water	Water	Water	Water	Water
	4oz	4oz	4oz	4oz	4oz
	WG – Whole Grain	CN – CN label	HM – homemade	*Bite size pieces	





**Indiana State University**  
More. From day one.

# Toddler Menu 1-2 yrs old

Week 2 \_\_\_\_\_

Name of Facility ISU Child Care Center \_\_\_\_\_

MENU WRITTEN BY Mechell Waugh

Updated: 9/21/2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast 9:00 Am</b>	FOOD ITEM	FOOD ITEM	FOOD ITEM	FOOD ITEM	FOOD ITEM
	AMT	AMT	AMT	AMT	AMT
<b>Fruit/Vegetable</b>	Pears in natural juice*	Unsweetened applesauce	Blueberries	Peaches	Pineapple tidbits
	1/8 C	1/8 C	1/8 C	1/8 C	1/8 C
<b>Grain/Bread/Rice/Pasta</b>	WG Frosted Mini Wheats	WG Kix	WG Cheerios	WG Chex	WG Multi-grain cheerios
	1/8 C	1/8 C	1/8 C	1/8 C	1/8 C
<b>Meat/Alt (3xwk)</b>					
Milk	Milk*	Milk*	Milk*	Milk*	Milk*
	4oz	4oz	4oz	4oz	4oz
<b>Vegetarian Option</b>					
<b>Lunch 11:30 AM</b>	Turkey/cheese roll-ups H M	Beef hot dog HM	Tuna Fish sandwich HM	Cheese Pizza CN	Pasta and sauce HM
	1/8 C	1/8 C	1/8 C	1/8 C	1/8 C
<b>Fruit/Vegetable</b>	Peaches Broccoli*	Strawberries* corn	Mixed fruit* Cooked spinach	Mandarin oranges Red/orange Veg sauce Corn	Pears in natural juice* Pears
	1/8 C	1/8 C	1/8 C	1/8 C	1/8 C
<b>Grain/Bread/Rice/Pasta</b>	WG tortilla	WG hot dog bun Ketchup/mustard	WG bread	Pizza Crust	WG pasta
	1/2	1/2 bun	1/2	1 Slice	1/2 C
<b>Meat/Alt</b>	1 slice of turkey	Beef hot dog*	Canned tuna	Mozzarella cheese	Cottage Cheese
	2 oz.	1/2 each	1/2	2 oz.	1/2 C
<b>Milk</b>	Milk*	Milk*	Milk*	Milk*	Milk*
	4oz	4oz	4oz	4oz	4oz
<b>Vegetarian Option</b>	2 slices of cheese	Soy cheese	Refried beans/salsa	Hummus	Yogurt
	2 oz.	2 slices	1/2 C	1/2 C	1/2 C
<b>Snack 2:45 PM</b>					
<b>#1 Component</b>	Cheese Crackers	Apricots	Banana slices*	Cooked carrots*	Peaches*
	10	1/2 C	1/2 C	1/2 C	1/2 C
<b>#2 Component</b>	grapes*	Sun butter Rice cakes	Yogurt	WG Ritz	WG dinner roll
	1/2 C	1 <sup>T</sup> / <sub>2</sub> each	1/2 C	4 each	1/2 each
<b>Beverage</b>	Water	Water	Water	Water	Water
	4oz	4oz	4oz	4oz	4oz
	WG - Whole Grain	CN - CN label	HM - homemade	*bite size pieces	*whole milk *1% milk
					< 2yrs 2 yrs+





**Indiana State University**  
More. From day one.

# Toddler Menu 1-2 yrs old

Week 3 \_\_\_\_\_

Name of Facility ISU Child Care Center

MENU WRITTEN BY Meachell Waugh

Updated: 10/25/2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	FOOD ITEM	FOOD ITEM	FOOD ITEM	FOOD ITEM	FOOD ITEM	AMT
Breakfast 9:00 Am						
Fruit/Vegetable	Banana slices*	Peaches*	Apricots*	Mixed fruit	Mixed berries	1/2 C
Grain/Bread/Rice/Pasta	WG mini wheats	WG Cheerios	WG Chex	WG Kix	WG Multi-grain Cheerios	1/2 C - 14g
Meat/Alt (3xwk)						
Milk	Milk*	Milk*	Milk*	Milk*	Milk*	4oz
Vegetarian Option						
Lunch 11:30 AM						
Fruit	Pears in natural juice*	Mandarin oranges*	Pineapple tidbits	Peaches*	Pears in natural juice*	1/8 C
Vegetable	Peas	broccoli	Red/orange veg filling	Green beans*	Carrots	1/8 C
Grain/Bread/Rice/Pasta	WG Soft breadstick	WG dinner roll	1 slice (crust)	WG Bread-use one slice for 1/2 sandwich each	WG breading on nuggets	1.25 oz - 35g
Meat/Alt	WG mini cheese ravioli	Crunch fish shapes	Chicken/cheese filling	2 slices of Colby-jack cheese	Chicken nuggets	3 each - 2 oz
Milk	Milk*	Milk*	Milk*	Milk*	Milk*	4oz
Vegetarian Option						
Snack 2:45 PM						
#1 Component	Apple slices*	Blueberries	Dry cheerios	Saltine crackers	Yogurt	1/2 C
#2 Component	Dry Chex cereal	Graham crackers	Cheese cubes	Strawberries	Animal crackers	8 each - 14g
Beverage	Water	Water	Water	Water	Water	4oz
	WG - Whole Grain	CN - CN label	HM - homemade	*bite size pieces	*whole milk *1% milk	< 2yrs 2 yrs+





**Indiana State University**  
More. From day one.

# Toddler Menu 1-2 yrs old

Week 4 \_\_\_\_\_

Name of Facility JSU Child Care Center

MENU WRITTEN BY Meachell Waugh

Updated: 10/4/2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	FOOD ITEM	FOOD ITEM	FOOD ITEM	FOOD ITEM	FOOD ITEM
	AMT	AMT	AMT	AMT	AMT
<b>Breakfast 9:00 Am</b>					
Fruit/Vegetable	peaches	Apple slices*	Applesauce w/ cinnamon sprinkle	Blueberries*	Peaches*
	½ C	½ C	½ C	½ C	½ C
Grain/Bread/Rice/Pasta	WG Kix	WG Multigrain cheerios	WG Frosted Mini	WG Cheerios	WG Chex
	¾ C - 14 g	¾ C - 14 g	¾ C - 14 g	¾ C - 14 g	¾ C - 14 g
Meat/Alt (3xwk)					
Milk	Whole	Whole	Whole	Whole	Whole
Vegetarian Option					
<b>Lunch 11:30 AM</b>					
	Parmesan egg noodles	Chicken Salad CN	Sloppy Joe CN	Vibrant Veggie pasta Salad HM	Grilled cheese sandwiches HM
	HM				
Fruit/Vegetable	Apricots* Peas	Pineapple tidbits* Tomato Slices	Pears in natural juice* Broccoli*	Strawberries* (peas, corn, peppers, carrots)	Green Beans Pears
	1/8 C 1/8 C	1/8 C 1/8 C	1/8 C 1/8 C	1/8 C 1/8 C	1/8 C 1/8 C
Grain/Bread/Rice/Pasta	Egg noodles	WG roll	WW English muffin	Bowlie Pasta	WG bread
	¾ C - 14 g dry	¾ - 14 g	¾ - 14 g	¾ C - 14g dry	1 slice - 28 g
Meat/Alt	Cottage cheese	Chicken Salad	Ground turkey	Cheese cubes	Grilled cheese sandwich
	¾ C	¾ C	¾ C	4	¾ sandwich
Milk	Whole	Whole	Whole	Whole	Whole
Vegetarian Option	Soy yogurt	Refried pinto beans	Soy cheese		Soy cheese
	½ C	½ C	1 slice		1 slice
<b>Snack 2:45 PM</b>					
#1 Component	Ritz crackers	Saltine crackers	Cucumbers* diced	Graham crackers	Mandarin oranges
	4-11 g	4-11 g	¾ C	1-14 g	¾ C
#2 Component	Fruit cocktail	Banana slices	String cheese or Soy Cheese CN	Yogurt	Saltine crackers
	½ C	½ each	¾ each 1 slice	¾ C	4-11 g
Beverage	Water	Water	Water	Water	Water
	4oz	4oz	4oz	4oz	4oz
	WG - Whole Grain	CN - CN label	HM - homemade	*bite sized	