

**Maryland State Department
Office of Child Care
MENU PLAN**

Dates: April 1-30, 2016

Name of Facility: **GOOD SHEPHERD EDUCATION CENTER**

Prepared By: Carolyn Carter

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack _____					1 Bagel/Cr. Cheese Milk/Water
PM Snack					Graham Crackers Fruit/Vegetable Milk/Water
AM Snack _____	4 Oatmeal Milk/Water	5 Corn Flakes Milk/Water	6 Mini Muffin Milk/Water	7 Rice Krispies Milk/Water	8 Cheerios Milk/Water
PM Snack	Fig Newtons Fruit/Vegetable Milk/Water	Ritz Crackers Fruit/Vegetable Milk/Water	Tortilla Chips/Salsa Fruit/Vegetable Milk/Water	Cheez-Its Fruit/Vegetable Milk/Water	Goldfish Fruit/Vegetable Milk/Water
AM Snack _____	11 Life Milk/Water	12 Fr. Toast Sticks Milk/Water	13 Cheerios Milk/Water	14 Special K Berries Milk/Water	15 Corn Flakes Milk/Water
PM Snack	Club Crackers Cheese/Grapes Milk/Water	Pretzels/Dip Fruit/Vegetable Milk/Water	Goldfish Fruit/Vegetable Milk/Water	Vanilla Wafers Pudding/ Bananas Milk/Water	Tortilla Chips/Salsa Fruit/Vegetable Milk/Water
AM Snack _____	18 Cheerios Milk/Water	19 Special K Berries Milk/Water	20 Mini Muffin Milk/Water	21 Bagel/Cr. Cheese Milk/Water	22 Rice Krispies Milk/Water
PM Snack	Goldfish Fruit/Vegetable Milk/Water	Fig Newtons Fruit/Vegetable Milk/Water	Graham Crackers Fruit/Vegetable Milk/Water	Pretzels/Dip Fruit/Vegetable Milk/Water	Cheez-Its Fruit/Vegetable Milk/Water
AM Snack _____	25 Life Milk/Water	26 Fr. Toast Sticks Milk/Water	27 Corn Flakes Milk/Water	28 Special K Milk/Water	29 Rice Krispies Milk/Water
PM Snack	Vanilla Wafers Bananas Milk/Water	Goldfish Fruit/Vegetable Milk/Water	Pretzels/Dip Fruit/Vegetable Milk/Water	Club Crackers Cheese/Grapes Milk/Water	Fig Newtons Fruit/Vegetable Milk/Water

Fill in foods served daily to children in care as required by COMAR 07.04.02.60, Food Service. Milk must be furnished with all meals.