



## SPRING & SUMMER 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
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Hot or Cold Cereal Fruit	French Toast Fruit	Yogurt w/ Granola Fruit	Cottage Cheese Fruit	Muffin Fruit
*Cereal & Fruit Milk	*French Toast & Fruit Milk	*Cereal & Fruit Milk	*Cereal & Fruit Milk	*Muffin & Fruit Milk
<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>
Belvita Biscuit Fruit Water	Buddy Grahams Fruit Water	Graham Crackers Fruit Water	Whole Grain Muffins Fruit Water	Fruit & Grain Bar Fruit Water
<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>
Bean and Cheese Tacos Corn Peaches Milk	Baked Turkey Breast Brown Rice Carrots Fresh Fruit Milk	Chicken Breast Sandwich Fresh Vegetables Pineapple Milk	Turkey Spaghetti Green Beans Fresh Fruit Milk	Baked Chicken Egg Rolls Mixed Veggies Diced Pears Milk
<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>
Animal Crackers	Cheez-It's Turkey	Pretzel Thins Cheese Dip	Snack Mix	Whole Grain Crackers Sliced Cheese
*Animal Crackers / Fruit or Veggie	*Cheez-It's / Fruit or Veggie	*Crackers / Fruit or Veggie	*Snack Mix / Fruit or Veggie	*Crackers / Fruit or Veggie
Water	Water	Water	Water	Water

Child's Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_



## SPRING & SUMMER WEEK 2 MENU

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Oatmeal	Waffles	Biscuit & Honey	Cinnamon Toast	Mini Bagel
Fruit	Fruit	Fruit	Fruit	Fruit
*Cereal & Fruit	*Waffles & Fruit	*Biscuit & Fruit	*Cinnamon Toast & Fruit	*Muffins & Fruit
Milk	Milk	Milk	Milk	Milk
<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>
Cereal	Honey Butter Biscuits	Fig Bar	Cinnamon Toast	Fruit & Grain Bar
Fruit	Fruit	Fruit	Fruit	Fruit
Water	Water	Water	Water	Water
<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>
Taquitos	Chicken and Cheese Sandwich	Cheese Ravioli	Pasta Salad	BBQ Meatballs
Pinto Beans	Mixed Veggies	Carrots	Fresh Veggies	Sliced Bread
Peaches	Fresh Fruit	Pineapple	Fruit	Corn
Milk	Milk	Milk	Milk	Diced Pears
				Milk
<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>
Crackers	Pretzel Thins	Veggie Straws	Corn Tortilla	Granola Bar
Cheese	Pepperoni	Hummus	Turkey	Cheese
*Crackers / Fruit or Veggie	*Cereal / Fruit or Veggie	*Puffs / Fruit or Veggie	*Corn Tortilla / Fruit or Veggie	*Crackers / Fruit or Veggie
Water	Water	Water	Water	Water

Child's Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_



## SPRING & SUMMER WEEK 3 MENU

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<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Hot or Cold Cereal	French Toast	Yogurt w/ Granola	Cottage Cheese	Muffin
Fruit	Fruit	Fruit	Fruit	Fruit
*Cereal & Fruit	*French Toast & Fruit	*Cereal & Fruit	*Cereal & Fruit	*Muffin & Fruit
Milk	Milk	Milk	Milk	Milk
<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>
Belvita Biscuit	Cinnamon Toast	Graham Crackers	Whole Grain Muffins	Fruit & Grain Bar
Fruit	Fruit	Fruit	Fruit	Fruit
Water	Water	Water	Water	Water
<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>
Chicken Tenders	Whole Grain Chili Mac	Meat, Cheese & Crackers Mini Charcuterie	Pizzadillas	Pasta Fagioli
Mixed Veggies	Green Beans	Fresh Veggies	Corn	Peas & Carrots
Pineapple	Fresh Fruit	Fresh Fruit	Mixed Fruit	Peaches
Milk	Milk	Milk	Milk	Milk
<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>
Animal Crackers	Cheez-It's Turkey	Pretzel Thins Hummus	Snack Mix	Whole Grain Crackers Sliced Cheese
*Animal Crackers / Fruit or Veggie	*Cheez-It's / Fruit or Veggie	*Crackers / Fruit or Veggie	*Snack Mix / Fruit or Veggie	*Crackers / Fruit or Veggie
Water	Water	Water	Water	Water

Child's Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_



## SPRING & SUMMER WEEK 4 MENU

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<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Oatmeal	Waffles	Biscuit w/ Honey	Cinnamon Toast	Mini Bagel
Fruit	Fruit	Fruit	Fruit	Fruit
*Cereal & Fruit	*Waffles & Fruit	*Biscuit & Fruit	*Cinnamon Toast & Fruit	*Muffins & Fruit
Milk	Milk	Milk	Milk	Milk
<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>
Cereal	Graham Crackers	Fig Bar	Blueberry Muffin	Fruit & Grain Bar
Fruit	Fruit	Fruit	Fruit	Fruit
Water	Water	Water	Water	Water
<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>
Chicken Sausage	Cheese Pizza	Orange Chicken	Chicken & Cheese Tacos	Swedish Meatballs
Pancakes	Carrots	Rice	Black Beans	Sliced Bread
Peaches	Pineapple	Green Peas	Fresh Fruit	Corn
Milk	Milk	Fresh Fruit	Milk	Diced Pears
		Milk		Milk
<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>
Whole Grain Crackers	Pretzel Thins	Veggie Straws	Wafers	Granola Bar
Sliced Cheese	Pepperoni	Ranch Dip		Cheese
*Crackers / Fruit or Veggie	*Cereal / Fruit or Veggie	*Puffs / Fruit or Veggie	*Corn Tortilla / Fruit or Veggie	*Crackers / Fruit or Veggie
Water	Water	Water	Water	Water

Child's Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_



## SPRING & SUMMER WEEK 5 MENU

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Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST				
Hot or Cold Cereal	French Toast	Yogurt w/ Granola	Cottage Cheese & Granola	Muffin
Fruit	Fruit	Fruit	Fruit	Fruit
*Cereal & Fruit	*French Toast & Fruit	*Cereal & Fruit	*Cereal & Fruit	*Muffin & Fruit
Milk	Milk	Milk	Milk	Milk
AM SNACK				
Belvita Biscuit	Cinnamon Raisin Bread	Graham Crackers	Whole Grain Muffins	Fruit & Grain Bar
Fruit	Fruit	Fruit	Fruit	Fruit
Water	Water	Water	Water	Water
HEALTHY LUNCH				
Chicken Tenders	Cheese Quesadillas on Corn Tortillas	Turkey Cheese Sandwich	Cheese Tortellini	Pasta Fagioli
Mixed Veggies	Black Beans	Fresh Veggies	Carrots	Peas
Pineapple	Fresh Fruit	Peaches	Fresh Fruit	Diced Pears
Milk	Milk	Milk	Milk	Milk
PM SNACK				
Animal Crackers	Cheez-It's	Pretzel Thins	Snack Mix	Whole Grain Crackers
	Turkey	Ranch Dip		Sliced Cheese
*Animal Crackers / Fruit or Veggie	*Cheez-It's / Fruit or Veggie	*Crackers / Fruit or Veggie	*Snack Mix / Fruit or Veggie	*Crackers / Fruit or Veggie
Water	Water	Water	Water	Water

Child's Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_