

Menu Documentation Form

Quality Care Services Inc.
 229 North Main. El Dorado, Ks 67042
 (316) 321-7237 * 1 (800) 273-1341

Month of: May-17 Provider Name: _#1 done

Pattern	5/1/2017	5/2/2017	5/3/2017	5/4/2017	5/5/2017
Breakfast - Select all three component					
Fluid Milk (1% or skim)	(1%, or Skim)	(1% or skim)	(1% or skim)	(1% or skim)	(1% or skim)
Fruit or Vegetable	Orange Slices	Strawberries, Blueberries	Pears	Clementines	Banana - whole
Bread / Alternate	WG Cheerios*	Pancakes	WG Honey Kix*	Blueberry Muffins	WG Toast/ Scrambled Eggs
AM Snack - Select two or more components					
Fluid Milk (1% or skim)	<u>Water</u>	<u>Water</u>	<u>Water</u>	<u>Water</u>	<u>Water</u>
Meat /alternate	Cottage Cheese		Peanut Butter		
Fruit or Vegetable	Peaches	Carrot Sticks	Banana-whole	Red Pepper/Cucumber slices	Apples
Bread / Alternate		Ritz Crackers		Oyster crackers	Gold Fish crackers
Lunch - Select all four components					
Fluid Milk (1% or skim)	(1%, or skim)	(1% or skim)	(1% or skim)	(1% or skim)	(1% or skim)
Meat /alternate	** Hamburger Sliders	Chicken/Cheese Quesadilla	Ham Salad	Beef Sauce	Chicken and Rice
Fruit or Veg - 1	French Fries	Black Beans	Corn	Tossed Salad	Mixed Vegetables
Fruit or Veg - 2	Apple Slices	Tossed Salad	Strawberries	Pears	Banana
Bread / Alternate	WW Hawaiian Roll	WG Tortilla	WW Bread	WG Noodles	Rice
PM Snack - Select two or more components					
Fluid Milk (1% or skim)	<u>Water</u>	<u>Water</u>	(1% or skim)	<u>Water</u>	<u>Water</u>
Meat /alternate	Yogurt- strawberry flavored			Cottage Cheese	Cheese Stick
Fruit or Vegetable	Cucumbers/Carrots	Apricots	Sweet Potato fries	Papaya	garden salad/romaine
Bread / Alternate		Wheat Thins			
Supper - Select all four components					
Fluid Milk (1% or skim)					
Meat /alternate					
Fruit or Veg - 1					
Fruit or Veg - 2					
Bread / Alternate					
Bedtime Snack - Select two or more components					
Fluid Milk (1% or skim)					
Meat /alternate					
Fruit or Vegetable	** See Recipe				
Bread / Alternate					

Reminders: Offer a colorful plate; Whole Grain Daily; Water available throughout the day
 Milk: 1 year old = Whole Milk 2 years and older = 1% or Skim Milk

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Month of: May-17 Provider Name: #2 Done

Pattern	5/8/2017	5/9/2017	5/10/2017	5/11/2017	5/12/2017
Breakfast - Select all three component					
Fluid Milk (1% or skim)	(1% or skim)	(1% or skim)	(1% or skim)	(1% or skim)	(1% or skim)
Fruit or Vegetable	Purple Grapes	Cantaloupe	Hash Browns	Pears	Raspberries
Bread / Alternate	Waffles	WG Oatmeal	Sausage Patties	WG Mom Frosted Spooners	Pigs-n-the-Blanket/Beef hot dogs
AM Snack - Select two or more components					
Fluid Milk (1% or skim)	<u>Water</u>	<u>Water</u>	<u>Water</u>	<u>Water</u>	<u>Water</u>
Meat /alternate				Hummus	Peanut Butter
Fruit or Vegetable	100% Apple Juice	Carrot Sticks	Banana-whole	Cherry Tomatoes	Apple Slices
Bread / Alternate	Bread Sticks	Goldfish Crackers	Pretzels	Pita Chips	
Lunch - Select all four components					
Fluid Milk (1% or skim)	(1% or skim)	(1% or skim)	(1% or skim)	(1% or skim)	(1% or skim)
Meat /alternate	Turkey Sand / Cheese stick	Vanilla Yogurt/Peanut Butter	Beef/ Cheese	Sausage Links	HM Cod Fish Fillets
Fruit or Veg - 1	HM Sweet Potato Fries	Corn	Lettuce/Tomato/ Beans	Brussel Sprouts	Crazy Carrot Coins
Fruit or Veg - 2	Lettuce/Tomato salad	Strawberries	Peaches	Applesauce	Oven Roasted Asparagus
Bread / Alternate	WG Bread	WG Bread	Yellow Corn Taco Shells	WG Bread & Butter	WG MAC/Cheese Noodles
PM Snack - Select two or more components					
Fluid Milk (1% or skim)	(1% or skim)	(1% or skim)	(1% or skim)	(1% or skim)	(1% or skim)
Meat /alternate			Cheese	Ham/cheese	
Fruit or Vegetable	Spinach Dip/w Cheese	Fruit Cocktail	Cherry Tomatoes	leaf lettuce	
Bread / Alternate	Pita Chips	Crackers	English Muffin		Blueberry Muffin
Supper - Select all four components					
Fluid Milk (1% or skim)					
Meat /alternate					
Fruit or Veg - 1					
Fruit or Veg - 2					
Bread / Alternate					
Bedtime Snack - Select two or more components					
Fluid Milk (1% or skim)					
Meat /alternate					
Fruit or Vegetable					
Bread / Alternate					

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Month of:

May-17

Provider Name: #3

Done

Pattern	5/15/2017	5/16/2017	5/17/2017	5/18/2017	5/19/2017
Breakfast - Select all three component					
Fluid Milk (1% or skim)	(1% or skim)	(1% or skim)	(1% or skim)	(1% or skim)	(1% or skim)
Fruit or Vegetable	Blueberries	Kiwi	Papaya	Plums	Tropical Fruit
Bread / Alternate	WG Grilled Cheese	WG Cinnamon Toast	WG English Muffin	Ham & Cheese Sandwich	WG Tortilla, Eggs/Cheese
AM Snack - Select two or more components					
Fluid Milk (1% or skim)	<u>Water</u>	<u>Water</u>	<u>Water</u>	(1% or skim)	<u>Water</u>
Meat /alternate	Deviled Eggs		extra/ Cream cheese		Turkey Slices
Fruit or Vegetable	V-8 Juice	Oranges	Fresh Fruit/ Mixed *	Raspberries	Pickle Spears
Bread / Alternate		pretzels	WW Mini Bagels	Waffle	
Lunch - Select all four components					
Fluid Milk (1% or skim)	(1% or skim)	(1% or skim)	(1% or skim)	(1% or skim)	(1% or skim)
Meat /alternate	**Avocado Egg Salad	**Generals Chicken	Turkey & Veggie mini meatloaf	Ham slices	Mexican Beef rice Casserole
Fruit or Veg - 1	Green Beans	Broccoli	Carrots Zucchini	Lettuce, Peppers, tomato, shredded carrots,	Peas/Carrots
Fruit or Veg - 2	Apples	Raspberries	Banana	Mango/Papya	Apricots
Bread / Alternate	WG Bread	Brown Rice	WG Bread & Butter	WW Tortilla	Rice
PM Snack - Select two or more components					
Fluid Milk (1% or skim)	<u>Water</u>		<u>Water</u>		<u>Milk</u>
Meat /alternate			Ham Cubes/cheese	Cheese Sticks	Tuna salad
Fruit or Vegetable	Cherry Tomatoes	Juicy Juice Apple	Bell Peppers/ Cucumbers		
Bread / Alternate	Gold Fish	Hi ho Crackers		Wheat Thins	WG bread
Supper - Select all four components					
Fluid Milk (1% or skim)	(1% or skim)	(1% or skim)	(1% or skim)	(1% or skim)	(1% or skim)
Meat /alternate					
Fruit or Veg - 1					
Fruit or Veg - 2					
Bread / Alternate					
Bedtime Snack - Select two or more components					
Fluid Milk (1% or skim)					
Meat /alternate	** Coleslaw recipe		*Fresh Fruit Mix* apples/banana/strawberries		
Fruit or Vegetable	green/red cabbage/carrots			** Caterpillar Ham Wraps	
Bread / Alternate					

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Month of: May-17 Provider Name: #4

Pattern	5/22/2017	5/23/2017	5/24/2017	5/25/2017	5/26/2017
Breakfast - Select all three component					
Fluid Milk (1% or skim)	(1% or skim)	(1% or skim)	(1% or skim)	(1% or skim)	(1% or skim)
Fruit or Vegetable	Grapefruit sections	Strawberries	Avocado/Tomato	Banana	Blueberries/Strawberries
Bread / Alternate	Egg Sandwich	WG Life cereal	Pita Pocket w/Cheese	Mom Frosted mini Spooners	Vanilla Yogurt/Granola
AM Snack - Select two or more components					
Fluid Milk (1% or skim)	<u>Water</u>		<u>Water</u>	<u>Water</u>	<u>Water</u>
Meat /alternate				Cottage Cheese	
Fruit or Vegetable	Apples Slices	100% Juicy Juice Punch	Cantaloupe	Tomatoes	Watermelon
Bread / Alternate	WG Cinn. Toast	Saltine Crackers	Cheerios		Club Crackers
Lunch - Select all four components					
Fluid Milk (1% or skim)	(1% or skim)	(1% or skim)	(1% or skim)	(1% or skim)	(1% or skim)
Meat /alternate	Chicken tenders-grilled	Hamburger/meatsauce	**Greek Chicken Salad	Home Made Mac/Cheese	Tuna Salad/w eggs
Vegetable	Broccoli	Lettuce/tomato/cucumbers	Corn/celery	Green Beans	Carrots
Fruit/Vegetable	Grapes	Oranges	Pineapple	Strawberries	Applesauce
Bread / Alternate	WW Tortilla	Pasta- spaghetti	WG Bread	Macaroni & Cheese	WG Bread
PM Snack - Select two or more components					
Fluid Milk (1% or skim)	(1% or skim)	<u>Water</u>	<u>Water</u>	<u>Water</u>	<u>Water</u>
Meat /alternate			Hummus		Cheese
Fruit or Vegetable	Baked Sweet Potato	Melon Balls Honeydew/cantaloupe	Carrot Stick	raisins/apple	Pizza Sauce
Bread / Alternate		Pumpkin muffin	Pita Chips	Whole grain Gold fish	English Muffin
Supper - Select all four components					
Fluid Milk (1% or skim)	(1% or skim)	(1% or skim)	(1% or skim)	(1% or skim)	(1% or skim)
Meat /alternate					
Fruit or Veg - 1					
Fruit or Veg - 2					
Bread / Alternate					
Bedtime Snack - Select two or more components					
Fluid Milk (1% or skim)					
Meat /alternate					
Fruit or Vegetable					
Bread / Alternate					

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Month of:

May-17

Provider Name: #5

Pattern	5/29/2017	5/30/2017	5/31/2017	6/1/2017	6/2/2017
Breakfast - Select all three component					
Fluid Milk (1% or skim)	(1% or skim)	(1% or skim)	(1% or skim)	(1% or skim)	(1% or skim)
Fruit or Vegetable	Mango	Pineapple	Green Apples Slices	Apricots	Peaches
Bread / Alternate	WG Cream of Wheat	Toast/ with Peanut Butter	Brown Rice w/Cinnamon	Scrambled Eggs	Quinoa
AM Snack - Select two or more components					
Fluid Milk (1% or skim)	<u>Water</u>	<u>Water</u>	<u>Water</u>	<u>Water</u>	<u>Water</u>
Meat /alternate	Cottage Cheese		Peanut Butter		
Fruit or Vegetable	Peaches	Carrot Sticks	Banana-whole	Red Pepper/Cucumber slices	Apples
Bread / Alternate		Ritz Crackers		Oyster crackers	Gold Fish crackers
Lunch - Select all four components					
Fluid Milk (1% or skim)	(1% or skim)	(1% or skim)	(1% or skim)	(1% or skim)	(1% or skim)
Meat /alternate	HM Chicken Noodles	HM Pot Roast	Turkey Sandwich	Pork Chops	Chicken Stir Fry
Fruit or Veg - 1	Mashed Potato	Potatoes, Carrots,onion	Mixed Vegetables	Fried Potato	Stir Fry Vegetables
Fruit or Veg - 2	Broccoli	Grapes	Peaches	Beets	**Apple/Acorn Squash
Bread / Alternate	Noodles	WG Bread & Butter	WG Bread	WG Bread & Butter	WG Brown Rice
PM Snack - Select two or more components					
Fluid Milk (1% or skim)	<u>Water</u>	<u>Water</u>	<u>Water</u>		<u>Water</u>
Meat /alternate	Deviled Eggs		extra/ Cream cheese	100% Beef Hotdogs	Ham Slices/cheese
Fruit or Vegetable	V-8 Juice	Oranges	Fresh Fruit/ Mixed *		Pickle Spears
Bread / Alternate		pretzels	WW Mini Bagels	Cheese Biscuits	
Supper - Select all four components					
Fluid Milk (1% or skim)	(1% or skim)	(1% or skim)	(1% or skim)	(1% or skim)	(1% or skim)
Meat /alternate					
Fruit or Veg - 1					
Fruit or Veg - 2					
Bread / Alternate					
Bedtime Snack - Select two or more components					
Fluid Milk (1% or skim)					
Meat /alternate					
Fruit or Vegetable					
Bread / Alternate					

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