



## 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
English Muffin W/ Cheese	Toaster Strudel	Breakfast Square Turkey Sausage and Cheese	Honey Banana Toast	Yogurt W/ Granola
Fruit	Fruit	Fruit	Fruit	Fruit
*English Muffin w/ Cheese & Fruit	*Toaster Strudel & Fruit	*Breakfast Square Turkey Sausage and Cheese & Fruit	*Banana Toast & Fruit	*Yogurt & Fruit
Milk	Milk	Milk	Milk	Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Buddy Grahams	Pastry Crisp	Oatmeal Bar	Cinnamon Crisp	Fruit & Grain Bar
Fruit	Fruit	Fruit	Fruit	Fruit
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Grilled Cheese	Chicken Teriyaki W/ Rice	Tomato Pasta Soup	Chicken Tenders	BBQ Meatballs
Black Bean & Corn	Mixed Veggies	Cheese Toast	Fresh Veggies	Sliced Bread
Tropical Fruit	Peaches	Peas	Mandarin Oranges	Carrots
Milk	Milk	Fruit	Milk	Fruit
		Milk		Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Graham Crackers	Granola Bar	GoGurt	Corn Tortillas	Whole Grain Crackers
Applesauce	Cheese	Animal Crackers	Cream Cheese	Hummus
*Graham Crackers/ Fruit or Veggie	*Cereal /Fruit or Veggie	*Animal Cracker/ Fruit or Veggie	*Corn 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

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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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	Cereal	Pancakes	Cinnamon Toast	French Toast Sticks
Fruit	Fruit	Fruit	Fruit	Fruit
*Biscuit & Fruit	*Cereal & 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	Whole Grain Muffins	Fig Newtons	Goldfish	Whole Grain Gingerbread
Fruit	Fruit	Fruit	Fruit	Fruit
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Cheese Ravioli	Chicken & Mixed Vegetable Pot Pie	Pizza Cheese Sticks	Shredded Chicken Taco	Beef and Cheese Taco
Mixed Veggies	Mandarin Oranges	Green Beans	Carrots	Corn
Peaches	Milk	Fruit	Tropical Fruit	Fruit
Milk		Milk	Milk	Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Veggie Straws	Granola Bar	Turkey Slices	Gogurt	Pretzel Thins
Cheese	Cheese	Whole Grain Crackers	Animal Crackers	Turkey Pepperoni
* Veggie Straws/ Fruit or Veggie	*Cereal/ Fruit or Veggie	*Whole Grain Crackers/ Fruit or Veggie	* Animal Crackers/ Fruit or Veggie	*Fruit or Veggie
Water	Water	Water	Water	Water

Child's Name: \_\_\_\_\_  
 Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## FALL & WINTER WEEK 3 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
English Muffin W/ Cheese	Toaster Strudel	Breakfast Square Turkey Sausage and Cheese	Honey Banana Toast	Yogurt W/Granola
Fruit	Fruit	Fruit	Fruit	Fruit
*English Muffin w/ Cheese & Fruit	*Toaster Strudel & Fruit	*Breakfast Square Turkey Sausage and Cheese & Fruit	*Banana Toast & Fruit	*Yogurt & Fruit
Milk	Milk	Milk	Milk	Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Buddy Grahams	Pastry Crisp	Oatmeal Bar	Cinnamon Crisp	Fruit & Grain Bar
Fruit	Fruit	Fruit	Fruit	Fruit
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Red Beans and Rice	Beef Ravioli	Mac N Cheese	Chicken Nuggets	Charcuterie
Carrots	Green Beans	Salad w/ Ranch	Mixed Veggies	Fresh Veggies
Tropical Fruit	Peaches	Fruit	Pineapple	Fruit
Milk	Milk	Milk	Milk	Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Graham Crackers	Granola Bar	GoGurt	Corn Tortillas	Whole Grain Crackers
Applesauce	Cheese	Animal Crackers	Cream Cheese	Hummus
*Graham Crackers/ Fruit or Veggie	*Cereal /Fruit or Veggie	*Animal Cracker/ Fruit or Veggie	*Corn 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

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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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	Cereal Fruit	Pancakes Fruit	Cinnamon Toast Fruit	French Toast Sticks Fruit
*Biscuit & Fruit	*Cereal & 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	Whole Grain Gingerbread Fruit Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Spaghetti W/ Garlic Bread Peas Pineapple Milk	Chicken and Cheese Taco Mixed Veggies Peaches Milk	Cheesy Rice & Broccoli Casserole Carrots Mandarin Oranges Milk	Chicken Ramen Fresh Veggies Fruit 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	Pretzel Thins Turkey Pepperoni
*Veggie Straws/ Fruit or Veggie	*Cereal/ Fruit or Veggie	*Whole Grain Crackers/ Fruit or Veggie	*Animal Crackers/ Fruit or Veggie	*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
English Muffin W/ Cheese	Toaster Strudel	Breakfast Square Turkey Sausage and Cheese	Honey Banana Toast	Yogurt W/Granola
Fruit	Fruit	Fruit	Fruit	Fruit
*English Muffin w/ Cheese & Fruit	*Toaster Strudel & Fruit	*Breakfast Square Turkey Sausage and Cheese & Fruit	*Banana Toast & Fruit	*Yogurt & Fruit
Milk	Milk	Milk	Milk	Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Buddy Grahams	Pastry Crisp	Oatmeal Bar	Cinnamon Crisp	Fruit & Grain Bar
Fruit	Fruit	Fruit	Fruit	Fruit
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Cheese Tortellini	Beef Pasta Alfredo	Cheese Crisпитos	Picadillo Taco	Turkey & Cheese Sandwich
Green Beans	Corn	Salad W/ Ranch	Carrots	Fresh Cucumbers
Tropical Fruit	Mandarin Oranges	Fruit	Pineapple	Fruit
Milk	Milk	Milk	Milk	Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Graham Crackers	Granola Bar	GoGurt	Corn Tortillas	Whole Grain Crackers
Applesauce	Cheese	Animal Crackers	Cream Cheese	Hummus
*Graham Crackers/ Fruit or Veggie	*Cereal /Fruit or Veggie	*Animal Cracker/ Fruit or Veggie	*Corn Tortillas/ Fruit or Veggie	*Whole Grain Crackers/Fruit or Veggie
Water	Water	Water	Water	Water
Child's Name: _____ Parent Signature: _____ Date: _____				