



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
Cold Cereal Mandarin Oranges	Raisin Toast Applesauce	English Muffins w/ Honey Banana	Yogurt w/ Granola Mandarin Oranges	Breakfast Sandwich Banana
*Cereal & Fruit	*Raisin Toast & Fruit	*English Muffins & Fruit	*Yogurt & Fruit	*Oatmeal Squares & Fruit
Milk	Milk	Milk	Milk	Milk
MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK
Belvita Biscuit Mandarin Oranges Water	Buddy Grahams Banana Water	Apple Muffins Mandarin Oranges Water	Oatmeal Crumble Bar Banana Water	My Better Breakfast Bar Mandarin Oranges Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Taquitos Pinto Beans Mixed Berries Milk **Cheese Quesadilla	Chicken Sandwich on Bun Sweet Potato Tots Strawberries Milk **Cheese Sandwich	Turkey Spaghetti Mixed Veggies Banana Milk **Vegetarian Spaghetti	Chicken & Rice w/ Broccoli Carrots Apple Slices Milk **Rice with Cheese Broccoli	Bean & Cheese Tacos Corn Peaches Milk **
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
Graham Crackers Applesauce Water	Chewy Brand Granola Bar Cheddar Cheese Water	Yoplait Simply Gogurt Animal Crackers Water	WG Saltine Crackers Turkey Pepperoni Water	Veggie Straws Hummus Water
*Graham Crackers / Fruit or Veggie	*Cereal / Fruit or Veggie	*Animal Crackers / Fruit or Veggie	*WG Crackers / Fruit or Veggie	*WG Crackers / Fruit or Veggie

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
Pumpkin Spice Oatmeal Mandarin Oranges	Cinnamon Raisin Toast Applesauce	Bagels & Strawberry Cream Cheese Strawberries	Cheese Toast Mandarin Oranges	Muffin Banana
*Cereal & Fruit	*Cinnamon Toast & Fruit	*Cereal & Fruit	*Cheese Toast and Fruit	Muffins & Fruit
Milk	Milk	Milk	Milk	Milk
MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK
WG Cheerios Mandarin Oranges Water	Vanilla Wafers Banana Water	WG Fig Bar Mandarin Oranges Water	Lonestar Cheese Crackers Banana Water	Fruit & Grain Bar Mandarin Oranges Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Red Beans & Rice Mixed Veggies (FF) Berries & Mango Milk **	Beef Stroganoff Peas & Carrots Baked Apples Milk **Cheese Sandwich	Cheese Quesadilla Black Beans Strawberries Milk **	French Bread Cheese Pizza Green Beans Peaches Milk **	Chicken Tenders Mashed Potatoes Mixed Berries w/Banana Milk **Cheese Sandwich
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
Corn Mini Muffins Cheddar Cheese Water	Mini Bagels Turkey Pepperoni Water	Yoplait Simply Gogurt Animal Crackers Water	Sweet Potato Crackers Red Pepper Hummus Water	WG Crackers Colby Jack Cheese Water
*Mini Muffins / Fruit or Veggie	*WG Crackers / Fruit or Veggie	*Animal Crackers / Fruit or Veggie	*Cereal / Fruit or Veggie	*WG Crackers / Fruit or Veggie

Child's Name: _____

Parent Signature: _____

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FALL & WINTER WEEK 3 MENU

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BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cold Cereal Mandarin Oranges	Raisin Toast Applesauce	English Muffins w/ Honey Banana	Yogurt w/ Granola Mandarin Oranges	Breakfast Sandwich Banana
*Cereal & Fruit	*Raisin Toast & Fruit	*English Muffins & Fruit	*Yogurt & Fruit	*Oatmeal Squares & Fruit
Milk	Milk	Milk	Milk	Milk
MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK
Belvita Biscuit Mandarin Oranges Water	Buddy Grahams Banana Water	Apple Muffins Mandarin Oranges Water	Oatmeal Crumble Bar Banana Water	My Better Breakfast Bar Mandarin Oranges Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Taquitos Pinto Beans Mixed Berries Milk ** Cheese Quesadilla	Chicken Sandwich on Bun Sweet Potato Tots Strawberries Milk **Cheese Sandwich	Turkey Spaghetti Mixed Veggies Banana Milk **Vegetarian Spaghetti	Chicken & Rice w/ Broccoli Carrots Apple Slices Milk **Rice w/ Cheese & Broccoli	Bean & Cheese Tacos Corn Peaches Milk **
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
Graham Crackers Applesauce Water	Chewy Brand Granola Bars Cheddar Cheese Water	Yoplait Simply Gogurt Animal Crackers Water	WG Saltine Crackers Turkey Pepperoni Water	Veggie Straws Hummus Water
*Graham Crackers / Fruit or Veggie	*Cereal / Fruit or Veggie	*Animal Crackers / Fruit or Veggie	*WG Crackers / Fruit or Veggie	*WG Crackers / Fruit or Veggie

Child's Name: _____

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FALL & WINTER WEEK 4 MENU

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BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Pumpkin Spice Oatmeal Mandarin Oranges	Cinnamon Raisin Toast Applesauce	Bagels & Cream Cheese Strawberries	Cheese Toast Mandarin Oranges	Muffins Banana
*Cereal & Fruit	*Cinnamon Toast & Fruit	*Cereal & Fruit	*Cheese Toast & Fruit	*Muffins & Fruit
Milk	Milk	Milk	Milk	Milk
MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK
WG Cheerios Mandarin Oranges Water	Vanilla Wafers Banana Water	Whole Grain Fig Bar Mandarin Oranges Water	Lonestar Cheese Crackers Banana Water	Fruit & Grain Bar Mandarin Oranges Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Red Beans & Rice Mixed Veggies (FF) Berries & Mango Milk **	Beef Stroganoff Peas & Carrots Baked Apples Milk **Cheese Sandwich	Cheese Quesadillas Black Beans Strawberries Milk **	French Bread Cheese Pizza Green Beans Peaches Milk **	Chicken Tenders Mashed Potatoes Mixed Berries w/ Banana Milk **Cheese Sandwich
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
Corn Mini Muffins Cheddar Cheese Water	Mini Bagels Turkey Pepperoni Water	Yoplait Simply Gogurt Animal Crackers Water	Sweet Potato Crackers Red Pepper Hummus Water	WG Crackers Colby Jack Cheese Water
*Mini Muffins / Fruit or Veggie	*WG Crackers / Fruit or Veggie	*Animal Crackers / Fruit or Veggie	*Cereal / Fruit or Veggie	*WG Crackers / Fruit or Veggie

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FALL & WINTER WEEK 5 MENU

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cold Cereal Mandarin Oranges	Raisin Toast Applesauce	English Muffins w/ Honey Banana	Yogurt w/ Granola Mandarin Oranges	Breakfast Sandwich Banana
*Cereal & Fruit	*Raisin Toast & Fruit	*English Muffins & Fruit	*Yogurt & Fruit	*Oatmeal Squares & Fruit
Milk	Milk	Milk	Milk	Milk
MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK
Belvita Biscuit Mandarin Oranges Water	Buddy Grahams Banana Water	Apple Muffins Mandarin Oranges Water	Oatmeal Crumble Bar Banana Water	My Better Breakfast Bar Mandarin Oranges Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Chicken Tenders Mixed Veggies Peaches Milk **Cheese Sandwich	Grilled Cheese Black Beans (FF) Strawberries Milk **	Chicken & Gnocchi Casserole Carrots (FF) Mixed Berries Milk Vegetarian Gnocchi Casserole	Chili Mac Green Beans Baked Apples Milk **Vegetarian Chilli Mac	Swedish Meatballs Steamed Corn Sliced Bread & Banana Milk **Cheese Sandwich
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
Graham Crackers Applesauce Water	Chewy Brand Granola Bar Cheddar Cheese Water	Yoplait Simply Gogurt Animal Crackers Water	WG Saltine Crackers Turkey Pepperoni Water	Veggie Straws Hummus Water
*Graham Crackers / Fruit or Veggie	*Cereal / Fruit or Veggie	*Animal Crackers / Fruit or Veggie	*WG Crackers / Fruit or Veggie	*WG Crackers / Fruit or Veggie

Child's Name: _____

Parent Signature: _____

Date: _____