



# 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
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
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
<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>
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
<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>
Chicken Quesadilla Black Bean & Corn Salad Mixed Fruit Milk **Cheese Quesadilla	Chicken Sloppy Joe's Baked Sweet Potato Tots Strawberries Milk **Cheese Sandwich	Whole Grain Chicken Spaghetti FF Steamed Mixed Veggies Pineapple Tidbits Milk **Vegetarian Spaghetti	Chicken & Rice w/ Broccoli Steamed (FF) Diced Carrots Sliced Apples Milk ** Cheese, Rice Broccoli	Bean & Cheese Taco (FF) Steamed Corn Peaches Milk
<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>
Graham Crackers Unsweetened Applesauce Water	Granola Bars Cheddar Cheese Slices Water	Simply Gogurt Animal Crackers Water	Whole Grain Saltines Turkey Pepperoni Water	Veggie Straws Ranch Dip 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
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
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
<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>
WG Original Cheerios Fresh Orange Water	Cinnamon Toast Banana Water	Whole Grain Fig Bar Fresh Oranges Water	Mini Bagels Banana Water	Fruit & Grain Bar Fresh Oranges Water
<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>
Chicken & Rice Stir Fry Steamed (FF) Mixed Veggies Tropical Fruit Milk	Chicken Stroganoff (WG Pasta) (FF) Steamed Peas & Carrots Applesauce Milk **WG Cheese Sandwich	Cheese Quesadilla Black Beans Pineapple Milk	WG French Bread Cheese Pizza (FF) Steamed Green Beans Peaches Milk	Baked Chicken Tenders Mashed Potatoes Fruit Cocktail Milk
<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>
Ritz Crackers Cheddar Cheese Slices Water	Vanilla Wafers Water	Animal Crackers Water	Cheese Crackers Water	WG Crackers Cheese Cubes 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: \_\_\_\_\_

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

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



## FALL & WINTER WEEK 3 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>
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
<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>
Cereal Mix Fresh Cutie Orange Water	Yogurt Parfait Water	WG Muffins Fresh Oranges Water	Oatmeal Crumble Bars Banana Water	WG Better Breakfast Bar Fresh Oranges Water
<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>
Grilled Cheese Sandwich  Tomato Soup  Applesauce Milk **Cheese Quesadilla	BBQ Chicken on Bun  Veggie Sticks  Fresh Fruit Milk **Cheese Sandwich	Chicken Pasta Bake  FF Steamed Mixed Veggies  Mandarin Oranges Milk **Vegetarian Spaghetti	Deli Chicken & Cheese Sandwich  Steamed Diced Carrots  Fresh Fruit Milk **Cheese Sandwich	Chicken & Cheese Taco  (FF) Steamed Corn  Peaches Milk
<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>
Graham Crackers Unsweetened Applesauce Water	Buddy Grahams Water	Animal Crackers Water	Whole Grain Saltines Turkey Pepperoni Water	Veggie Straws 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

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

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

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



# FALL & WINTER WEEK 4 MENU

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<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
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
<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>
WG Original Cheerios Fresh Orange Water	Waffles Banana Water	Whole Grain Fig Bar Fresh Oranges Water	Mini Bagels Banana Water	Fruit & Grain Bar Fresh Oranges Water
<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>
Swedish Chicken Meatballs Steamed (FF) Mixed Veggies Fruit Cocktail Milk	Cheese Ravioli W/ Red Sauce (FF) Steamed Peas & Carrots Baked Apples Milk	Cheese Quesadilla Black Beans & Corn Salad Pineapple Milk	WG French Bread Cheese Pizza (FF) Steamed Green Beans (FF) Peaches Milk	Baked Chicken Tenders Mashed Potatoes (FF) Mixed Berries w/ Banana Milk
<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>
Veggie Straws Cheddar Cheese Slices Water	Vanilla Wafers Water	Simply Gogurt Animal Crackers Water	Lonestar Cheese Crackers 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: \_\_\_\_\_

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

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



# FALL & WINTER WEEK 5 MENU

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