

Child's Name.

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	Cinnamon Raisin Toast	English Muffins w/ Honey	Yogurt w/ Granola	Sausage Biscuit
Fresh Cutie Orange	Applesauce	Banana	Fresh Cutie Orange	Banana
Milk	Milk	Milk	Milk	Milk
MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK
Belvita Biscuit	Buddy Grahams	Apple Whole Grain Muffin	Oatmeal Crumble Bar	Better Breakfast Bar
Fresh Cutie Orange	Banana	Fresh Cutie Orange	Banana	Fresh Cutie Orange
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Tacquitos	BBQ Chicken Sandwich	Meat Lasagna	Chicken & Rice Broccoli	Salisbury Steak & Brown Gravy
Pinto Beans	Sweet Potato Tots	Mixed Veggies	Carrots	Corn
Mixed Berries	(FF) Strawberries	Banana	Sliced Apples	(FF) Peaches
Milk	Milk	Milk	Milk	Milk
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
Graham Crackers	Granola Bars	Simply Gogourt	Whole Grain Saltines	Veggie Straws
Applesauce	Sharp Cheddar Cheese	Animal Crackers	Turkey Pepperoni	Hummus
Water	Water	Water	Water	Water
*Graham Crackers / Fresh Fruit or Veggie	*Cereal / Fresh Fruit or Veggie	*Animal Crackers / Fresh Fruit or Veggie	*WG Saltines / Fresh Fruit or Veggie	*Cereal/ Fresh Fruit or Veggie

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Parent Signature:	Date:



FALL & WINTER WEEK 2 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.

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FF= Flash Fresh Frozen | WG= Whole Grain

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Pumpkin Spice Oatmeal	Cinnamon Raisin Toast	Bagels w/ Strawberry Cream Cheese	Cheese Toast	Blueberry Muffins
Fresh Cutie Orange	Applesauce	Sliced Strawberries	Fresh Cutie Orange	Banana
Milk	Milk	Milk	Milk	Milk
MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK
Whole Grain Cheerios	Vanilla Wafers	Fig Bars	Lonestar Cheese Crackers	Fruit & Grain Bar
Fresh Cutie Orange	Banana	Fresh Cutie Orange	Banana	Fresh Cutie Orange
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Chicken & Dumplings	Beef Stroganoff	Cheese Quesadillas	Whole Grain Turkey Sausage Pizza	Chicken Tenders
Corn	Peas & Carrots	Black Beans	Green Beans	Mashed Potatoes
(FF) Peaches	(FF) Strawberries	Baked Apples	Banana	Mixed Berries
Milk	Milk	Milk	Milk	Milk
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
Corn Muffins	Mini Bagels	Gogurt	Sweet Potato Crackers	Whole Grain Crackers
Sliced Cheddar Cheese	Turkey Pepperoni	Animal Cracks	Roasted Red Pepper Hummus	Colby Jack Cheese
Water	Water	Water	Water	Water
*Corn Muffins / Fresh Fruit or	*Bagels / Fresh Fruit or Veggie	*WG Crackers / Fresh Fruit or	*WG Snack Mix / Fresh Fruit	*WG Crackers / Fresh Fruit or
Veggie		Veggie	or Veggie	Veggie
Child's Name:				
Parent Signature:		Date:		



FALL & WINTER WEEK 3 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.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cold Cereal Fresh Cutie Orange Milk	Cinnamon Raisin Toast Applesauce Milk	English Muffin w/ Honey Banana Milk	Yogurt w/ Granola Fresh Cutie Orange Milk	Sausage Biscuit Banana Milk
MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK
Belvita Biscuit Fresh Cutie Orange Water	Buddy Grahams Banana Water	Apple Whole Grain Muffin Fresh Cutie Orange Water	Oatmeal Crumble Bar Banana Water	Better Breakfast Bar Fresh Cutie Orange Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Taquitos Pinto Beans Mixed Berries Milk	BBQ Chicken Sandwich Sweet Potato Tots (FF) Strawberries Milk	Meat Lasagna Mixed Veggies Banana Milk	Chicken & Rice w/ Broccoli Carrots Sliced Apples Milk	Salisbury Steak & Brown Gravy Corn (FF) Peaches Milk
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
Graham Crackers Sliced Cheddar Cheese Water *Animal Crackers / Fresh Fruit	Granola Bars Sharp Cheddar Cheese Water *Cheez-It's / Fresh Fruit or	Simply Gogurt Animal Crackers Water *WG Crackers / Fresh Fruit or	Whole Grain Saltines Turkey Pepperoni Water *WG Saltines / Fresh Fruit or	Veggie Straws Hummus Water *Cereal / Fresh Fruit or Veggie
or Veggie Child's Name:	Veggie	Veggie	Veggie	Cerear/ Fresh Fruit or Veggle

Child's Name:	
Parent Signature:	Date:



FALL & WINTER WEEK 4 MENU

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Pumpkin Spice Oatmeal	Cinnamon Raisin Toast	agels w/ Strawberry Cream Chees	Cheese Toast	Blueberry Muffins
Fresh Cutie Orange Milk	Applesauce Milk	Sliced Strawberries Milk	Fresh Cutie Orange Milk	Banana Milk
MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK
Whole Grain Cheerios	Vanilla Wafers	Fig Bars	Lonestar Cheese Crackers	Fruit & Grain Bar
Fresh Cutie Orange Water	Banana Water	Fresh Cutie Orange Water	Banana Water	Fresh Cutie Orange Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Chicken & Dumplings	Beef Stroganoff	Cheese Quesadillas	Whole Grain Turkey Sausage Pizza	Chicken Tenders
Corn	Peas & Carrots	Black Beans	Green Beans	Mashed Potatoes
(FF) Peaches	(FF) Strawberries	Baked Apples	Banana	Mixed Berries
Milk	Milk	Milk	Milk	Milk
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
Corn Muffins	Mini Bagels	Gogurt	Sweet Potato Crackers	Whole Grain Crackers
Sliced Cheddar Cheese	Turkey Pepperoni	Animal Crackers	Roasted Red Pepper Hummus	Colby Jack Cheese
Water	Water	Water	Water	Water
*Muffins / Fresh Fruit or	*Bagels / Fresh Fruit or Veggie	*Animal Crackers / Fresh Fruit	*Cereal / Fresh Fruit or	*WG Crackers / Fresh Fruit or
Veggie		or Veggie	Veggie	Veggie
Child's Name:				
Parent Signature:		Date:		



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
Cereal	Cinnamon Raisin Toast	English Muffin w/ Honey	Yogurt w/ Granola	Sausage Biscuit
Fresh Cutie Orange	Applesauce	Banana	Fresh Cutie Orange	Banana
Milk	Milk	Milk	Milk	Milk
MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK
Belvita Biscuit Fresh Cutie Orange Water	Buddy Grahams Banana Water	Apple Whole Grain Muffins Fresh Cutie Orange Water	Oatmeal Crumble Bar Banana Water	Better Breakfast Bar Fresh Cutie Orange Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Chicken Nuggets Mixed Veggies (FF) Peaches Milk	Grilled Cheese Black Beans (FF) Strawberries Milk	Gnocchi Casserole Carrots Banana Milk	Pork Tamales Green Beans Mixed Berries Milk	Swedish Meatballs Whole Wheat Sliced Bread Corn Banana
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
Animal Crackers Apple Sauce Water	Granola Bars Sharp Cheddar Cheese Water	Simply Gogurt Animal Crackers Water	Whole Grain Saltines Turkey Pepperoni Water	Veggie Straws Roasted Red Pepper Hummus Water
*Animal Crackers / Fresh Fruit or Veggie	*Cereal / Fresh Fruit or Veggie	*Animal Crackers / Fresh Fruit or Veggie	*WG Snack Mix / Fresh Fruit or Veggie	*Cereal / Fresh Fruit or Veggie
Child's Name:				
Parent Signature:		Date:		