



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
Hot or Cold Cereal Unsweetened Applesauce Milk	Whole Grain Muffin Mandarin Orange Milk	Waffle Mixed Berries Milk	Cinnamon Toast Unsweetened Applesauce Milk	Biscuit w/ Turkey Sausage Fruit Milk
MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK
Belvita Biscuit Mandarin Orange Water	Oatmeal Bar Banana Water	Fig Bars Banana Water	Whole Grain Muffin Sliced Apples Water	Fruit & Grain Bar Unsweetened Applesauce Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Cheese Tortellini Green Beans Banana Milk	Chicken Ramen Mixed Veggies Apples Milk	Bean & Cheese Tacos Corn Pears Milk	Beef Ravioli Carrots Pineapple Milk	BBQ Meatballs Sliced Bread Tater Tots Tropical Fruit Milk
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
Animal Crackers Sliced Cheddar Cheese Water	Goldfish Crackers Turkey Water	Pretzel Thins Hummus Water	Whole Grain Snack Mix Turkey Pepperoni Water	Whole Grain Crackers Sliced Swiss Cheese Water
*Animal Crackers / Fresh Fruit or Fresh Veggie	*Goldfish / Fresh Fruit or Fresh Veggie	*Crackers / Fresh Fruit or Fresh Veggie	*Snack Mix / Fresh Fruit or Fresh Veggie	*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
Waffles Unsweetened Applesauce Milk	Oatmeal Mixed Berries Milk	Whole Grain Muffin Mandarin Orange Milk	Cereal Banana Milk	Cinnamon Toast Unsweetened Applesauce Milk
MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK
Original Cheerios Banana Water	Whole Wheat Thins Banana Water	Goldfish Unsweetened Applesauce Water	Pastry Crisp Mandarin Orange Water	Fruit & Grain Bar Sliced Apples Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Cheese Quesadilla Corn Pears Milk	Beef Stroganoff Carrots Apples Milk	Cheese Pizza Green Peas Banana Milk	Chicken Tenders Sliced Bread Carrots Peaches Milk	Sloppy Joe Mixed Veggies Tropical Fruit Milk
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
Animal Crackers Sliced Cheese Water	Pretzel Thins Turkey Pepperoni Water	Buddy Grahams Sliced Cheese Water	Corn Tortilla Turkey Water	Granola Bar Sliced Swiss Cheese Water
*Animal Crackers / Fresh Fruit or Fresh Veggie	*Cheez-It's / Fresh Fruit or Fresh Veggie	*Crackers / Fresh Fruit or Fresh Veggie	*Snack Mix / Fresh Fruit or Fresh Veggie	*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	
BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST	
Hot or Cold Cereal Unsweetened Applesauce Milk		Whole Grain Muffin Mandarin Orange Milk		Waffle Mixed Berries Milk		Cinnamon Toast Unsweetened Applesauce Milk		Biscuit w/ Turkey Sausage Fruit Milk	
MORNING SNACK		MORNING SNACK		MORNING SNACK		MORNING SNACK		MORNING SNACK	
Belvita Biscuit Mandarin Orange Water		Oatmeal Bar Banana Water		Fig Bars Banana Water		Whole Grain Muffin Sliced Apples Water		Fruit & Grain Bar Unsweetened Applesauce Water	
HEALTHY LUNCH		HEALTHY LUNCH		HEALTHY LUNCH		HEALTHY LUNCH		HEALTHY LUNCH	
Cheese Tortellini Green Beans Banana Milk		Chicken Ramen Mixed Veggies Apples Milk		Bean & Cheese Tacos Corn Pears Milk		Beef Ravioli Carrots Pineapple Milk		BBQ Meatballs Sliced Bread Tater Tots Tropical Fruit Milk	
AFTERNOON SNACK		AFTERNOON SNACK		AFTERNOON SNACK		AFTERNOON SNACK		AFTERNOON SNACK	
Animal Crackers Sliced Cheddar Cheese Water		Goldfish Crackers Turkey Water		Pretzel Thins Hummus Water		Whole Grain Snack Mix Turkey Pepperoni Water		Whole Grain Crackers Sliced Swiss Cheese Water	
*Animal Crackers / Fresh Fruit or Fresh Veggie		*Goldfish / Fresh Fruit or Fresh Veggie		*Crackers / Fresh Fruit or Fresh Veggie		*Snack Mix / Fresh Fruit or Fresh Veggie		*Crackers / Fresh Fruit or Fresh Veggie	

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FALL & WINTER WEEK 4 MENU

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Waffles Unsweetened Applesauce Milk	Oatmeal Mixed Berries Milk	Whole Grain Muffin Mandarin Orange Milk	Cereal Banana Milk	Cinnamon Toast Unsweetened Applesauce Milk
MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK
Original Cheerios Banana Water	Whole Wheat Thins Banana Water	Goldfish Unsweetened Applesauce Water	Pastry Crisp Mandarin Orange Water	Fruit & Grain Bar Sliced Apples Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Cheese Quesadilla Corn Pears Milk	Beef Stroganoff Carrots Apples Milk	Cheese Pizza Green Peas Banana Milk	Chicken Tenders Sliced Bread Carrots Peaches Milk	Sloppy Joe Mixed Veggies Tropical Fruit Milk
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
Animal Crackers Sliced Cheese Water	Pretzel Thins Turkey Pepperoni Water	Buddy Grahams Sliced Cheese Water	Corn Tortilla Turkey Water	Granola Bar Sliced Swiss Cheese Water
*Animal Crackers / Fresh Fruit or Fresh Veggie	*Cheez-It's / Fresh Fruit or Fresh Veggie	*Crackers / Fresh Fruit or Fresh Veggie	*Snack Mix / Fresh Fruit or Fresh Veggie	*Crackers / Fresh Fruit or Fresh Veggie

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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
Bean & Cheese Taco Unsweetened Applesauce Milk	Whole Grain Muffin Mandarin Orange Milk	Waffle Mixed Berries Milk	Cinnamon Toast Mandarin Orange Milk	Biscuit w/ Turkey Sausage Unsweetened Applesauce Milk
MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK
Belvita Biscuit Banana Water	Whole Wheat Thins Banana Water	Graham Crackers Unsweetened Applesauce Water	Whole Grain Muffins Banana Water	Fruit & Grain Bar Mandarin Orange Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Fettuccini Alfredo Mixed Veggies Tropical Fruit Milk	Chicken Teriyaki Rice Carrots Sliced Apples Milk	Spaghetti w/ Bread Green Peas Banana Milk	Swedish Meatballs Sliced Bread Green Beans Peaches Milk	Grilled Cheese Tomato Soup Pears Milk
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
Animal Crackers Sliced Cheese Water	Goldfish Turkey Slices Water	Pretzel Thins Hummus Water	Whole Grain Snack Mix Turkey Pepperoni Water	Whole Grain Crackers Sliced Swiss Cheese Water
*Animal Crackers / Fresh Fruit or Fresh Veggie	*Goldfish / Fresh Fruit or Fresh Veggie	*Crackers / Fresh Fruit or Fresh Veggie	*Snack Mix / Fresh Fruit or Fresh Veggie	*Crackers / Fresh Fruit or Fresh Veggie

Child's Name: _____

Parent Signature: _____

Date: _____