



## 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
Cold Cereal w/ Milk	Raisin Toast	English Muffins w/ Fruit Spread	Yogurt w/ Granola	Oatmeal Squares
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
Oatmeal	Peach Crisp	Turkey Sausage Cheese Wrap	Biscuit w/ Fruit Spread	Banana & Orange Oat Bites
Fruit	Fruit	Fruit	Fruit	Fruit
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Taquitos	Chicken Sandwich	Turkey Spaghetti	Chicken & Rice	Bean & Cheese Tacos
carrots	Green Beans	Mixed Veggies	with Broccoli	Corn
Pineapple	Fresh Fruit	Diced Pears	Fresh Fruit	Peaches
Milk	Milk	Milk	Milk	Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Graham Crackers	Granola Bars	Gogurt	Pita Bread	Whole Grain Crackers
Sun Butter	Apple Sauce	Animal Crackers	Cream Cheese	Hummus
*Graham Crackers / Fruit or Veggie	*Cereal / Fruit or Veggie	*Animal Crackers / Fruit or Veggie	*Pita Bread / 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
Whole Grain Pancakes Fruit	Cinnamon Toast Fruit	Bagels & Cream Cheese Fruit	Cheese Toast Fruit	Oatmeal 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
Cereal Fruit Water	Apple Muffin Fruit Water	Yogurt Fruit Water	Pancakes Fruit Water	Cinnamon Raisin Bread W/ Cream Cheese Fruit Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Turkey Deli Pack w/ Crackers Mixed Veggies Diced Pears Milk	Grilled Cheese Sandwich Tomato Soup Fresh Fruit Milk	Chicken Spaghetti Peas & Carrots Pineapple Milk	Cheese Pizza Green Beans Fresh Fruit Milk	Turkey w/ Red Beans & Rice Corn Peaches Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Mini Muffins Fruit	Whole Grain Crackers Cheese	Gogurt Animal Crackers	Veggies Straws Cheese	Ritz Crackers Pepperoni
*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 w/ Milk	Raisin Toast	English Muffins w/ Fruit Spread	Yogurt & Granola	Oatmeal Squares
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
Oatmeal	Peach Crisp	Turkey Sausage Cheese Wrap	Biscuit w/ Fruit Spread	Banana & Orange Oat Bites
Fruit	Fruit	Fruit	Fruit	Fruit
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Fish Sticks	Cheese Ravioli / Tortellini	Cowboy Stew	Asian Chicken & Rice	Beef Stroganoff
Mixed Veggies	Green Beans	Whole Grain Sliced Bread	Carrots	Peas
Pineapple	Fresh Fruit	Pears	Fresh Fruit	Peaches
Milk	Milk	Milk	Milk	Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Graham Crackers	Granola Bars	Gogurt	Pita Bread	Whole Grain Crackers
Sun Butter	Apple Sauce	Animal Crackers	Cream Cheese	Hummus
*Graham Crackers / Fruit or Veggie	*Cereal / Fruit or Veggie	*Animal Crackers / Fruit or Veggie	*Pita Bread / 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

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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
Whole Grain Pancakes	Cinnamon Toast	Bagel w/ Cream Cheese	Cheese Toast	Oatmeal
Fruit	Fruit	Fruit	Fruit	Fruit
*Fruit	*Cinnamon Toast & Fruit	*Fruit	*Cheese Toast & Fruit	*Muffins & Fruit
Milk	Milk	Milk	Milk	Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Cereal	Apple Muffin	Yogurt	Pancakes	Cinnamon Raisin Bread w/ Cream Cheese
Fruit	Fruit	Fruit	Fruit	Fruit
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Beef and Bean Burritos	Chicken Pot Pie	Turkey Sloppy Joes	Macaroni and Cheese	Orange Chicken
Peas & Carrots	Mixed Veggies	Baked Beans	Green Beans	Rice
Pineapple	Fresh Fruit	Diced Pears	Fresh Fruit	Green Peas
Milk	Milk	Milk	Milk	Mandarin Oranges Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Mini Muffins	Whole Grain Crackers	Gogurt	Veggie Straws	Ritz Crackers
Fruit	Cheese	Animal Crackers	Cheese	Pepperoni
*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

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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
Cold Cereal	Raisin Toast	English Muffins w/ Fruit Spread	Yogurt & Granola	Oatmeal Squares
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
Oatmeal	Peach Crisp	Turkey Sausage Cheese Wrap	Biscuit w/ Fruit Spread	Banana & Orange Oat Bites
Fruit	Fruit	Fruit	Fruit	Fruit
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Chicken Nuggets	Turkey & Cheese Sandwiches	Chili Mac	Chicken & Cheese Taco	BBQ Meatballs w/ Whole Grain Roll
Mixed Veggies	Green Peas	Carrots	Green Beans	Mash Potatoes
Peaches	Fresh Fruit	Pineapple	Fresh Fruit	Peas & Carrots
Milk	Milk	Milk	Milk	Pears
				Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Graham Crackers	Granola Bars	Gogurt	Pita Bread	Whole Grain Crackers
Applesauce	Cheese	Animal Crackers	Sun Butter	Hummus
*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: \_\_\_\_\_