

PROVIDER PATH CHILDCARE

Mix, Match & Save

DAYCARE MEALS

More choices.
Familiar meals.
A budget you can adapt.

EXPANDED PROVIDER EDITION
8 weeks of menus
Food directory + flip cards + costs

Breakfast / Morning snack / Lunch
Afternoon snack / Dinner

Provider edition - September 28, 2026
For ages 1-12; infant meal patterns are separate.

Decorative AI-generated cover photograph; portions are specified inside.



Your printing map

Use the PDF page numbers below. Printed card IDs identify the flaps after cutting.

Section	PDF pages	Print / assembly
Start here	2-8	Keep whole
Budget and records	9-11	Keep whole
Eight-week menus	12-27	Keep whole
Quick meals and backups	28-31	Keep whole
Food directory	32-69	Keep whole
Sources	70-74	Keep whole
Breakfast flaps	75-90	2 independent flaps per page
Lunch + dinner flaps	91-118	4 independent flaps per page
Morning + afternoon snack flaps	119-136	2 independent flaps per page

The cards include the original 22 sheets plus 40 expansion sheets. Flip only within a meal section: a fruit portion at snack differs from the portion at lunch. Each full meal needs milk only once.

Directory coverage: 203 food-type entries across all five components. Menu rotation: 40 days / 200 planned occasions, plus 24 quick or pantry combinations. Familiar staples intentionally repeat.

Use a budget that reflects your kitchen

Prices vary. Enter current prices and usable package yields; the printed examples are not store quotes.

Step	What to enter	Why it matters
1. Plan attendance	Children by age and eating occasion.	Evening attendance may differ from daytime.
2. Add the quantities	Sum age-specific portions for each ingredient.	One mixed-age average can hide too little food.
3. Record usable yield	Cooked ounces, drained cups or another consistent unit.	Raw weight and cooked yield are not interchangeable.
4. Price food used	Package price / usable yield x total quantity needed.	This measures consumption, including pantry food used.
5. Price checkout	Subtract pantry once; round remaining need to full packages.	Shopping spend differs from ingredient value consumed.
6. Record other spending	Include oil, seasonings and other meal costs separately.	Food cost alone is not total operating cost or profit.

Mixed-age example

For lunch protein: 2 children ages 1-2 x 1 oz + 4 children ages 3-5 x 1.5 oz + 2 children ages 6-12 x 2 oz = **12 cooked ounces**. Enter that total in Custom Food Costs. Record 8 child servings if you want an average cost per child.

Use the original five-day calculator for its existing food selections. Use the separate Custom Food Costs batch for expanded menus and new foods. Combine repeated ingredients before subtracting pantry and rounding packages.

Week 1 / Everyday favorites

Milk = unflavored whole milk. WGR = whole grain-rich. Use the portion table and product-specific crediting.

Occasion	Monday	Tuesday	Wednesday
Breakfast	WGR oatmeal Banana milk.	WGR toast Applesauce milk.	WGR pancakes Peaches milk.
Morning snack	Plain yogurt Peaches.	WGR O-shaped cereal Milk.	Pears Cheddar, shredded.
Lunch	Chicken pieces Brown rice (WGR) Peas Pears milk.	Turkey pasta (Ground turkey WGR spaghetti) Broccoli Mandarin oranges milk.	Beef patty, crumbled WGR bun Green beans Applesauce milk.
Afternoon snack	WGR crackers Cheddar, shredded.	Banana Cottage cheese.	Plain yogurt Banana.
Dinner	Scrambled eggs WGR toast Soft carrots Applesauce milk.	Bean tortilla roll-up (Black beans, mashed WGR tortilla) Corn Peaches milk.	Chicken pieces Brown rice (WGR) Soft carrots Pears milk.

Use oats, WGR bread, brown rice, chicken, eggs and cheddar in several ways. Choose frozen peas and broccoli plus canned fruit in juice. Portion and freeze extra cooked chicken for later meals.

Fruit / food directory

These are food options with conditions, not a blanket approval of every brand or recipe.

Food / option	Crediting condition	Preparation / practical use
Apple Eligible type	Measure the edible fruit portion. [F02]	Offer soft baked apple pieces with breakfast. Forms: Fresh; frozen or commercially canned where available
Apricot Eligible type	Measure the edible fruit portion. [F02]	Try soft diced apricot beside toast. Forms: Fresh; frozen or commercially canned where available
Banana Eligible type	Measure the edible fruit portion. [F02]	Slice lengthwise, then into suitable pieces. Forms: Fresh; frozen or commercially canned where available
Blackberries Eligible type	Measure the edible fruit portion. [F02]	Mash into a chunky spoonable fruit side. Forms: Fresh; frozen or commercially canned where available
Blueberries Eligible type	Measure the edible fruit portion. [F02]	Flatten or quarter for young children. Forms: Fresh; frozen or commercially canned where available
Cantaloupe Eligible type	Measure the edible fruit portion. [F02]	Cut ripe melon into small pieces. Forms: Fresh; frozen or commercially canned where available

Use an age-appropriate portion, the actual food label and the USDA Food Buying Guide. Special product requirements remain part of the choice. See sources at the end of the guide.

BREAKFAST / B01

GRAIN

Whole grain-rich waffle

SERVE PER CHILD

1-2 years
17 g

3-5 years
17 g

6-12 years
34 g

Cut into soft bite-size pieces; serve plain.

Use a whole grain-rich product; weigh the serving.

YOUR COST / CHILD AGE 3-5

\$ _____

Milk ONCE per meal:

1-2: 4 fl oz; 3-5: 6; 6-12: 8.

BREAKFAST / B01

FRUIT

Soft cooked apples

SERVE PER CHILD

1-2 years
1/4 cup

3-5 years
1/2 cup

6-12 years
1/2 cup

Cook peeled apple pieces until soft; cool before serving.

Measure edible fruit after removing pits, peel and liquid.

YOUR COST / CHILD AGE 3-5

\$ _____

Milk ONCE per meal:

1-2: 4 fl oz; 3-5: 6; 6-12: 8.

LUNCH + DINNER / LD01

PROTEIN

Roast turkey

SERVE PER CHILD1-2 years
1 oz cooked3-5 years
1 1/2 oz cooked6-12 years
2 oz cooked

Cook until tender; chop finely for young children.

Measure the cooked, boneless meat only.

YOUR COST / CHILD AGE 3-5
\$ _____Milk ONCE per meal:
1-2: 4 fl oz; 3-5: 6; 6-12: 8.

LD01 | A | EXPANSION

LUNCH + DINNER / LD01

GRAINWhole-wheat
dinner roll**SERVE PER CHILD**1-2 years
14 g3-5 years
14 g6-12 years
28 g

Cut into small pieces suitable for the child.

Use a whole grain-rich product; weigh the serving.

YOUR COST / CHILD AGE 3-5
\$ _____Milk ONCE per meal:
1-2: 4 fl oz; 3-5: 6; 6-12: 8.

LD01 | B | EXPANSION

LUNCH + DINNER / LD01

VEGETABLE

Cauliflower

SERVE PER CHILD1-2 years
1/8 cup3-5 years
1/4 cup6-12 years
1/2 cup

Steam until fork-soft; chop or mash.

Measure the cooked or ready-to-eat vegetable portion.

YOUR COST / CHILD AGE 3-5
\$ _____Milk ONCE per meal:
1-2: 4 fl oz; 3-5: 6; 6-12: 8.

LD01 | C | EXPANSION

LUNCH + DINNER / LD01

FRUITSoft cooked
apples**SERVE PER CHILD**1-2 years
1/8 cup3-5 years
1/4 cup6-12 years
1/4 cup

Cook peeled apple pieces until soft; cool before serving.

Measure edible fruit after removing pits, peel and liquid.

YOUR COST / CHILD AGE 3-5
\$ _____Milk ONCE per meal:
1-2: 4 fl oz; 3-5: 6; 6-12: 8.

LD01 | D | EXPANSION