



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
WG Original Cheerios Orange Wedges Milk	Raisin Toast Unsweetened Applesauce Milk	English Muffin w/ Honey Banana Milk	Yogurt w/Granola Orange Wedges Milk	Apple Cinn.Toast Banana Milk
MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK
Belvita Biscuit Fresh Cutie Orange Water	Buddy Graham Banana Water	WG Apple Muffins Fresh Oranges Water	Oatmeal Crumble Bars Banana Water	WG Better Breakfast Bar Fresh Oranges Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Taquitos Pinto Beans (FF) Mixed Berries Milk **Cheese Quesadilla	BBQ Chicken on Bun Baked Sweet Potato Tots (FF) Strawberries Milk **Cheese Sandwich	Whole Grain Turkey Spaghetti FF Steamed Mixed Veggies Banana Milk **Vegetarian Spaghetti	Chicken & Rice w/ Broccoli Steamed (FF) Diced Carrots Fresh Sliced Apples Milk ** Cheese, Rice Broccoli	Bean & Cheese Taco (FF) Steamed Corn (FF) Peaches Milk
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
Graham Crackers Unsweetened Applesauce Water	Granola Bars Cheddar Cheese Slices Water	Simply Gogurt Animal Crackers Water	Whole Grain Saltines Turkey Pepperoni 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

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 Milk	Cinnamon Toast Unsweetened Applesauce Milk	Mini Bagels w/ Cream Cheese Banana Milk	WG Cheese Toast Orange Slices Milk	WG Corn Muffin Banana Milk
MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK
WG Original Cheerios Fresh Orange Water	Vanilla Wafers Banana Water	Whole Grain Fig Bar Fresh Oranges Water	Lonestar Cheese Crackers Banana Water	Fruit & Grain Bar Fresh Oranges Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Red Beans & Rice Steamed (FF) Mixed Veggies (FF) Berries & Mango Milk	Beef Stroganoff (WG Pasta) (FF) Steamed Peas & Carrots Baked Apples Milk **WG Cheese Sandwich	Cheese Quesadilla Black Beans (FF) Strawberries Milk	WG French Bread Cheese Pizza (FF) Steamed Green Beans (FF) Peaches Milk	Baked Chicken Tenders Mashed Potatoes (FF) Mixed Berries w/ Banana Milk
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
WG Corn Muffin Cheddar Cheese Slices Water	Sweet Potato Crackers Roasted Red Pepper Hummus Water	Simply Gogurt Animal Crackers Water	Mini Bagels Turkey Pepperoni Water	WG Crackers Cheddar Cheese Slices Water
*WG Corn Muffin / Fresh Fruit or Fresh Veggie	*Cheerios / Fresh Fruit or Fresh Veggie	*WG Crackers / Fresh Fruit or Fresh Veggie	*Cheerios / Fresh Fruit or Fresh Veggie	*WG Crackers / Fresh Fruit or Fresh Veggie

Child's Name: _____

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FALL & WINTER WEEK 3 MENU

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BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
WG Original Cheerios Orange Wedges Milk	Raisin Toast Unsweetened Applesauce Milk	English Muffin w/ Honey Banana Milk	Yogurt w/Granola Orange Wedges Milk	Apple Cinn.Toast Banana Milk
MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK
Belvita Biscuit Fresh Cutie Orange Water	Buddy Graham Banana Water	WG Apple Muffins Fresh Oranges Water	Oatmeal Crumble Bars Banana Water	WG Better Breakfast Bar Fresh Oranges Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Taquitos Pinto Beans (FF) Mixed Berries Milk **Cheese Quesadilla	BBQ Chicken on Bun Baked Sweet Potato Tots (FF) Strawberries Milk **Cheese Sandwich	Whole Grain Turkey Spaghetti FF Steamed Mixed Veggies Banana Milk **Vegetarian Spaghetti	Chicken & Rice w/ Broccoli Steamed (FF) Diced Carrots Fresh Sliced Apples Milk ** Cheese, Rice Broccoli	Bean & Cheese Taco (FF) Steamed Corn (FF) Peaches Milk
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
Graham Crackers Unsweetened Applesauce Water	Granola Bars Cheddar Cheese Slices Water	Simply Gogurt Animal Crackers Water	Whole Grain Saltines Turkey Pepperoni Water	Veggie Straws Hummus Water
*Graham Crackers / 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

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FALL & WINTER WEEK 4 MENU

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BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Pumpkin Spice Oatmeal Milk	Cinnamon Toast Unsweetened Applesauce Milk	Mini Bagels w/ Cream Cheese Banana Milk	WG Cheese Toast Orange Slices Milk	WG Corn Muffin Banana Milk
MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK
WG Original Cheerios Fresh Orange Water	Vanilla Wafers Banana Water	Whole Grain Fig Bar Fresh Oranges Water	Lonestar Cheese Crackers Banana Water	Fruit & Grain Bar Fresh Oranges Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Red Beans & Rice Steamed (FF) Mixed Veggies (FF) Berries & Mango Milk	Beef Stroganoff (WG Pasta) (FF) Steamed Peas & Carrots Baked Apples Milk	Cheese Quesadilla Black Beans (FF) Strawberries Milk	WG French Bread Cheese Pizza (FF) Steamed Green Beans (FF) Peaches Milk	Baked Chicken Tenders Mashed Potatoes (FF) Mixed Berries w/ Banana Milk
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
WG Corn Muffin Cheddar Cheese Slices Water	Sweet Potato Crackers Roasted Red Pepper Hummus Water	Simply Gogurt Animal Crackers Water	Mini Bagels Turkey Pepperoni Water	WG Crackers Cheddar Cheese Slices Water
*WG Corn Muffin / Fresh Fruit or Fresh Veggie	*Cheerios / Fresh Fruit or Fresh Veggie	*WG Crackers / Fresh Fruit or Fresh Veggie	*Cheerios / Fresh Fruit or Fresh Veggie	*WG Crackers / Fresh Fruit or Fresh Veggie

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FALL & WINTER WEEK 5 MENU

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
WG Original Cheerios Orange Wedges Milk	Raisin Toast Unsweetened Applesauce Milk	English Muffin w/ Honey Banana Milk	Yogurt w/Granola Orange Wedges Milk	Apple Cinn.Toast Banana Milk
MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK
Belvita Biscuit Fresh Orange Water	Buddy Grahams Banana Water	WG Apple Muffin Fresh Oranges Water	Oatmeal Crumble Bars Banana Water	WG Better Breakfast Bar Fresh Oranges Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Swedish Meatballs WG Sliced Bread (FF) Steamed Corn (FF) Peaches Milk **Cheese Sandwich	WG Cheese Sandwich Black Beans (FF) Strawberries Milk	Chicken n' Gnocchi Cass. (FF) Steamed Diced Carrots (FF) Mixed Berries Milk **Vegetarian Gnocchi Cass	WG Chili Mac (FF) Steamed Green Beans Baked Apples Milk **Vegetarian Chili Mac	Baked Chicken Tenders (FF) Steamed Mixed Veggies Bananas Milk **Cheese Sandwich
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
Graham Crackers Unsweetened Applesauce Water	Granola Bars Cheddar Cheese Slices Water	Simply Gogurt Animal Crackers Water	WG Saltines Turkey Pepperoni Water	Veggie Straws Hummus Water
*Graham Crackers / Fresh Fruit or Fresh Veggie	*Cheez-It's / 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

Child's Name: _____

Parent Signature: _____

Date: _____