



## 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                               |
| Fruit Muffins                      | Cinnamon Toast            | English Muffin                     | Fruit Turnover                     | Biscuits & Jam                          |
| Fruit                              | Fruit                     | Fruit                              | Fruit                              | Fruit                                   |
| *Muffin & Fruit                    | *Cinnamon Toast & Fruit   | *Muffin & Fruit                    | *Fruit Toast & Fruit               | *Biscuit & Fruit                        |
| Milk                               | Milk                      | Milk                               | Milk                               | Milk                                    |
| AM SNACK                           | AM SNACK                  | AM SNACK                           | AM SNACK                           | AM SNACK                                |
| Graham Crackers                    | Lemon Wafers              | Fruit & Grain Bar                  | Granola Bar                        | Teddy Grahams                           |
| Fruit                              | Fruit                     | Fruit                              | Fruit                              | Fruit                                   |
| Water                              | Water                     | Water                              | Water                              | Water                                   |
| HEALTHY LUNCH                      | HEALTHY LUNCH             | HEALTHY LUNCH                      | HEALTHY LUNCH                      | HEALTHY LUNCH                           |
| Fettuccine Alfredo                 | Chicken Meatball Tacos    | French Toast Sticks                | Stir Fry Rice & Chicken            | Cheese Pizza                            |
| Broccoli Normandy                  | Corn                      | Potatoes                           | Mixed Veggies                      | Green Beans                             |
| Pears                              | Mandarin Oranges          | Baked Apples                       | Mixed Fruit                        | Peaches                                 |
| Milk                               | Milk                      | Milk                               | Milk                               | Milk                                    |
| PM SNACK                           | PM SNACK                  | PM SNACK                           | PM SNACK                           | PM SNACK                                |
| Crackers                           | Granola Bars              | Animal Crackers                    | Graham Crackers                    | Whole Grain                             |
| Soy Butter                         | Cheese                    | Gogurt                             | Cream Cheese                       | 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                   |
| Fruit Muffins               | Cinnamon Toast                          | Bagel & Cream Cheese               | English Muffin            | Biscuits & Jam              |
| Fruit                       | Fruit                                   | Fruit                              | Fruit                     | Fruit                       |
| *Muffin & Fruit             | *Cinnamon Toast & Fruit                 | *Cereal & Fruit                    | *Cheese Toast & 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   |
| Mixed Veggies               | Corn                                    | Peas & Carrots                     | Mixed Veggies             | Tomato Soup                 |
| Diced Pears                 | Pineapple                               | Diced Peaches                      | Mandarin Oranges          | Applesauce                  |
| Milk                        | Milk                                    | Milk                               | Milk                      | Milk                        |
| 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         | Soy Butter                  |
| *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: \_\_\_\_\_

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## FALL & WINTER WEEK 3 MENU

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| Monday                      | Tuesday                   | Wednesday                   | Thursday                           | Friday                      |
|-----------------------------|---------------------------|-----------------------------|------------------------------------|-----------------------------|
| BREAKFAST                   | BREAKFAST                 | BREAKFAST                   | BREAKFAST                          | BREAKFAST                   |
| Fruit Muffins               | Toast Cinnamon            | English Muffins & Jam       | Bagels & Cream Cheese              | Biscuits & Jam              |
| Fruit                       | Fruit                     | Fruit                       | Fruit                              | Fruit                       |
| *Muffin & Fruit             | *Toast & 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              | Belvita Snack Pack          | Granola Bar                        | Graham Crackers             |
| Fruit                       | Fruit                     | Fruit                       | Fruit                              | Fruit                       |
| Water                       | Water                     | Water                       | Water                              | Water                       |
| HEALTHY LUNCH               | HEALTHY LUNCH             | HEALTHY LUNCH               | HEALTHY LUNCH                      | HEALTHY LUNCH               |
| Broccoli Cheese Pasta       | 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                 | Diced Peaches               | Mixed Fruit                        | Mandarin Oranges            |
| Milk                        | Milk                      | Milk                        | Milk                               | Milk                        |
| PM SNACK                    | PM SNACK                  | PM SNACK                    | PM SNACK                           | PM SNACK                    |
| Crackers                    | Graham Crackers           | Goldfish Crackers           | Animal Crackers                    | Whole Grain                 |
| Sun Butter                  | Cream Cheese              | Cheese Stick                | 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                   |
| Fruit Muffin                | Cinnamon Toast                          | English Muffin & Jam               | Fruit Turnover                 | Biscuits & Jam              |
| Fruit                       | Fruit                                   | Fruit                              | Fruit                          | Fruit                       |
| *Muffin & Fruit             | *Cinnamon Toast & 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 Pasta                      | Chicken Nuggets & Sliced Bread | French Toast Sticks         |
| Green Beans                 | Corn                                    | Roasted Veggies                    | Peas & Carrots                 | Potatoes                    |
| Diced Pears                 | Mandarin Oranges                        | Peaches                            | Mixed Fruit                    | Baked Apples                |
| Milk                        | Milk                                    | Milk                               | Milk                           | Milk                        |
| PM SNACK                    | PM SNACK                                | PM SNACK                           | PM SNACK                       | PM SNACK                    |
| Crackers                    | Whole Grain Crackers                    | Animal Crackers                    | Pretzels                       | Goldfish Crackers           |
| Cheese Stick                | Fresh Veggies                           | Gogurt                             | Hummus                         | Cheese Stick                |
| *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 5 MENU

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| Monday   | Tuesday                                      | Wednesday  | Thursday   | Friday  |
|--|--|--|--|---|
| BREAKFAST  | BREAKFAST                                    | BREAKFAST  | BREAKFAST  | BREAKFAST   |
| Biscuits & Jam<br>Fruit  | Cinnamon Toast<br>Fruit                      | English Muffins & Jam<br>Fruit                       | Bagel & Cream Cheese<br>Fruit                            | Fruit Turnover<br>Fruit   |
| *Biscuit & Fruit   | *Cinnamon Toast & Fruit                      | *Muffin & Fruit                                      | *Cereal & Fruit  | *Fruit Turnover & Fruit   |
| Milk   | Milk   | Milk   | Milk   | Milk  |
| AM SNACK   | AM SNACK                                     | AM SNACK   | AM SNACK   | AM SNACK  |
| Graham Crackers<br>Fruit<br>Water                                  | Fig Bars<br>Fruit<br>Water                   | Fruit & Grain Bar<br>Fruit<br>Water                  | Lemon Wafers<br>Fruit<br>Water                           | Granola Bars<br>Fruit<br>Water  |
| HEALTHY LUNCH  | HEALTHY LUNCH                                | HEALTHY LUNCH  | HEALTHY LUNCH  | HEALTHY LUNCH   |
| Broccoli Cheese & Rice<br>Roasted Veggies<br>Diced Peaches<br>Milk | Chicken Tamales<br>Corn<br>Pineapple<br>Milk | Marinara Pasta<br>Peas & Carrots<br>Mandarin<br>Milk | Pancake Sausage Bites<br>Potatoes<br>Diced Pears<br>Milk | Chicken Noodle Soup<br>Sliced Bread<br>Mixed Veggies<br>Mixed Fruit<br>Milk |
| PM SNACK   | PM SNACK                                     | PM SNACK   | PM SNACK   | PM SNACK  |
| Granola Bar<br>Gogurt  | Crackers<br>Cheese                           | Chef Snack Mix<br>Gogurt                             | Whole Grain<br>Goldfish Crackers                         | Pretzels<br>Soy Butter  |
| *Cereal / Fruit or Veggie  | *Crackers / Fruit or Veggie                  | *Crackers / Fruit or Veggie                          | *Whole Grain Crackers /<br>Fruit or Veggie               | *Cereal / Fruit or Veggie   |
| Water  | Water  | Water  | Water  | Water   |

Child's Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_