



## 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<br>Orange Wedges<br>Milk   | Raisin Toast<br>Unsweetened Applesauce<br>Milk   | English Muffin w/ Honey<br>Banana<br>Milk   | Yogurt w/ Granola<br>Orange Wedges<br>Milk  | Apple Cinn.Toast<br>Banana<br>Milk                         |
| MORNING SNACK   | MORNING SNACK  | MORNING SNACK   | MORNING SNACK   | MORNING SNACK  |
| Belvita Biscuit<br>Fresh Cutie Orange<br>Water  | Buddy Graham<br>Banana<br>Water  | WG Apple Muffins<br>Fresh Oranges<br>Water  | Oatmeal Crumble Bars<br>Banana<br>Water   | WG Better Breakfast Bar<br>Fresh Oranges<br>Water          |
| HEALTHY LUNCH   | HEALTHY LUNCH  | HEALTHY LUNCH   | HEALTHY LUNCH   | HEALTHY LUNCH  |
| Chicken Quesadilla<br>Black Bean & Corn Salad<br>Mixed Fruit<br>Milk<br>**Cheese Quesadilla | Chicken Sloppy Joe's<br>Baked Sweet Potato Tots<br>Strawberries<br>Milk<br>**Cheese Sandwich | Whole Grain Chicken<br>Spaghetti<br>FF Steamed Mixed Veggies<br>Pineapple Tidbits<br>Milk<br>**Vegetarian Spaghetti | Chicken & Rice w/ Broccoli<br>Steamed (FF) Diced Carrots<br>Sliced Apples<br>Milk<br>** Cheese, Rice Broccoli | Bean & Cheese Taco<br>(FF) Steamed Corn<br>Peaches<br>Milk |
| AFTERNOON SNACK   | AFTERNOON SNACK  | AFTERNOON SNACK   | AFTERNOON SNACK   | AFTERNOON SNACK  |
| Graham Crackers<br>Unsweetened Applesauce<br>Water  | Granola Bars<br>Cheddar Cheese Slices<br>Water   | Simply Gogurt<br>Animal Crackers<br>Water   | Whole Grain Saltines<br>Turkey Pepperoni<br>Water   | Veggie Straws<br>Ranch Dip<br>Water                        |
| *Graham Cracker / Fresh Fruit<br>or Fresh Veggie  | *Cereal / Fresh Fruit or Fresh<br>Veggie   | *WG Crackers / Fresh Fruit or<br>Fresh Veggie   | *WG Crackers / Fresh Fruit or<br>Fresh Veggie   | *WG Crackers / Fresh Fruit or<br>Fresh Veggie              |

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

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.

\*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  |
| Pumpkin Spice Oatmeal<br>Milk  | Cinnamon Toast<br>Unsweetened Applesauce<br>Milk   | Mini Bagels w/ Cream<br>Cheese<br>Banana<br>Milk      | WG Cheese Toast<br>Orange Slices<br>Milk                                       | WG Corn Muffin<br>Banana<br>Milk                                   |
| MORNING SNACK  | MORNING SNACK  | MORNING SNACK   | MORNING SNACK  | MORNING SNACK  |
| WG Original Cheerios<br>Fresh Orange<br>Water                                      | Cinnamon Toast<br>Banana<br>Water  | Whole Grain Fig Bar<br>Fresh Oranges<br>Water         | Mini Bagels<br>Banana<br>Water   | Fruit & Grain Bar<br>Fresh Oranges<br>Water                        |
| HEALTHY LUNCH  | HEALTHY LUNCH  | HEALTHY LUNCH   | HEALTHY LUNCH  | HEALTHY LUNCH  |
| Chicken & Rice Stir Fry<br>Steamed (FF) Mixed<br>Veggies<br>Tropical Fruit<br>Milk | Chicken Stroganoff (WG<br>Pasta)<br>(FF) Steamed Peas &<br>Carrots<br>Applesauce<br>Milk<br>**WG Cheese Sandwich | Cheese Quesadilla<br>Black Beans<br>Pineapple<br>Milk | WG French Bread Cheese<br>Pizza<br>(FF) Steamed Green Beans<br>Peaches<br>Milk | Baked Chicken Tenders<br>Mashed Potatoes<br>Fruit Cocktail<br>Milk |
| AFTERNOON SNACK  | AFTERNOON SNACK  | AFTERNOON SNACK                                       | AFTERNOON SNACK  | AFTERNOON SNACK  |
| Ritz Crackers<br>Cheddar Cheese Slices<br>Water                                    | Vanilla Wafers<br>Water  | Animal Crackers<br>Water                              | Cheese Crackers<br>Water   | WG Crackers<br>Cheese Cubes<br>Water                               |
| *WG Corn Muffin / Fresh Fruit<br>or Fresh Veggie                                   | *Cheerios / Fresh Fruit or<br>Fresh Veggie   | *WG Crackers / Fresh Fruit or<br>Fresh Veggie         | *Cheerios / Fresh Fruit or<br>Fresh Veggie                                     | *WG Crackers / Fresh Fruit or<br>Fresh 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.

\*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<br>Orange Wedges<br>Milk   | Raisin Toast<br>Unsweetened Applesauce<br>Milk  | English Muffin w/ Honey<br>Banana<br>Milk  | Yogurt w/ Granola<br>Orange Wedges<br>Milk   | Apple Cinn.Toast<br>Banana<br>Milk                                    |
| MORNING SNACK   | MORNING SNACK   | MORNING SNACK  | MORNING SNACK  | MORNING SNACK   |
| Cereal Mix<br>Fresh Cutie Orange<br>Water   | Yogurt Parfait<br>Water   | WG Muffins<br>Fresh Oranges<br>Water   | Oatmeal Crumble Bars<br>Banana<br>Water  | WG Better Breakfast Bar<br>Fresh Oranges<br>Water                     |
| HEALTHY LUNCH   | HEALTHY LUNCH   | HEALTHY LUNCH  | HEALTHY LUNCH  | HEALTHY LUNCH   |
| Grilled Cheese Sandwich<br><br>Tomato Soup<br><br>Applesauce<br>Milk<br>**Cheese Quesadilla | BBQ Chicken on Bun<br><br>Veggie Sticks<br><br>Fresh Fruit<br>Milk<br>**Cheese Sandwich | Chicken Pasta Bake<br><br>FF Steamed Mixed Veggies<br><br>Mandarin Oranges<br>Milk<br>**Vegetarian Spaghetti | Deli Chicken & Cheese<br>Sandwich<br><br>Steamed Diced Carrots<br><br>Fresh Fruit<br>Milk<br>**Cheese Sandwich | Chicken & Cheese Taco<br><br>(FF) Steamed Corn<br><br>Peaches<br>Milk |
| AFTERNOON SNACK   | AFTERNOON SNACK   | AFTERNOON SNACK  | AFTERNOON SNACK  | AFTERNOON SNACK   |
| Graham Crackers<br>Unsweetened Applesauce<br>Water  | Buddy Grahams<br>Water  | Animal Crackers<br>Water   | Whole Grain Saltines<br>Turkey Pepperoni<br>Water  | Veggie Straws<br>Water  |
| *Graham Crackers / Fresh<br>Fruit or Fresh Veggie   | *Cereal / Fresh Fruit or Fresh<br>Veggie  | *WG Crackers / Fresh Fruit or<br>Fresh Veggie  | *WG Crackers / Fresh Fruit or<br>Fresh Veggie  | *WG Crackers / Fresh Fruit or<br>Fresh Veggie                         |

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

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

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



## FALL & WINTER WEEK 4 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   |
| Pumpkin Spice Oatmeal<br>Milk  | Cinnamon Toast<br>Unsweetened Applesauce<br>Milk   | Mini Bagels w/ Cream<br>Cheese<br>Banana<br>Milk                   | WG Cheese Toast<br>Orange Slices<br>Milk  | WG Corn Muffin<br>Banana<br>Milk  |
| MORNING SNACK  | MORNING SNACK  | MORNING SNACK  | MORNING SNACK   | MORNING SNACK   |
| WG Original Cheerios<br>Fresh Orange<br>Water  | Waffles<br>Banana<br>Water   | Whole Grain Fig Bar<br>Fresh Oranges<br>Water                      | Mini Bagels<br>Banana<br>Water  | Fruit & Grain Bar<br>Fresh Oranges<br>Water   |
| HEALTHY LUNCH  | HEALTHY LUNCH  | HEALTHY LUNCH  | HEALTHY LUNCH   | HEALTHY LUNCH   |
| Swedish Chicken Meatballs<br>Steamed (FF) Mixed<br>Veggies<br>Fruit Cocktail<br>Milk | Cheese Ravioli W/ Red<br>Sauce<br>(FF) Steamed Peas &<br>Carrots<br>Baked Apples<br>Milk | Cheese Quesadilla<br>Black Beans & Corn Salad<br>Pineapple<br>Milk | WG French Bread Cheese<br>Pizza<br>(FF) Steamed Green Beans<br>(FF) Peaches<br>Milk | Baked Chicken Tenders<br>Mashed Potatoes<br>(FF) Mixed Berries w/<br>Banana<br>Milk |
| AFTERNOON SNACK  | AFTERNOON SNACK  | AFTERNOON SNACK  | AFTERNOON SNACK   | AFTERNOON SNACK   |
| Veggie Straws<br>Cheddar Cheese Slices<br>Water                                      | Vanilla Wafers<br>Water  | Simply Gogurt<br>Animal Crackers<br>Water                          | Lonestar Cheese Crackers<br>Turkey Pepperoni<br>Water                               | WG Crackers<br>Cheddar Cheese Slices<br>Water                                       |
| *WG Corn Muffin / Fresh Fruit<br>or Fresh Veggie                                     | *Cheerios / Fresh Fruit or<br>Fresh Veggie   | *WG Crackers / Fresh Fruit or<br>Fresh Veggie                      | *Cheerios / Fresh Fruit or<br>Fresh Veggie  | *WG Crackers / Fresh Fruit or<br>Fresh Veggie                                       |

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

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

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





## FALL & WINTER WEEK 5 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<br>Orange Wedges<br>Milk  | Raisin Toast<br>Unsweetened Applesauce<br>Milk                 | English Muffin w/ Honey<br>Banana<br>Milk  | Yogurt w/Granola<br>Orange Wedges<br>Milk  | Apple Cinn.Toast<br>Banana<br>Milk   |
| MORNING SNACK  | MORNING SNACK  | MORNING SNACK  | MORNING SNACK  | MORNING SNACK  |
| Belvita Biscuit<br>Fresh Orange<br>Water   | Buddy Grahams<br>Banana<br>Water                               | WG Apple Muffin<br>Fresh Oranges<br>Water  | Raisin Bread<br>Banana<br>Water  | WG Better Breakfast Bar<br>Fresh Oranges<br>Water  |
| HEALTHY LUNCH  | HEALTHY LUNCH  | HEALTHY LUNCH  | HEALTHY LUNCH  | HEALTHY LUNCH  |
| BBQ Chicken Meatballs<br>WG Sliced Bread<br>(FF) Steamed Corn<br>(FF) Peaches<br>Milk<br>**Cheese Sandwich | WG Cheese Sandwich<br>Black Beans<br>(FF) Strawberries<br>Milk | Mac & Cheese Cass.<br>(FF) Steamed Diced Carrots<br>Fresh Fruit<br>Milk<br>**Vegetarian Gnocchi Cass | WG Chili Mac<br>(FF) Steamed Green Beans<br>Applesauce<br>Milk<br>**Vegetarian Chili Mac | Baked Chicken Tenders<br>(FF) Steamed Mixed Veggies<br>Mandarin Oranges<br>Milk<br>**Cheese Sandwich |
| AFTERNOON SNACK  | AFTERNOON SNACK  | AFTERNOON SNACK  | AFTERNOON SNACK  | AFTERNOON SNACK  |
| Graham Crackers<br>Water   | Granola Bars<br>Cheese Cubes<br>Water                          | Animal Crackers<br>Water   | WG Saltines<br>Turkey Pepperoni<br>Water   | Snack Mix<br>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: \_\_\_\_\_