



WEEK 1 INFANT / CHILD ALLERGY MENU

CHILD'S NAME: _____

DATE: _____

PARENT SIGNATURE: _____

CLASSROOM: _____

PARENT: PLEASE HIGHLIGHT ITEMS YOUR CHILD **MAY** EAT AND TURN IN THE MENU TO THE KITCHEN MANAGER

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Biscuit w/ Jam Fresh Fruit Milk	Scrambled Eggs Toast Fruit Milk	Grits Fruit Milk	Cheese Toast Fruit Milk	English Muffins Fruit Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Cereal Water	Bananas Water	Blueberry Muffins Water	Pretzels/Pretzel Thins Water	Pastry Crips Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Bean and Cheese Taco Spanish Rice Peach Slices Milk	Grilled Turkey & Cheese Sandwich Mixed Veggies Tropical Fruit Salad Milk	Cheese Ravioli Green Beans Orange Slices Milk	Taco Salad Roll Apple Sauce Milk	BBQ Chicken Sandwich Baby Carrots Fruit Cocktail Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Graham Crackers Water	Goldfish Water	Yogurt Water	Bananas Water	String Mozzarella Whole Grain Saltines Water



WEEK 2 INFANT / CHILD ALLERGY MENU

CHILD'S NAME: _____

DATE: _____

PARENT SIGNATURE: _____

CLASSROOM: _____

PARENT: PLEASE HIGHLIGHT ITEMS YOUR CHILD **MAY** EAT AND TURN IN THE MENU TO THE KITCHEN MANAGER

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST				
French Toast	Pancakes	Yogurt & Fruit Parfait	Breakfast Taco	Waffle
Fruit	Fruit	Milk	Fruit	Fruit
Milk	Milk		Milk	Milk
AM SNACK				
Gogurt	Cereal	Graham Crackers	Fig Bars	Wheat Crackers
Water	Water	Water	Water	Water
HEALTHY LUNCH				
Cheese Pizza	Spaghetti w/ Meat sauce	Spaghetti Lo Mein	Hamburger	Chicken & Rice
Peas & Carrots	Cauliflower	Veggies	lettuce/tomato/pickles	Cinnamon Carrots
Pineapple Tidbits	Mandarin Oranges	Pear Slices	Apple Slices	Peach Slices
Milk	Milk	Milk	Milk	Milk
PM SNACK				
Ritz & Sliced Cheese	Pastry Crisps	Fresh Fruit of Choice	Baby Carrots & Ranch	Cheez-its
Water	Water	Water	Whole Grain Saltines	water
			Water	



WEEK 3 INFANT / CHILD ALLERGY MENU

CHILD'S NAME: _____

DATE: _____

PARENT SIGNATURE: _____

CLASSROOM: _____

PARENT: PLEASE HIGHLIGHT ITEMS YOUR CHILD **MAY** EAT AND TURN IN THE MENU TO THE KITCHEN MANAGER

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Biscuit & Jam Fruit Milk	Scrambled Eggs Toast Fruit Milk	Pancakes Fruit Milk	Cheese Toast Fruit Milk	English Muffins Fruit Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Cereal Water	Bananas Water	Blueberry Muffin Water	Pretzels/Pretzel Thins Water	Pastry Crisps Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Tortellini Peas Pineapple Tidbits Milk	Chicken Tenders Green Beans Peach Slices Milk	Mac and Cheese Cauliflower Orange Slices Milk	Chicken Pot Pie W/ Veggies Rice Tropical Fruit Salad Milk	Beef, Bean & Cheese Tacos Mexican Corn Fruit Cocktail Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Graham Crackers Water	Goldfish Water	Yogurt Water	Bananas Water	String Mozzarella Whole Grain Saltines Water



WEEK 4 INFANT / CHILD ALLERGY MENU

CHILD'S NAME: _____

DATE: _____

PARENT SIGNATURE: _____

CLASSROOM: _____

PARENT: PLEASE HIGHLIGHT ITEMS YOUR CHILD **MAY** EAT AND TURN IN THE MENU TO THE KITCHEN MANAGER

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
French Toast Fruit Juice	Pancakes Fruit Juice	Yogurt & Fruit Parfait Milk	Breakfast Tacos Fruit Milk	Waffle Fruit Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Chex Mix Water	Cereal Water	Graham Crackers Water	Fig Bar Water	Wheat Crackers Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Cheese Pizza Salad Peaches Milk	Beefy Macaroni & Cheese Cauliflower Tropical Fruit Salad Milk	Tomato Buttered Noodles w/ Parmesan Cheese Cauliflower Mangos Milk	Chicken Breast Sandwich Garden Salad Apple Slices Milk	Asian Rice w/Chicken Green Beans Orange Slices Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Ritz Crackers & Sliced Cheese Water	Pastry Crisps Water	Fresh Fruit of Choice Water	Baby Carrots & Ranch Crackers Water	Cheeze- its Water



WEEK 5 INFANT / CHILD ALLERGY MENU

CHILD'S NAME: _____

DATE: _____

PARENT SIGNATURE: _____

CLASSROOM: _____

PARENT: PLEASE HIGHLIGHT ITEMS YOUR CHILD **MAY** EAT AND TURN IN THE MENU TO THE KITCHEN MANAGER

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Biscuit & Jam Fruit Water	Scrambled Eggs Toast Fruit Water	Grits Fruit Milk	Cheese Toast Fruit Juice	English Muffin Fruit Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Cereal of Choice Water	Banana Water	Blueberry Muffin Water	Pretzels/Pretzel Thins Water	Pastry Crips Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Black Bean Stew Cornbread Pear Slices Milk	Chicken Fajita Tacos Mexican Corn Tropical Fruit Salad Milk	Meatless Bake Ziti Green Beans Orange Slices Milk	Chicken & Dumplings Peas & Carrots Apple Slices Milk	Ground Beef & Gravy Mashed Potatoes Green Beans/ Orange Slices Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Graham Crackers Water	Goldfish Water	Yogurt Water	Bananas Water	String Mozzarella Whole Grain Saltines Water