



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 an alternate protein and whole grain.

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cinnamon Toast Fruit & Potatoes	English Muffin & Honey Fruit & Potatoes	Fruit Muffin Fruit & Potatoes	Bagel & Cream Cheese Fruit & Potatoes	Biscuit & Jam Fruit & Potatoes
*Toast & Fruit	*Muffin & Fruit	*Muffin & Fruit	*Cereal & Fruit	*Biscuit & Fruit
Milk	Milk	Milk	Milk	Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Graham Crackers Fruit Water	Lemon Wafers Fruit Water	Fruit & Grain Bar Fruit Water	Granola Bar Fruit Water	Teddy Grahams Fruit Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Fettuccine Alfredo Broccoli Normandy Diced Pears Milk	Chicken Meatball Tacos Sweet Corn Pineapple Tidbits Milk **Bean & Cheese	Turkey Cheese Toastie Fresh Veggies Oranges Milk **Cheese	Stir Fry Rice & Chicken Mixed Veggies Fruit Medley Milk **Tofu	Cheese Pizza Green Beans Diced Peaches Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Crackers Wowbutter	Granola Bars Cheese	Animal Crackers Gogurt	Graham Crackers Cream Cheese	Whole Grain Goldfish Crackers
*Animal Crackers / Fruit or Veggie	*Cereal / Fruit or Veggie	*Animal Crackers / Fruit or Veggie	*Graham Crackers / 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
Cinnamon Toast	Fruit Muffin	Bagel & Cream Cheese	English Muffin & Honey	Biscuit & Jam
Fruit & Potatoes	Fruit & Potatoes	Fruit & Potatoes	Fruit & Potatoes	Fruit & Potatoes
*Toast & Fruit	*Muffin & Fruit	*Cereal & Fruit	*Muffin & Fruit	*Biscuit & Fruit
Milk	Milk	Milk	Milk	Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Graham Crackers	Fig Bars	Lemon Wafers	Granola Bar	Graham Crackers
Fruit	Fruit	Fruit	Fruit	Fruit
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Chicken & Potatoes	Bean & Cheese Tacos	Baked Mac & Cheese	Arroz Con Pollo	Grilled Cheese Sandwiches
Broccoli Normandy	Corn	Peas & Carrots	Mixed Veggies	Tomato Soup
Fruit Medley	Pineapple	Diced Pears	Diced Peaches	Applesauce
Milk	Milk	Milk	Milk	Milk
**Broccoli Cheese Tots			**Beans & Rice	
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Whole Grain Crackers	Chef Snack Mix	Animal Crackers	Whole Grain	Pretzels
Gogurt	Cheese	Gogurt	Goldfish Crackers	Wowbutter
*Crackers / 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

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Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cinnamon Toast	Fruit Muffins	English Muffin & Honey	Bagel & Cream Cheese	Biscuit & Jam
Fruit & Potatoes	Fruit & Potatoes	Fruit & Potatoes	Fruit & Potatoes	Fruit & Potatoes
*Toast & Fruit	*Muffin & Fruit	*Muffin & Fruit	*Cereal & Fruit	*Biscuit & Fruit
Milk	Milk	Milk	Milk	Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Graham Crackers	Lemon Wafers	Fig Bars	Granola Bar	Graham Crackers
Fruit	Fruit	Fruit	Fruit	Fruit
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Pesto Cheese Ravioli	Chicken Rice Tacos	Veggie Lo Mein	Chicken Sandwich & Wheat Bread	Cheese Pizza
Green Beans	Chili Beans	Stir Fry Veggies	Peas & Carrots	Roasted Broccoli
Diced Pears	Pineapple Tidbits	Diced Peaches	Fruit Medley	Applesauce
Milk	Milk	Milk	Milk	Milk
	**Bean & Cheese		**Veggie Pattie	
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Crackers	Graham Crackers	Crackers	Animal Crackers	Whole Grain
Wowbutter	Cream Cheese	Cheese	Gogurt	Goldfish Crackers
*Crackers / Fruit or Veggie	*Cereal / Fruit or Veggie	*Crackers / Fruit or Veggie	*Animal Crackers / Fruit or Veggie	*Crackers / Fruit or Veggie
Water	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
Cinnamon Toast	English Muffin & Honey	Fruit Muffin	Bagel & Cream Cheese	Biscuit & Jam
Fruit & Potatoes	Fruit & Potatoes	Fruit & Potatoes	Fruit & Potatoes	Fruit & Potatoes
*Toast & Fruit	*Muffin & Fruit	*Muffin & Fruit	*Cereal & Fruit	*Biscuit & Fruit
Milk	Milk	Milk	Milk	Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Graham Crackers	Lemon Wafers	Fig Bars	Granola Bar	Graham Crackers
Fruit	Fruit	Fruit	Fruit	Fruit
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Garlic Chicken Pasta	Cheese Quesadilla	Lasagna	Teriyaki Chicken & Rice	French Toast Sticks
Green Beans	Sweet Corn	Roasted Veggies	Peas & Carrots	Potatoes & Eggs
Diced Pears	Pineapple Tidbits	Diced Peaches	Fruit Medley	Apple Sauce
Milk	Milk	Milk	Milk	Milk
**Chickpea			**Tofu	
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Crackers	Whole Grain Crackers	Animal Crackers	Pretzels	Whole Grain
Cheese	Fresh Veggies	Gogurt	Wowbutter	Goldfish Crackers
*Crackers / 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: _____

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FALL & WINTER WEEK 5 MENU

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Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cinnamon Toast	English Muffin & Honey	Fruit Muffins	Bagel & Cream Cheese	Biscuit & Jam
Fruit & Potatoes	Fruit & Potatoes	Fruit & Potatoes	Fruit & Potatoes	Fruit & Potatoes
*Toast & Fruit	*Muffin & Fruit	*Muffin & Fruit	*Cereal & Fruit	*Biscuit & Fruit
Milk	Milk	Milk	Milk	Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Graham Crackers	Fig Bars	Fruit & Grain Bar	Lemon Wafers	Granola Bars
Fruit	Fruit	Fruit	Fruit	Fruit
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Broccoli Cheese & Rice	Chicken Tamale Casserole	Spaghetti	Pancake Sausage Bites	BBQ Meatball Sandwiches
Roasted Veggies	Sweet Corn	Peas & Carrots	Potatoes	Mixed Veggies
Diced Peaches	Pineapple Tidbits	Diced Pears	Oranges	Fruit Medley
Milk	Milk	Milk	Milk	Milk
	**Bean & Cheese		**Pancakes & Egg	**Veggie Balls
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Granola Bar	Crackers	Animal Crackers	Whole Grain	Pretzels
Gogurt	Cheese	Gogurt	Goldfish Crackers	Wowbutter
*Cereal / Fruit or Veggie	*Crackers / Fruit or Veggie	*Crackers / Fruit or Veggie	*Whole Grain Crackers / Fruit or Veggie	*Cereal / Fruit or Veggie
Water	Water	Water	Water	Water

Child's Name: _____

Parent Signature: _____

Date: _____