Menus for Toddlers in Day Care: Part IV

BY
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This is the last part of a four-part series of articles that provide a total of four weeks’ worth of menus for toddlers. In the first installment (Fall 1978) will be found the basic recipes for preparing Milk Plus, TVP, and Fruit Juice, as well as a general introduction to the format of these menus.

Providing children with nutritious foods and encouraging good eating habits fulfill only part of a day care center’s responsibility. It is also im-

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DAY DEPARTURE TIME CHILD'S NAME
Did your child sleep well last night? Has your child had breakfast?
Any special instructions for today? Phone number if different:

TODAY'S PLAY ACTIVITIES MEALS
Individual
Art or Science
Large Group
Helping
Outdoor
Other

Protein Source
Fruit/Juice
Vegetable
Bread/Cereal
Milk Product

A.M. Snack Lunch P.M. Snack

MEDICINE GIVEN AT:

GENERAL DISPOSITION
NAP: Slept from to
POTTY: Number of accidents
COMMENTS:

SUBSTITUTE FOODS FOR:
A.M. snack: Serve instead of
Lunch Serve instead of
P.M. snack: Serve instead of

MEDICINE FOR:

Signature:

Date:

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Important for the center to let parents know what and how much their child ate and help them interpret this information. In this way, parents can be encouraged to give the child foods that will complete the day's balanced diet, and can also get a better understanding of the importance of good nutrition to growing children.

Reporting to Parents

In our toddler center, we use a parent report form like that shown on the previous page to help in the exchange of information between staff and parents. Each morning parents give the center information important to their child's care—special needs, parents' con-

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### MENU 16

<table>
<thead>
<tr>
<th>DO AHEAD</th>
<th>A.M. SNACK</th>
<th>LUNCH</th>
<th>P.M. SNACK</th>
</tr>
</thead>
<tbody>
<tr>
<td>(No advance preparation needed.)</td>
<td>1/4 slice cheese toast (4)</td>
<td>1/8 cup pea-rice casserole</td>
<td>1/2 cup BucWheats w/milk (2)</td>
</tr>
<tr>
<td></td>
<td>1/4 cup milk plus</td>
<td>1/8 cup green beans</td>
<td>1/2 cup orange juice (2)</td>
</tr>
</tbody>
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1/2 HOUR BEFORE A.M. SNACK:

Prepare MILK PLUS.

Prepare CHEESE TOAST:
1. Adjust oven rack and preheat oven to broil.
2. Wash hands well. Arrange bread on 2 cookie sheets.
3. Top each piece with one cheese slice.
4. Broil one pan at a time until cheese melts, about 1 1/2 minutes. Watch carefully to avoid burning.
5. Cut each slice in quarters.

ONE HOUR BEFORE LUNCH:

Cook rice for PEA-RICE CASSEROLE:
1. Measure water, salt, and oil into a large Dutch oven.
2. Cover pan and bring to boil over high heat.
3. When water boils, add rice, stir once, and cover pan.
4. Reduce heat to low and set timer for 20 minutes.

Prepare MALTED MILK.
1. Measure 6 3/4 cups water into each of two one-gallon pitchers.
2. Combine dry ingredients in a bowl and mix together.
3. Slowly add half the dry ingredients and 1 tsp vanilla to each pitcher. Stir well with long-handled spoon.
4. Refrigerate until serving time.

Prepare GREEN BEANS by draining beans in a strainer, then place in serving bowl. Discard canned juices.

When timer rings for rice, finish preparing PEA-RICE CASSEROLE:
1. Remove rice from heat and let cool a few minutes.
2. Add cheese soup, water or vegetable juice, milk powder, and peas. Mix thoroughly.

Serve plates with:

- 1/8 cup pea-rice casserole
- 1/4 cup green beans
- Pour about 1/2 cup malted milk in each cup.

20 MINUTES BEFORE P.M. SNACK:

Prepare ORANGE JUICE.

Prepare BUCWHEATS:
1. Pour about 1/2 cup BucWheats in each child’s bowl.
2. Pour milk plus on cereal as children come to snack.

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### CHEESE TOAST

1 slice (4 oz each) processed American cheese per child
1 slice enriched or whole grain bread per child

### PEA-RICE CASSEROLE

- 3 3/4 cups water
- 1/3 tsp salt
- 1 tsp vegetable oil
- 1 1/2 cups enriched white rice
- 2 11-oz cans cheddar cheese soup
- 1/4 cup water or vegetable juice
- 1 cup milk powder
- 1 17-oz can peas, drained

### MALTED MILK

- 13 1/2 cups cold water
- 9 cups milk powder
- 1/4 cup sugar
- 1 cup malted milk powder
- 2 tsp vanilla

### GREEN BEANS

4 16-oz cans green beans

### BUCWHEATS w/MILK

1 15-oz box BucWheats cereal
1 qt milk plus