

MARYLAND STATE DEPARTMENT OF EDUCATION – OFFICE OF CHILD CARE

WEEKLY MENU PLANNER – CHILDREN AGED 1 TO 12

April
Week of 3-7 Year 2023

BREAKFAST – ALL 3 COMPONENTS REQUIRED

MEAL REQUIREMENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fluid Milk	Milk	Milk	Milk	Milk	Milk		
Grain/bread/cereal	Cereal	mini bagels	French Toast	waffles	super cin toast		
Fruit or vegetable	Bananas	ORANGES	Blueberries	Strawberries	Apples		

SNACK - 2 OF THE 5 COMPONENTS REQUIRED

Fluid Milk							
Meat/poultry/fish or Cheese or Large egg or Peanut butter or Dried beans/peas or Yogurt			Cheese Stix	yogurt			
Grain/bread/cereal	Cheez-Its	Cherrios	Crackers	Tea	Pop Corn		
Vegetable							
Fruit	100% Juice	Bananas			100% Juice		

Please see side 2 for portion sizes

April 3-7 2023

LUNCH or SUPPER—ALL 5 COMPONENTS REQUIRED

	Mon	Tues	Wed	Thurs	Friday			
Fluid Milk	Milk	Milk	Milk	Milk	Milk			
Meat/poultry/fish or Cheese or Large egg or Peanut butter or Dried beans/peas or Yogurt	Salisbury steak gravy	Peanut butter + Jelly sandwich	Pasta + meat sauce	Scrambled eggs	Chicken stir-fry			
Vegetable	M. Pot.	Cucumbers Carrot	Salad	Hash Brown	Sautéed Veg.			
Different Vegetable or Fruit or 100% Juice	Applesauce w/s	Fruit yogurt	Peaches	Pears	Pineapple			
Grain/bread/pasta/rice	Bread			Pancakes	Rice			

MARYLAND STATE DEPARTMENT OF EDUCATION – OFFICE OF CHILD CARE

WEEKLY MENU PLANNER – CHILDREN AGED 1 TO 12

Week of April 16-14 Year

BREAKFAST—ALL 3 COMPONENTS REQUIRED

MEAL REQUIREMENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fluid Milk	Milk	Milk	Milk	Milk	Milk		
Grain/bread/cereal	Cereal - w.c	mini pancake	English - w.c muffins	Biscuits	Sugar - w.c cin. toast		
Fruit or vegetable	Bananas	Blueberries	ORANGES	Strawberries	Apples		

SNACK - 2 OF THE 5 COMPONENTS REQUIRED

Fluid Milk							
Meat/poultry/fish or Cheese or Large egg or Peanut butter or Dried beans/peas or Yogurt			Peanut Butter w.c	Cheese slices w.c			
Grain/bread/cereal	Pop Corn	Chex Mix w.c	Graham Crackers	Wheat Thins	Muffins		
Vegetable							
Fruit	100% Juice	Raisins			100% Juice		

Please see side 2 for portion sizes

April 10 - 14, 2023
LUNCH or SUPPER—ALL 5 COMPONENTS REQUIRED

	Mon	Tues	Wed	Thurs	Friday				
Fluid Milk	milk	milk	milk	milk	milk				
Meat/poultry/fish or Cheese or large egg or Peanut butter or Dried beans/peas or Yogurt	Turkey + Cheese w/ w/ + Topping	Taco's	Grilled Cheese + Ham	Chicken Breast Sandwich	Cheese Fizza				
Vegetable	Carrots + Cuc.	corn	Veg. Soup	Fries	Salad				
Different Vegetable or Fruit or 100% Juice	Fruit + Codd. ORANGES	Mandarin	Apple sauce	Pineapple	Peaches				
Grain/bread/pasta/rice	w/ w/ w/ g.	Garlic	soup Croissants	Bread w/ g.	Pizza crust				

MARYLAND STATE DEPARTMENT OF EDUCATION – OFFICE OF CHILD CARE

WEEKLY MENU PLANNER – CHILDREN AGED 1 TO 12

Week of April 17-21 Year 2023

BREAKFAST – ALL 3 COMPONENTS REQUIRED

MEAL REQUIREMENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fluid Milk	Milk	Milk	Milk	Milk	Milk		
Grain/bread/cereal	Cereal	French toast Strawberries	Waffles	Mini Pancakes	Oatmeal w/s		
Fruit or vegetable	Bananas		ORANGES	Strawberries	Blueberries		

SNACK - 2 OF THE 5 COMPONENTS REQUIRED

Fluid Milk							
Meat/poultry/fish or Cheese or large egg or Peanut butter or Dried beans/peas or Yogurt				Yogurt			
Grain/bread/cereal	Goldfish	Cherrios	Pretzels	Salty Do Graham crackers	Popcorn		
Vegetable							
Fruit	100% Juice	Bananas	Grapes		100% Juice		

Please see side 2 for portion sizes

April 17-21, 2023

LUNCH or SUPPER—ALL 5 COMPONENTS REQUIRED

	Mon.	Tues.	Wed.	Thurs.	Friday			
Fluid Milk	Milk	Milk	Milk	Milk	Milk			
Meat/poultry/fish or Cheese or Large egg or Peanut butter or Dried beans/peas or Yogurt	Meatballs	Sloppy Joe Sand	Chicken Nuggets	Hot Dogs	Fish Fillets			
Vegetable	Green Beans	Peas	Carrots	Fries	Broccoli			
Different Vegetable or Fruit or 100% Juice	Pears	Peaches	Pineapple	Fruit Cocktail	Mandarin ORANGES			
Grain/bread/pasta/rice	Roll-w-g	Roll-w-g	Mac + cheese	Roll-w-g	Roll-w-g			

MARYLAND STATE DEPARTMENT OF EDUCATION – OFFICE OF CHILD CARE

WEEKLY MENU PLANNER -- CHILDREN AGED 1 TO 12

Week of April 24-30 Year 2023

BREAKFAST—ALL 3 COMPONENTS REQUIRED

MEAL REQUIREMENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fluid Milk	Milk w/c	milk	milk	milk	milk		
Grain/bread/cereal	cereal	English muffins	Waffles	Biscuits	Oatmeal w/c		
Fruit or vegetable	Bananas	Blueberries	Strawberries	ORANGE	Blueberries		

SNACK - 2 OF THE 5 COMPONENTS REQUIRED

Fluid Milk							
Meat/poultry/fish or Cheese or Large egg or Peanut butter or Dried beans/peas or Yogurt							
Grain/bread/cereal	Muffins	Cheerios w/c	Graham Crackers	Pretzels	Goldfish		
Vegetable							
Fruit	100% Juice	Raisins	Apples	Grapes	100% Juice		

Please see side 2 for portion sizes

April 24-28, 2023 LUNCH or SUPPER—ALL 5 COMPONENTS REQUIRED

	Mon.	Tues.	Wed.	Thurs.	Friday				
Fluid Milk	Milk	Milk	Milk	Milk	Milk				
Meat/poultry/fish or Cheese or Large egg or Peanut butter or Dried beans/peas or Yogurt	u.s. Chicken Parmese on	Hot Chicken Sandwich	Hot Turkey Sandwich	Hot Dog	Chicken Patty				
Vegetable	Salad	carrots + Cucumbers	M. Pot. Gravy	Fries	Chicken corn Soup				
Different Vegetable or Fruit or 100% Juice	Melon, orange ORANGES	Fruit (Cocktail)	Applesauce	Peaches	Pears				
Grain/bread/pasta/rice	Garlic Bread	Bread u.s.	Bread - u.s.	Roll - u.s.	Roll - u.s.				