



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.

FF= Flash Fresh Frozen | WG= Whole Grain

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Hot or Cold Cereal Peaches Milk	Whole Grain Raisin Toast Applesauce Milk	English Muffin w/ Honey Bananas Milk	Yogurt w/Granola Peaches Milk	Oatmeal Squares Oranges Milk
MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK
Belvita Biscuit Bananas Water	Pancakes Blueberries Water	Biscuit Sausage Water	Whole Grain Muffins Strawberries Water	Whole Grain Cinnamon Bread Cream Cheese Pears Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Taquitos Pinto Beans Pineapple Milk	Chicken Sandwich (FF) Green Beans Apple Slices Milk	Whole Grain Turkey Spaghetti (FF) Mixed Veggies Diced Pears Milk	Chicken & Rice w/ Broccoli Steamed (FF) Diced Carrots Bananas Milk	Bean & Cheese Taco (FF) Steamed Corn Peaches Milk
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
Flour Tortillas Pepperoni Water	Granola Bars String Cheese Water	Yogurt Animal Crackers Water	Graham Crackers Apple Slices Water	Veggie Straws Hummus Water
*Graham Cracker / Fresh Fruit or Fresh Veggie	*Cereal / Fresh Fruit or Fresh Veggie	*WG Crackers / Fresh Fruit or Fresh Veggie	*WG Crackers / Fresh Fruit or Fresh Veggie	*WG Crackers / Fresh Fruit or Fresh Veggie



FALL & WINTER WEEK 2 MENU

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Oatmeal Pears Milk	Whole Grain Cinnamon Toast Apple Slices Milk	Mini Bagels w/ Cream Cheese Strawberries Milk	Whole Grain Cheese Toast Mandarin Oranges Milk	Whole Grain Muffin Pineapple Milk
MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK
Fig Bars Strawberries Water	Toast Eggs Water	Whole Grain Waffles Pears Water	French Toast Pineapple Water	Fruit & Grain Bar Mandarin Oranges Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Chicken Tenders Roll Steamed (FF) Mixed Veggies Pears Milk	Cheese Quesadillas Black Beans Bananas Milk	Beef Stroganoff (FF) Peas and Carrots Pineapple Milk	Cheese Pizza (FF) Steamed Green Beans Clementines Milk	Grilled Cheese Corn Peaches Milk
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
Flour Tortillas Turkey Water	Apple Slices Cheese Water	Yogurt Cheerios Water	Veggie Straws Cheese Water	Pretzel Thins Pepperoni Apple Slices Water
* Muffin / Peaches	*WG Crackers / Pears	*Animal Crackers / Mandarin Oranges	*Cereal / Bananas	*WG Crackers / Slices Apples



FALL & WINTER WEEK 3 MENU

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Hot or Cold Cereal Pears Milk	Raisin Toast Pineapple Milk	English Muffin w/ Honey Banana Milk	Yogurt w/Granola Orange Wedges Milk	Oatmeal Squares Applesauce Milk
MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK
Belvita Biscuit Bananas Water	French Toast Peaches Water	Biscuit Sausage Water	Whole Grain Muffin Pears Water	Whole Grain Cinnamon Raisin Bread Apple Slices Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Macaroni and Cheese Pineapple (FF) Mixed Berries Milk	Cheese Ravioli / Tortellini (FF) Green Beans (FF) Strawberries Milk	Cowboy Stew Whole Grain Sliced Bread Pears Milk	Asian Chicken and Rice Steamed (FF) Diced Carrots Oranges Milk	Turkey and Cheese Sandwich (FF) Green Peas Peaches Milk
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
Yogurt Whole Grain Cheerios Water	Granola Bars Cheddar Cheese Slices Water	Whole Grain Wheat Thins Apple Slices Water	Flour Tortillas Pepperoni Water	Whole Grain Crackers Turkey Water
*Whole Grain Cheerios / Fresh Fruit or Fresh Veggie	*Cereal / Fresh Fruit or Fresh Veggie	*Whole Grain Cheerios / Fresh Fruit or Fresh Veggie	*WG Crackers / Fresh Fruit or Fresh Veggie	*WG Crackers / Fresh Fruit or Fresh Veggie



FALL & WINTER WEEK 4 MENU

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Oatmeal Pears Milk	Whole Grain Cinnamon Toast Peaches Milk	Mini Bagels w/ Cream Cheese Strawberries Milk	Whole Grain Cheese Toast Bananas Milk	Whole Grain Muffins Applesauce Milk
MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK
Yogurt Strawberries Water	Pancakes Blueberries Water	Whole Grain Raisin Bread Peaches Water	Toast Eggs Water	Whole Grain Bagel Crema Cheese Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
BBQ Meatballs Steamed (FF) Peas & Carrots Pineapple Milk	Bakes Turkey and Brown Rice (FF) Mixed Veggies Oranges Milk	Turkey Sloppy Joes Black Beans Peaches Milk	Pizzadillas (FF) Steamed Green Beans Bananas Milk	Turkey Sausage Whole Grain Waffles (FF) Carrots Milk
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
Whole Grain Muffins Cheese Water	Whole Grain Crackers Cheese Water	Yogurt Whole Grain Cheerios Water	Veggie Straws Apple Slices Water	Pretzels / Whole Grain Crackers Pepperoni Water
*WG Corn Muffin / Fresh Fruit or Fresh Veggie	*Cheerios / Fresh Fruit or Fresh Veggie	*WG Cheerios / Fresh Fruit or Fresh Veggie	*Cheerios / Fresh Fruit or Fresh Veggie	*WG Crackers / Fresh Fruit or Fresh Veggie



FALL & WINTER WEEK 5 MENU

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Hot or Cold Cereal Diced Pears Milk	Whole Grain Raisin Toast Pineapple Milk	English Muffin w/ Honey Strawberries Milk	Yogurt w/Granola Peaches Milk	Oatmeal Squares Applesauce Milk
MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK
Belvita Biscuit Bananas Water	Waffles Turkey Sausage Water	Fig Bars Strawberries Water	Whole Grain Cinnamon Raisin Bread Pears Water	Fruit and Grain Bar Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Chicken Nuggets Mixed Veggies Peaches Milk	Turkey and Cheese Sandwich (FF) Steamed Green Peas Clementines Milk	Chicken and Cheese Tacos (FF) Steamed Diced Carrots Pineapple Milk	Cheese Ravioli / Tortellini (FF) Green Beans Apple Slices Milk	Chicken Alfredo Sliced Bread (FF) Green Peas & Carrots Diced Pears Milk
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
Graham Crackers Apple Slices Water	Granola Bars Cheese Water	Yogurt Whole Grain Crackers Water	Flour Tortillas Pepperoni Water	Veggie Straws Hummus Water
*Graham Crackers / Fresh Fruit or Fresh Veggie	*WG Cheerios / Fresh Fruit or Fresh Veggie	*WG Crackers / Fresh Fruit or Fresh Veggie	*WG Crackers / Fresh Fruit or Fresh Veggie	*WG Crackers / Fresh Fruit or Fresh Veggie