

# My Kids Meal Planner Sample Week

Week 4				
	Breakfast	Lunch	Snack	Activity
Monday	Raisin Bran Cereal	Hot dog	Fruit Smoothie	Let the kids paint using a feather as a brush or give them a small blown up balloon to use like a stamp. They could even drive cars through the paint. They will enjoy the different tire treads.
	mandarin oranges	tater tots	animal crackers	
	milk	apple		
		milk		
Tuesday	French Toast	Mini Mexican Pizzas	Bagel with Cinnamon-	Leaf Rubbings Collect some leaves from outside and place them under a piece of paper & color the paper with a crayon.
	peaches	corn	Honey Spread	
	milk	banana	milk	
		milk		
Wednesday	Cheesy Scrambled Eggs	Fish Sticks	Cottage Cheese Salad	Cut food out of a magazine or grocery ad and glue it to a paper plate. You could even ask them to come up with a healthy meal.
	toast	mashed potatoes	Graham Sticks	
	pears	peas		
	milk	bread with butter		
		milk		
Thursday	Multigrain Cheerios	Ham and Swiss Cheese	Frozen Banana Treats	Make masks with paper plates. Glue popsicle sticks to the plates for handles. Or make paper plate hats. Decorate the plate with anything. Then punch a hole on each side of the plate & attach yarn to tie under chin.
	apple	in a Crescent roll	milk	
	milk	strawberries		
		green beans		
		milk		
Friday	Cinnamon Roll	Beef Stroganoff	Cinnamon Tortilla Chips	Add a few drops of food coloring to sweetened condensed milk. Let the kids paint a picture with the milk. It will dry shiny.
	fruit cocktail	carrots (raw or cooked)	(dip in honey or yogurt)	
	milk	pineapple tidbits	milk	
		milk		

# Week 4 - Childcare Provider Cheat Sheet

		Breakfast	Lunch	Snack
Monday	Meat or Alternate		Hot dog	
	Vegetable or Fruit	mandarin oranges (Vit C)	tater tots	strawberries (Vit C)
	Vegetable or Fruit		apple	
	Bread or Alternate	Raisin Bran Cereal	hot dog bun	Animal Crackers
	Milk (or dairy group for snack)	milk	milk	
Tuesday	Meat or Alternate		hamburger	
	Vegetable or Fruit	peaches (Vit A)	corn	
	Vegetable or Fruit		banana (Vit C)	
	Bread or Alternate	Texas Toast	tortilla	Bagel
	Milk (or dairy group for snack)	milk	milk	milk
Wednesday	Meat or Alternate		Fish Sticks	Cottage Cheese Salad
	Vegetable or Fruit	pears	mashed potatoes (Vit C)	
	Vegetable or Fruit		peas (Vit A & C)	
	Bread or Alternate	bread	bread	Graham Sticks
	Milk (or dairy group for snack)	milk	milk	
Thursday	Meat or Alternate		Ham	
	Vegetable or Fruit	apple	green beans	banana (Vit C)
	Vegetable or Fruit		strawberries (Vit C)	
	Bread or Alternate	Multigrain Cheerios	crescent roll	
	Milk (or dairy group for snack)	milk	milk	milk
Friday	Meat or Alternate		hamburger	
	Vegetable or Fruit	fruit cocktail	carrots (Vit A)	
	Vegetable or Fruit		pineapple tidbits (Vit C)	
	Bread or Alternate	Cinnamon Roll	noodles	tortilla
	Milk (or dairy group for snack)	milk	milk	milk