



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 Fruit Milk	Raisin Toast Fruit Milk	English Muffins w/ Jam Fruit Milk	Pumpkin Spice Oatmeal Banana Milk	Sausage Biscuit Fruit Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Fruit & Grain Bars Fruit Water	Yogurt Fruit Water	Graham Crackers Applesauce Water	Cereal Trail Mix Fruit Water	Special K Crisps Fruit Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Grilled Cheese Tomato Soup Fruit Milk	Baked Ziti Green Beans Fresh Fruit Milk	Turkey Stew Saltine Crackers Fruit Milk	Chicken Spaghetti Broccoli Fresh Fruit Milk	Bean & Cheese Tacos Corn Fruit Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Sliced Turkey Crackers Water	Veggie Straws Fruit Water	Rice Cakes Cream Cheese Water	Fig Bar Fruit Water	Whole Grain Crackers Cheese 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
Cereal	Sausage Pancake Sticks	Waffles	Oatmeal	Kolaches
Fruit	Fruit	Fruit	Cinnamon Apples	Fruit
Milk	Milk	Milk	Milk	Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Animal Crackers	Overnight Oats	Graham Crackers	Wheat thins	Fruit & Grain Bar
Craisins	Fruit	Applesauce	Ranch Dip	Fruit
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Cheese Pizza Rolls	Chicken Fried Rice	Turkey Stroganoff	Chicken Nuggets	Chicken Noodle Soup
Fresh Salad w/ Ranch	Peas & Carrots	Mixed Veggies	Mashed Potatoes	Crackers
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	Cereal Trail Mix	Veggie Straws
Turkey Pepperoni	Cheese	Fruit	Fruit	Raisins
Water	Water	Water	Water	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
Cereal	Raisin Toast	English Muffins w/ Jam	Blueberry Oatmeal	Biscuits & Gravy
Fruit	Fruit	Fruit	Fruit	Fruit
Milk	Milk	Milk	Milk	Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Yogurt	Fruit & Grain Bar	Special K Crisps	Cereal Trail Mix	Applesauce
Graham Crackers	Fruit	Fruit	Fruit	Apple Straws
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Chicken Pot Pie	Chicken & Rice	Marinara Orzo W/ Turkey Meatballs	Cheese Quesadilla	Penne Alfredo Pasta w/ Chicken
W/ Mixed Veggies	Broccoli	Salad	Corn	Carrots
Fruit	Fresh Fruit	Fruit	Fresh Fruit	Fruit
Milk	Milk	Milk	Milk	Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Sliced Turkey Crackers	Simply Cheeto Puffs	Cheese Crackers	Fig Bar	Whole Grain Crackers
Water	Fruit	Fruit	Fruit	Cheese slices
	Water	Water	Water	Water
Child's Name: _____				
Parent Signature: _____		Date: _____		



FALL & WINTER WEEK 4 MENU

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Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Berry Oatmeal	Kolaches	Waffles	French Toast Sticks	Blueberry Pancakes
Fruit	Fruit	Fruit	Fruit	Fruit
Milk	Milk	Milk	Milk	Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Animal Crackers	Rice Cakes	Graham Crackers	Yogurt	Fruit & Grain Bar
Craisins	Cream Cheese	Applesauce	Fruit	Fruit
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Mac n Cheese	Cheesy Chicken & Rice	Pizza Spaghetti	Turkey & Cheese Taco	Grilled Cheese
Peas & Carrots	Broccoli	Corn	Green Beans	Fruit
Fruit	Fresh Fruit	Fruit	Fresh Fruit	Tator Tot
Milk	Milk	Milk	Milk	Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Goldfish	Pumpkin Muffins	Pretzels/Cheese Crackers	Trail Mix	Corn Chips
Turkey Pepperoni	Apples	Fruit	Fruit	Cheese sauce
Water	Water	Water	Water	Water
Child's Name: _____				
Parent Signature: _____		Date: _____		



FALL & WINTER WEEK 5 MENU

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Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cereal	Mini Pancakes	Bagels & Cream Cheese	Oatmeal	Sausage Biscuit
Fruit	Fruit	Fruit	Cinnamon Apples	Fruit
Milk	Milk	Milk	Milk	Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Biscuits	Yogurt	Apple Straws	Cereal Trail mix	Muffins
Jam	Fruit	Fruit	Fruit	Fruit
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Pasta Salad	Turkey & Cheese Roll ups	Shepherds Pie	Chili Mac	Cheese Pizza Rolls
Saltines	Green Beans	Peas and Carrots	Green Beans	Salad
Peaches	Fresh Fruit	Pineapple	Fresh Fruit	Fruit
Milk	Milk	Milk	Milk	Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Simply Cheeto Puffs	Sliced turkey	Cheese Crackers	Fig Bar	Whole Grain Crackers
fruit	Saltines	Fruit	Fruit	Cheese Slices
Water	Water	Water	Water	Water
Child's Name: _____				
Parent Signature: _____		Date: _____		