



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
Waffles Fruit	Toaster Strudel Fruit	Unfrosted Pastry Fruit	Cinnamon Toast Fruit	Cereal Fruit
*Waffle & Fruit	*Toaster Strudel & Fruit	*Unfrosted Pastry & Fruit	*Cinnamon Toast & Fruit	*Cereal & Fruit
Milk	Milk	Milk	Milk	Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Buddy Grahams Fruit Water	Pastry Crisp Fruit Water	Oatmeal Bar Fruit Water	Cheeze-its Fruit Water	Fruit & Grain Bar Fruit Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Grilled Cheese Corn and Baked beans Tropical Fruit Milk	Chicken Veggie Pot Pie Peaches Milk	Tomato Pasta Soup Cheese Toast Carrots Pineapple Milk	Chicken w/Gravy Mashed Potatoes Green Beans Mandarin Oranges Milk	Charcuterie Board Salad w/Ranch Fruit Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Graham Crackers Cream Cheese	Fig Bar Cheese	GoGurt Animal Crackers	Flour Tortilla Cinnamon Sun Butter	Whole Grain Crackers Cream Cheese
*Graham Crackers/ Fruit or Veggie	* Fig Bar /Fruit or Veggie	*GoGurt/ Fruit or Veggie	* Flour Tortillas/ Fruit or Veggie	*Whole Grain Crackers/Fruit or Veggie
Water	Water	Water	Water	Water

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
Biscuit W/Jelly Fruit	Bean and Cheese Taco Fruit	Pancakes Fruit	Honey Banana Toast Fruit	French Toast Sticks Fruit
*Biscuit & Fruit	*Bean & Cheese & Fruit	*Pancakes & Fruit	*Banana Toast & Fruit	*French Toast sticks & Fruit
Milk	Milk	Milk	Milk	Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Graham Crackers Fruit Water	Whole Grain Muffins Fruit Water	Fig Newtons Fruit Water	Goldfish Fruit Water	Belvitas Fruit Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Cheese Ravioli Peas and Carrots Peaches Milk	Chicken Noodle Soup Green Beans Mandarin Oranges Milk	Cheese Pizza Salad w/Ranch Pineapple Milk	Shredded Chicken Taco Carrots Tropical Fruit Milk	Fish Sandwich Corn Fruit Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Veggie Straws Cheese * Veggie Straws/ Fruit or Veggie Water	Granola Bar Cheese *Cereal/ Fruit or Veggie Water	Turkey Slices Whole Grain Crackers *Turkey Slice/ Fruit or Veggie Water	Gogurt Animal Crackers * Animal Crackers/ Fruit or Veggie Water	Ritz Crackers Turkey Pepperoni *Ritz Crackers & Fruit Water

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
Waffles	Toaster Strudel	Unfrosted Pastry	Cinnamon Toast	Cereal
Fruit	Fruit	Fruit	Fruit	Fruit
*Waffles & Fruit	*Toaster Strudel & Fruit	*Unfrosted Pastry & Fruit	*Cinnamon Toast & Fruit	*Cereal & Fruit
Milk	Milk	Milk	Milk	Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Buddy Grahams	Pastry Crisp	Oatmeal Bar	Cheezits	Fruit & Grain Bar
Fruit	Fruit	Fruit	Fruit	Fruit
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Beef Ravioli	Beef Chimichanga	Bean and Cheese Taco	Chicken Nuggets	Charcuterie
Carrots	Green Beans	Corn and Baked Beans	Peas and Carrots	Salad w/Ranch
Tropical Fruit	Peaches	Pears	Pineapple	Fruit
Milk	Milk	Milk	Milk	Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Graham Crackers	Fig Bar	GoGurt	Flour Tortilla	Whole Grain Crackers
Fruit Cream Cheese	Cheese	Animal Crackers	Cinnamon Sun Butter	Cream Cheese
*Graham Crackers/ Fruit or Veggie	*Fig Bar /Fruit or Veggie	*GoGurt /Fruit or Veggie	*Flour Tortillas/ Fruit or Veggie	*Whole Grain Crackers/Fruit or Veggie
Water	Water	Water	Water	Water

Child's Name: _____
 Parent Signature: _____ Date: _____



FALL & WINTER WEEK 4 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
Biscuit W/Jelly Fruit	Bean and Cheese Taco Fruit	Pancakes Fruit	Cinnamon Toast Fruit	French Toast Sticks Fruit
*Biscuit & Fruit	*Bean and Cheese Taco & fruit	*Pancakes & Fruit	*Cinnamon Toast & Fruit	*French Toast sticks Fruit
Milk	Milk	Milk	Milk	Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Graham Crackers Fruit Water	Whole Grain Muffins Fruit Water	Fig Newtons Fruit Water	Goldfish Fruit Water	Belvitas Fruit Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Bean and Cheese Tostada Green Beans Pineapple Milk	Chicken and Cheese Taco Peas and Carrots Peaches Milk	Mac N Cheese Carrots Mandarin Oranges Milk	Chicken Ramen Salad w/Ranch Peaches Milk	Fish Sticks Corn Fruit Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Veggie Straws Cheese	Granola Bar Cheese	Turkey Slices Whole Grain Crackers	Gogurt Animal Crackers	Ritz Crackers Turkey Pepperoni
*Veggie Straws/ Fruit or Veggie	*Cereal/ Fruit or Veggie	*Turkey Slice / Fruit or Veggie	*GoGurt / Fruit or Veggie	*Ritz Crackers /Fruit or Veggie
Water	Water	Water	Water	Water

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
Waffles	Toaster Strudel	Unfrosted Pastry	Cinnamon Toast	Cereal
Fruit	Fruit	Fruit	Fruit	Fruit
*Waffles & Fruit	*Toaster Strudel & Fruit	*Unfrosted Pastry & Fruit	*Cinnamon Toast & Fruit	*Cereal & Fruit
Milk	Milk	Milk	Milk	Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Buddy Grahams	Pastry Crisp	Oatmeal Bar	Cheezits	Fruit & Grain Bar
Fruit Water	Fruit Water	Fruit Water	Fruit Water	Fruit Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Cheese Tortellini	Turkey Spaghetti	Chicken and Cheese Crispitos	Chicken	Turkey & Cheese Sandwich
Green Beans	Corn	Salad w/ Ranch	Squash	Carrots
Tropical Fruit	Mandarin Oranges	Pears	Pineapple	Fruit
Milk	Milk	Milk	Milk	Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Graham Crackers	Fig Bar	GoGurt	Flour Tortilla	Whole Grain Crackers
Applesauce	Cheese	Animal Crackers	Cinnamon Sun Butter	Cream Cheese
*Graham Crackers/ Fruit or Veggie	*Fig Bar /Fruit or Veggie	*GoGurt / Fruit or Veggie	*Flour Tortillas/ Fruit or Veggie	*Whole Grain Crackers/Fruit or Veggie
Water	Water	Water	Water	Water
Child's Name: _____				
Parent Signature: _____			Date: _____	