

# Professional Portfolio

## RC 1-2 Weekly Menu

**Directions:** Fill in the one-week menu for the age group which you are applying for the CDA Credential. In order to complete your related Reflective Competency Statement on this topic, the menu would ideally be one that you have participated in serving to and/or designing for children

Indicate the age group (preschool) (infant or toddler) or (mixed-age family child care) which the menu is intended.



Be sure to save this assignment to print off and include in your Professional Portfolio.

*Make sure that you scroll down and complete the second part of this assignment.*

Weekly Menu					
<b>* Attention *</b> The age group <b>must match</b> the setting which you are applying for your CDA Credential (infant/toddler, preschool, or birth-5 for family childcare)					
<b>Age Group:</b> Preschool					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cheerios, banana, milk	Oatmeal with blueberries, milk	French toast, turkey sausage, apple juice	Waffles and apple sauce, milk	Yogurt and fresh berries, milk
Lunch	Spinach pesto and peas, grapes, fruit leather, and water/milk	Grilled tuna and cheese sandwich, veggie straws, water/milk	Steamed broccoli with turkey and rice, orange, water/milk	Ground beef or bean and cheese quesadilla, sliced apples, water/milk	Vegetable pasta with cheese, fresh sugar snap peas, water/milk
Snack	English muffin pizza with tomato sauce and cheese, water	String cheese and grapes, whole wheat crackers, water	Corn chips with salsa and bean dip, water	Carrots and broccoli with ranch dressing, water	Cottage cheese and peaches, water

