



FALL & WINTER WEEK 1 MENU

Infants or children with allergies may write the child's name on the menu and CIRCLE items the child MAY eat and turn into your location's Kitchen Manager.

*Items listed in grey are specific to the Infant classroom ONLY. Formula or breast milk provided by the parent must be served with all meals and snacks.

A vegetarian option will be provided upon request and will consist of a dairy protein and whole grain.

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cold Cereal W/Milk	Raisin Toast	English Muffins w/ Fruit Spread	Cheese Toast	Oatmeal Squares
Fruit	Fruit	Fruit	Fruit	Fruit
*Cereal & Fruit	*Raisin Toast & Fruit	*English Muffins & Fruit	*Yogurt & Fruit	*Oatmeal Squares & Fruit
Milk	Milk	Milk	Milk	Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Apple Muffin	Peach Crisp	Turkey Sausage W/ Avacado Toat	Whole Grain Pancakes	Bagels w/ Cream Cheese
Fruit	Fruit	Fruit	Fruit	Fruit
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Taquitos	Chicken Sandwich	Turkey Spaghetti	Chicken & Rice	Bean & Cheese Tacos
carrots	Green Beans	Mixed Veggies	with Broccoli	Corn
Pineapple	Fresh Fruit	Diced Pears	Fresh Fruit	Peaches
Milk	Milk	Milk	Milk	Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Whole Grain Crackers	Granola Bars	Gogurt	Pita Bread	Pretzel Thins
Cheese	Apple Sauce	Animal Crackers	Cream Cheese	Hummus
*Graham Crackers / Fruit or Veggie	*Cereal / Fruit or Veggie	*Animal Crackers / Fruit or Veggie	*Pita Bread / Fruit or Veggie	*Whole Grain Crackers / Fruit or Veggie
Water	Water	Water	Water	Water

Child's Name: _____

Parent Signature: _____

Date: _____



FALL & WINTER WEEK 2 MENU

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Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Whole Grain Pancakes Fruit	Cinnamon Toast Fruit	Bagels & Cream Cheese Fruit	Cheese Toast Fruit	Oatmeal Fruit
*Cereal & Fruit Milk	*Cinnamon Toast & Fruit Milk	*Cereal & Fruit Milk	*Cheese Toast & Fruit Milk	*Muffins & Fruit Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Whole Grain Waffles Fruit Water	Oatmeal Fruit Water	Yogurt Parfait Fruit Water	Biscuit W/Fruit Spread Fruit Water	Cinnamon Raisin Bread W/ Cream Cheese Fruit Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Turkey Deli Pack w/crackers Mixed Veggies Diced Pears Milk	Grilled Cheese Sandwhich Tomato Soup Fresh Fruit Milk	Chicken Spaghetti Peas & Carrots Pineapple Milk	Cheese Pizza Green Beans Fresh Fruit Milk	Chicken Alfredo Corn Peaches Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Mini Muffins Fruit	Graham Crackers Sun Butter	Gogurt Animal Crackers	Veggies Straws Cheese	Ritz Crackers Pepperoni
*Mini Muffins / Fruit or Veggie Water	*Graham Crackers / Fruit or Veggie Water	*Animal Crackers / Fruit or Veggie Water	*Cereal / Fruit or Veggie Water	*Crackers / Fruit or Veggie Water

Child's Name: _____

Parent Signature: _____

Date: _____



FALL & WINTER WEEK 3 MENU

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A vegetarian option will be provided upon request and will consist of a dairy protein and whole grain.

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cereal w/Milk Fruit	Raisin Toast Fruit	English Muffins w/Fruit Spread Fruit	Cheese Toast Fruit	Oatmeal Squares Fruit
*Cereal & Fruit Milk	*Raisin Toast & Fruit Milk	*English Muffins & Fruit Milk	*Yogurt & Fruit Milk	*Oatmeal Squares & Fruit Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Apple Muffin Fruit Water	Peach Crisp Fruit Water	Turkey Sausage w/ Avacado Toast Fruit Water	Whole Grain Pancakes Fruit Water	Bagels w/ cream cheese Fruit Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Fish Sticks Mixed Veggies Pineapple Milk	Cheese Ravioli / Tortellini Green Beans Fresh Fruit Milk	Cowboy Stew Whole Grain Sliced Bread Pears Milk	Asian Chicken & Rice Carrots Fresh Fruit Milk	Beef Stroganoff Peas Peaches Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Whole Grain Crackers Cheese	Granola Bars Apple Sauce	Gogurt Animal Crackers	Pita Bread Cream Cheese	Pretzel Thins Hummus
*Graham Crackers / Fruit or Veggie Water	*Cereal / Fruit or Veggie Water	*Animal Crackers / Fruit or Veggie Water	*Pita Bread / Fruit or Veggie Water	*Whole Grain Crackers / Fruit or Veggie Water

Child's Name: _____

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Date: _____



FALL & WINTER WEEK 4 MENU

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A vegetarian option will be provided upon request and will consist of a dairy protein and whole grain.

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Whole Grain Pancakes	Cinnamon Toast	Bagel w/ Cream Cheese	Cheese Toast	Oatmeal
Fruit	Fruit	Fruit	Fruit	Fruit
*Fruit	*Cinnamon Toast & Fruit	*Fruit	*Cheese Toast & Fruit	*Muffins & Fruit
Milk	Milk	Milk	Milk	Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Whole Grain Waffles	Oat Meal	Yogurt Parfait	Biscuit W/ Fruit Spread	Cinnamon Raisin Bread W/ Cream Cheese
Fruit	Fruit	Fruit	Fruit	Fruit
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Beef and Bean Burritos	Chicken Pot Pie	Turkey Sloppy Joes	Macaroni and Cheese	Orange Chicken
Peas & Carrots	Mixed Veggies	Baked Beans	Green Beans	Rice
Pineapple	Fresh Fruit	Diced Pears	Fresh Fruit	Green Peas
Milk	Milk	Milk	Milk	Mandarin Oranges
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Mini Muffins	Graham Crackers	Gogurt	Veggie Straws	Ritz Crackers
Fruit	Sun Butter	Animal Crackers	Cheese	Pepperoni
*Mini Muffins / Fruit or Veggie	*Graham Crackers / Fruit or Veggie	*Animal Crackers / Fruit or Veggie	*Cereal / Fruit or Veggie	*Crackers / Fruit or Veggie
Water	Water	Water	Water	Water

Child's Name: _____

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FALL & WINTER WEEK 5 MENU

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A vegetarian option will be provided upon request and will consist of a dairy protein and whole grain.

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cold Cereal	Raisin Toast	English Muffins w/Fruit Spread	Cheese Toast	Oatmeal Squares
Fruit	Fruit	Fruit	Fruit	Fruit
*Cereal & Fruit	*Raisin Toast & Fruit	*English Muffins & Fruit	*Yogurt & Fruit	*Oatmeal Squares & Fruit
Milk	Milk	Milk	Milk	Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Apple Muffin	Peach Crisp	Turkey Sausage w/ Avacado Toast	Whole Grain Pancakes	Bagles w/ cream cheese
Fruit	Fruit	Fruit	Fruit	Fruit
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Chicken Nuggets	Turkey & Cheese Sandwiches	Chili Mac	Chicken & Cheese Taco	BBQ Meatballs
Mixed Veggies	Green Peas	Carrots	Green Beans	Mash Potatoes
Peaches	Fresh Fruit	Pineapple	Fresh Fruit	Pears
Milk	Milk	Milk	Milk	Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Whole Grain Crackers	Granola Bars	Gogurt	Pita Bread	Pretzel Thins
Applesauce	Cheese	Animal Crackers	Sun Butter	Hummus
*Graham Crackers / Fruit or Veggie	*Cereal / Fruit or Veggie	*Animal Crackers / Fruit or Veggie	*Corn Tortillas / Fruit or Veggie	*Whole Grain Crackers / Fruit or Veggie
Water	Water	Water	Water	Water

Child's Name: _____

Parent Signature: _____

Date: _____