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**
Cereal	Raisin Toast	English Muffins w/ Jam	Oatmeal	Sausage Biscut
Fruit	Fruit	Fruit	Fruit	Fruit
*Cereal & Fruit	*Raisin Toast & Fruit	*English Muffins & Fruit	*Yogurt & Fruit	*Oatmeal Squares & Fruit
Milk	Milk	Milk	Milk	Milk
AM SNACK	**AM SNACK**	**AM SNACK**	**AM SNACK**	**AM SNACK**
Granola Bars	Yogurt	Teddy Grahams	Cereal Trail Mix	Oatmeal Squares
Fruit	Fruit	Fruit	Fruit	Fruit
Water	Water	Water	Water	Water
HEALTHY LUNCH	**HEALTHY LUNCH**	**HEALTHY LUNCH**	**HEALTHY LUNCH**	**HEALTHY LUNCH**
Grilled Cheese	Shredded Chicken	Marinara Meatballs	Chicken Spaghetti	Turkey Sloppy Joe Wraps
Tomato Soup	Spanish Rice	Sliced Bread	Broccoli	Corn
Fruit	Pinto Beans	Mixed Veggies	Fresh Fruit	Fruit
Milk	Fresh Fruit	Fruit	Milk	Milk
	Milk	Milk		
PM SNACK	**PM SNACK**	**PM SNACK**	**PM SNACK**	**PM SNACK**
Sliced Turkey & Cheese Crackers	Veggie Straws	Cheese Crackers	Fig Bar	Whole Grain Crackers
	Fruit	Fruit	Fruit	Cheese Cubes
*Graham Crackers / Fruit or Veggie	*Cereal / Fruit or Veggie	*Animal Crackers / 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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Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**
Cereal	Sausage Pancake	Waffles	Oatmeal	Kolaches
Fruit	Fruit	Fruit	Cinnamon Apples	Fruit
*Cereal & Fruit	*Cinnamon Toast & Fruit	*Cereal & Fruit	*Cheese Toast & Fruit	*Muffins & Fruit
Milk	Milk	Milk	Milk	Milk
AM SNACK	**AM SNACK**	**AM SNACK**	**AM SNACK**	**AM SNACK**
Animal Crackers	Jello	Graham Crackers	Nilla Wafers	Fruit & Grain Bar
Craisens	Fruit	Applesauce	Pudding	Fruit
Water	Water	Water	Water	Water
HEALTHY LUNCH	**HEALTHY LUNCH**	**HEALTHY LUNCH**	**HEALTHY LUNCH**	**HEALTHY LUNCH**
Cheese Pizza	Chicken Fried Rice	Turkey Stroganoff	Chicken Tenders	Cowboy Chili
Fresh Salad w/ Ranch	Peas & Carrots	Mixed Veggies	Mashed Potatoes w/ Gravy	Cornbread
Fresh Fruit	Fresh Fruit	Fruit	Fresh Fruit	Fruit
Milk	Milk	Milk	Milk	Milk
PM SNACK	**PM SNACK**	**PM SNACK**	**PM SNACK**	**PM SNACK**
Goldfish	Whole Grain Crackers	Pretzels/Cheese Cracker	Smores Trail Mix	Corn Chips
Pepperoni	Cheese	Fruit	Fruit	Guac or Cheese Sauce
*Mini Muffins / Fruit or Veggie	*Whole Grain Crackers / Fruit or Veggie	*Animal Crackers / Fruit or Veggie	*Cereal / Fruit or Veggie	*Crackers / Fruit or Veggie
Water	Water	Water	Water	Water

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.

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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**
Cereal	Raisin Toast	English Muffins w/ Jam	Oatmeal	Sausage Biscuit
Fruit	Fruit	Fruit	Fruit	Fruit
*Cereal & Fruit	*Raisin Toast & Fruit	*English Muffins & Fruit	*Yogurt & Fruit	*Oatmeal Squares & Fruit
Milk	Milk	Milk	Milk	Milk
AM SNACK	**AM SNACK**	**AM SNACK**	**AM SNACK**	**AM SNACK**
Granola Bar	Yogurt	Teddy Grahams	Cereal Trail Mix	Oatmeal Squares
Fruit	Fruit	Fruit	Fruit	Fruit
Water	Water	Water	Water	Water
HEALTHY LUNCH	**HEALTHY LUNCH**	**HEALTHY LUNCH**	**HEALTHY LUNCH**	**HEALTHY LUNCH**
Cheese Ravioli	Chicken & Rice	Taquitos	Penne Alfredo Pasta w/ Chicken	Fish Sticks
Green beans	Broccoli	Corn	Carrots	Tator Tots
Fruit	Fresh Fruit	Fruit	Fresh Fruit	Fruit
Milk	Milk	Milk	Milk	Milk
PM SNACK	**PM SNACK**	**PM SNACK**	**PM SNACK**	**PM SNACK**
Sliced Turkey & Cheese Crackers	Simply Cheeto Puffs	Cheese Crackers	Fig Bar	Whole Grain Crackers
	Fruit	Fruit	Fruit	Cheese Cubes
*Graham Crackers / Fruit or Veggie	*Cereal / Fruit or Veggie	*Animal Crackers / 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**
Oatmeal	Sausage Pancake	Waffles	Oatmeal	Kolaches
Fruit	Fruit	Fruit	Cinnamon Apples	Fruit
*Oatmeal & Fruit	*Cinnamon Toast & Fruit	*Bagel & Fruit	*Cheese Toast & Fruit	*Muffins & Fruit
Milk	Milk	Milk	Milk	Milk
AM SNACK	**AM SNACK**	**AM SNACK**	**AM SNACK**	**AM SNACK**
Animal Crackers	Jello	Graham Crackers	Nilla Wafers	Fruit & Grain Bar
Craisens	Fruit	Applesauce	Pudding	Fruit
Water	Water	Water	Water	Water
HEALTHY LUNCH	**HEALTHY LUNCH**	**HEALTHY LUNCH**	**HEALTHY LUNCH**	**HEALTHY LUNCH**
Mac n Cheese	Swedish Meatballs	Pizza Spaghetti	Chicken & Cheese Taco	Turkey Sausage
Peas & Carrots	Batsmati Rice	Carrots	Green Beans	Mini Pancakes
Fruit	Broccoli	Fruit	Fresh Fruit	Tator Tot
Milk	Fresh Fruit	Milk	Milk	Fruit
	Milk			Milk
PM SNACK	**PM SNACK**	**PM SNACK**	**PM SNACK**	**PM SNACK**
Goldfish	Whole Grain Crackers	Pretzels/Cheese Crackers	Smores Trail Mix	Corn Chips
Pepperoni	Cheese	Fruit	Fruit	Guac or Cheese sauce
*Mini Muffins / Fruit or Veggie	*Whole Grain Crackers / Fruit or Veggie	*Animal Crackers / Fruit or Veggie	*Cereal / Fruit or Veggie	*Crackers / Fruit or Veggie
Water	Water	Water	Water	Water

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.

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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**
Cereal	Raisin Toast	English Muffins & Jam	Oatmeal	Sausage Biscut
Fruit	Fruit	Fruit	Cinnamon Apples	Fruit
*Cereal & Fruit	*Raisin Toast & Fruit	*English Muffins & Fruit	*Yogurt & Fruit	*Oatmeal Squares & Fruit
Milk	Milk	Milk	Milk	Milk
AM SNACK	**AM SNACK**	**AM SNACK**	**AM SNACK**	**AM SNACK**
Granola Bar	Yogurt	Teddy Grahams	Cereal Trail mix	Oatmeal Squares
Fruit	Fruit	Fruit	Fruit	Fruit
Water	Water	Water	Water	Water
HEALTHY LUNCH	**HEALTHY LUNCH**	**HEALTHY LUNCH**	**HEALTHY LUNCH**	**HEALTHY LUNCH**
Chicken Nuggets	Turkey & Cheese Pinwheel	Chicken Pot Pie	Chili Mac	Cheese Pizza
Mixed Veggies	Green Peas	Peas and Carrots	Green Beans	Veggie Straws
Peaches	Fresh Fruit	Pineapple	Fresh Fruit	Fruit
Milk	Milk	Milk	Milk	Milk
PM SNACK	**PM SNACK**	**PM SNACK**	**PM SNACK**	**PM SNACK**
Sliced Turkey & Cheese Crackers	Simply Cheeto Puffs	Cheese Crackers	Fig Bar	Whole Grain Crackers
	Fruit	Fruit	Fruit	Cheese Cubes
*Graham Crackers / Fruit or Veggie	*Cereal / Fruit or Veggie	*Animal Crackers / 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: _____