



## 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
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Hot or Cold Cereal Fruit	Raisin Toast Fruit	English Muffins w/ Honey Fruit	Yogurt w/ Granola Fruit	Oatmeal Squares Fruit
*Cereal & Fruit Milk	*Raisin Toast & Fruit Milk	*English Muffins & Fruit Milk	*Yogurt & Fruit Milk	*Oatmeal Squares & Fruit Milk
<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>
Belvita Biscuit Fruit Water	Buddy Grahams Fruit Water	Fig Bars Fruit Water	Cheez-it's Fruit Water	Fruit & Grain Bar Fruit Water
<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>
Taquitos Pinto Beans Pineapple Milk	BBQ Chicken Sandwich Green Beans Fresh Fruit Milk	Turkey Spaghetti Mixed Veggies Diced Pears Milk	Chicken & Rice with Broccoli Carrots Fresh Fruit Milk	Bean & Cheese Tacos Corn Peaches Milk
<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>
Graham Crackers Applesauce	Granola Bars Cheese	Gogurt Animal Crackers	Corn Tortillas Pepperoni	Whole Grain Crackers Hummus
*Graham Crackers / Fruit or Veggie Water	*Cereal / Fruit or Veggie Water	*Animal Crackers / Fruit or Veggie Water	*Corn Tortillas / Fruit or Veggie Water	*Whole Grain Crackers / Fruit or Veggie Water

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

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

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



## FALL & WINTER WEEK 2 MENU

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<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Oatmeal Fruit	Cinnamon Toast Fruit	Bagels & Cream Cheese Fruit	Cheese Toast Fruit	Muffins Fruit
*Cereal & Fruit Milk	*Cinnamon Toast & Fruit Milk	*Cereal & Fruit Milk	*Cheese Toast & Fruit Milk	*Muffins & Fruit Milk
<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>
Cereal Fruit Water	Graham Crackers Fruit Water	Whole Grain Muffins Fruit Water	Goldfish Fruit Water	Fruit & Grain Bar Fruit Water
<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>
Chicken Tenders Mixed Veggies Diced Pears Milk	Cheese Quesadillas Black Beans Fresh Fruit Milk	Beef Stroganoff Peas & Carrots Pineapple Milk	Cheese Pizza Green Beans Fresh Fruit Milk	Red Beans & Rice Corn Peaches Milk
<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>
Mini Muffins Cheese	Whole Grain Crackers Cheese	Gogurt Animal Crackers	Veggies Straws Cheese	Pretzel Thins Pepperoni
*Mini Muffins / Fruit or Veggie Water	*Whole Grain Crackers / Fruit or Veggie Water	*Animal Crackers / Fruit or Veggie Water	*Cereal / Fruit or Veggie Water	*Crackers / Fruit or Veggie Water

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

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

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



## FALL & WINTER WEEK 3 MENU

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<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
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
<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>
Belvita Biscuit	Buddy Graham	Fig Bars	Cheez-it's	Fruit & Grain Bar
Fruit	Fruit	Fruit	Fruit	Fruit
Water	Water	Water	Water	Water
<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>
Chicken Breast Sandwich	Cheese Ravioli / Tortellini	Cowboy Stew	Asian Chicken & Rice	Pasta Fagioli
Mixed Veggies	Green Beans	Whole Grain Sliced Bread	Carrots	Peas
Pineapple	Fresh Fruit	Pears	Fresh Fruit	Peaches
Milk	Milk	Milk	Milk	Milk
<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>
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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<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Oatmeal Fruit	Cinnamon Toast Fruit	Bagel w/ Cream Cheese Fruit	Cheese Toast Fruit	Muffins Fruit
*Oatmeal & Fruit	*Cinnamon Toast & Fruit	*Bagel & Fruit	*Cheese Toast & Fruit	*Muffins & Fruit
Milk	Milk	Milk	Milk	Milk
<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>
Cereal Fruit Water	Graham Crackers Fruit Water	Whole Grain Muffins Fruit Water	Goldfish Fruit Water	Fruit & Grain Bar Fruit Water
<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>
BBQ Meatballs Sliced Bread Peas & Carrots Pineapple Milk	Baked Turkey Brown Rice Mixed Veggies Fresh Fruit Milk	Turkey Sloppy Joes Baked Beans Peaches Milk	Pizza Pasta Casserole Green Beans Fresh Fruit Milk	Turkey Sausage Whole Grain Sliced Bread Green Peas Mandarin Oranges Milk
<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>
Mini Muffins Cheese	Whole Grain Crackers Cheese	Gogurt Animal Crackers	Veggie Straws Cheese	Pretzel Thins 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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Date: \_\_\_\_\_



## FALL & WINTER WEEK 5 MENU

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<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Hot or Cold Cereal Fruit	Raisin Toast Fruit	English Muffins & Honey Fruit	Yogurt & Granola Fruit	Oatmeal Squares Fruit
*Cereal & Fruit Milk	*Raisin Toast & Fruit Milk	*English Muffins & Fruit Milk	*Yogurt & Fruit Milk	*Oatmeal Squares & Fruit Milk
<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>
Belvita Biscuit Fruit Water	Buddy Graham Fruit Water	Fig Bar Fruit Water	Cheez-it's Fruit Water	Fruit & Grain Bar Fruit Water
<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>
Chicken Nuggets Mixed Veggies Peaches Milk	Turkey & Cheese Sandwiches Green Peas Fresh Fruit Milk	Chicken & Cheese Tacos Carrots Pineapple Milk	Chili Mac Green Beans Fresh Fruit Milk	Swedish Meatballs Sliced Bread Peas & Carrots Pears Milk
<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>
Graham Crackers Applesauce	Granola Bars Cheese	Gogurt Animal Crackers	Corn Tortillas Pepperoni	Whole Grain Crackers Hummus
*Graham Crackers / Fruit or Veggie Water	*Cereal / Fruit or Veggie Water	*Animal Crackers / Fruit or Veggie Water	*Corn Tortillas / Fruit or Veggie Water	*Whole Grain Crackers / Fruit or Veggie Water

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

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

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