



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
Hot or Cold Cereal Fruit	Raisin Toast Fruit	English Muffins w/ Honey Fruit	Yogurt w/ Granola Fruit	Waffles 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
Belvita Biscuit Fruit Water	Teddy Grahams Fruit Water	Fig Bars Fruit Water	Cheez-it's Fruit Water	Fruit & Grain Bar Fruit Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Tomato Soup Grilled Cheese Mandarin Oranges Milk	White Chicken Chili Crackers Mixed Veggies Fresh Fruit Milk	Beef Spaghetti Green Beans Diced Pears Milk	Chicken & Rice with Broccoli Fresh Fruit Milk	Bean & Cheese Burritos Corn Peaches Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Graham Crackers Applesauce	Granola Bars Cheese	Gogurt Animal Crackers	Chex Mix Craisins	Whole Grain Crackers Hummus
*Graham Crackers / Fruit or Veggie	Soft Bar / Fruit	*Animal Crackers / Fruit or Veggie	*Cheero Mix/ Fruit	*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
Oatmeal	Cinnamon Toast	Bagels & Cream Cheese	Cheese Toast	Muffins
Fruit	Fruit	Fruit	Fruit	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	Graham Crackers	Whole Grain Muffins	Goldfish	Fruit & Grain Bar
Fruit	Fruit	Fruit	Fruit	Fruit
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Tomato Soup	Cheese Quesadillas	Beef Stroganoff	Cheese Pizza	Red Beans & Rice
Mixed Veggies	Black Beans	Green Beans	Peas & Carrots	Corn
Diced Pears	Fresh Fruit	Pineapple	Fresh Fruit	Peaches
Milk	Milk	Milk	Milk	Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Mini Muffins	Whole Grain Crackers	Gogurt	Veggies Straws	Pretzel Thins
Cheese	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 3 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
Hot or Cold Cereal	Raisin Toast	English Muffins w/ Honey	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
Belvita Biscuit	Buddy Graham	Fig Bars	Cheez-it's	Fruit & Grain Bar
Fruit	Fruit	Fruit	Fruit	Fruit
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Tomato Soup	Cheese Ravioli / Tortellini	Cowboy Stew	Asian Chicken & Rice	Pasta Fagioli
Mixed Veggies	Green Beans	Whole Grain Sliced Bread	Stir Fry Veggies	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	Corn Tortillas	Whole Grain Crackers
Applesauce	Cheese	Animal Crackers	Pepperoni	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: _____

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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
Oatmeal	Cinnamon Toast	Bagel w/ Cream Cheese	Cheese Toast	Muffins
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	Graham Crackers	Whole Grain Muffins	Goldfish	Fruit & Grain Bar
Fruit	Fruit	Fruit	Fruit	Fruit
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Tomato Soup	Baked Turkey	Turkey Sloppy Joes	Whole Wheat Penne w/ Sausage & Spinach	Turkey Sausage
Sliced Bread	Brown Rice	Baked Beans	Green Beans	Whole Grain Sliced Bread
Peas & Carrots	Mixed Veggies	Peaches	Fresh Fruit	Green Peas
Pineapple	Fresh Fruit	Milk	Milk	Mandarin Oranges
Milk	Milk			Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Mini Muffins	Whole Grain Crackers	Gogurt	Veggie Straws	Pretzel Thins
Cheese	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: _____

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FALL & WINTER WEEK 5 MENU

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Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Hot or Cold Cereal	Raisin Toast	English Muffins & Honey	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
Belvita Biscuit	Buddy Graham	Fig Bar	Cheez-it's	Fruit & Grain Bar
Fruit	Fruit	Fruit	Fruit	Fruit
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Tomato Soup	Turkey & Cheese Sandwiches	Chicken & Cheese Tacos	Chili Mac	Swedish Meatballs
Mixed Veggies	Green Peas	Carrots	Green Beans	Sliced Bread
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	Corn Tortillas	Whole Grain Crackers
Applesauce	Cheese	Animal Crackers	Pepperoni	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: _____