



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
Whole Grain Cereal Fruit	Mini Pancakes Fruit	Cinnamon Toast Fruit	Blueberry Waffles Fruit	English Muffin w/ Jelly Fruit
*Cereal & Fruit	*Mini Pancakes & Fruit	*Toast & Fruit	*Blueberry Waffles & Fruit	*English Muffin & Fruit
Milk	Milk	Milk	Milk	Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Fig Bars Fruit Water	Animal Crackers Fruit Water	Buddy Grahams Fruit Water	Granola Bar Fruit Water	Belvita Biscuit Fruit Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Chicken Nuggets Mixed Vegetables Fruit Milk	Whole Grain Turkey Spaghetti Salad Fruit Milk	Cheesy Chicken w/ Whole Grain Rice and Broccoli Fruit Milk	Pizzadilla Corn Fruit Milk	Fish Sticks Green Beans Fruit Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Graham Crackers Applesauce	Goldfish or Pretzels Sliced Pepperoni	Cheese Itz Crackers Fruit	Trail Mix Fruit	Animal Crackers Yogurt
*Graham crackers / Applesauce	*Fig Bar/ Fruit	*Whole Grain Crackers / Fruit	*Cereal/ Fruit	*Animal Crackers and Yogurt
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
Whole Grain Cereal Fruit	Mini Bagels with Cream Cheese Fruit	Mini Muffins Fruit	Sausage Biscuit Fruit	Cheese Toast Fruit
*Cereal & Fruit Milk	*Mini Bagel & Fruit Milk	*Muffins & Fruit Milk	*Sausage Biscuit & Fruit Milk	*Toast & Fruit Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Cereal Trail Mix Fruit Water	Fruit and Grain Bars Water	Graham Crackers Fruit Water	Goldfish Fruit Water	Oatmeal Squares Fruit Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Turkey & Cheese Roll Ups Veggie Straws Fruit Milk	Beef Stroganoff Green Beans Fruit Milk	Cheese Quesadillas Black Beans Fruit Milk	Chicken Tenders Mashed Potatoes Fruit Milk	Chicken & Cheese Tacos Corn Fruit Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Whole Grain Crackers Cheese	Sugar Free Jello Mixed Fruit	Animal Crackers Yogurt	Whole Grain Crackers Pepperoni Slices	Cheese Itz Cheese
*Whole Grain Crackers / Cheese	*Sugar Free Jello / Fruit	*Animal Crackers / Yogurt	*Whole Grain Crackers / Cheese	*Animal Crackers / Fruit
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
Whole Grain Cereal	Mini Pancakes	Cinnamon Toast	Blueberry Waffles	English Muffin w/ Jelly
Fruit	Fruit	Fruit	Fruit	Fruit
*Cereal & Fruit	*Mini Pancakes & Fruit	*Toast & Fruit	*Blueberry Waffles & Fruit	*English Muffin & Fruit
Milk	Milk	Milk	Milk	Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Fig Bars	Animal Crackers	Buddy Grahams	Granola Bar	Belvita Biscuit
Fruit	Fruit	Fruit	Fruit	Fruit
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Turkey & Cheese Sandwich	Cowboy Stew	Whole Grain Cheese Ravioli	Turkey Sloppy Joe Sandwich	Fish Sticks
Veggie Straws	Whole Grain Sliced Bread	Green Peas	Baked Beans	Mixed Vegetables
Fruit	Fruit	Fruit	Fresh Fruit	Fruit
Milk	Milk	Milk	Milk	Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Graham Crackers	Goldfish or Pretzels	Cheese Itz Crackers	Trail Mix	Animal Crackers
Applesauce	Sliced Pepperoni	Fruit	Fruit	Yogurt
*Graham Crackers / Applesauce	*Fig Bar/ Fruit	*Whole Grain Crackers / Fruit	*Cereal / Fruit	*Animal Crackers and Yogurt
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 Cereal	Mini Bagels with Cream Cheese	Mini Muffins	Sausage Biscuit	Cheese Toast
Fruit	Fruit	Fruit	Fruit	Fruit
*Cereal & Fruit	*Mini Bagel & Fruit	*Muffins & Fruit	*Sausage Biscuit & Fruit	*Toast & Fruit
Milk	Milk	Milk	Milk	Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Cereal Trail Mix	Fruit and Grain Bars	Graham Crackers	Goldfish	Oatmeal Squares
Fruit	Water	Fruit	Fruit	Fruit
Water		Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Bean and Cheese Tacos	Whole Grain Ziti Chicken Pasta	Cheese Pizza	Penne Pasta w/ Marinara	Chicken Nuggets
Corn	Mixed Vegetables	Peas & Carrots Medley	and Turkey Meatballs	Mashed Potatoes
Fruit	Fruit	Fruit	Green Beans	Fruit
Milk	Milk	Milk	Fruit Milk	Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Whole Grain Crackers	Sugar Free Jello	Animal Crackers	Whole Grain Crackers	Cheese Itz
Cheese	Mixed Fruit	Yogurt	Pepperoni Slices	Cheese
*Whole Grain Crackers / Cheese	*Sugar Free Jello/ Fruit	*Animal Crackers/Yogurt	Whole Grain Crackers/Chees	*Animal Crackers / Fruit
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
Whole Grain Cereal Fruit	Mini Pancakes Fruit	Cinnamon Toast Fruit	Blueberry Waffles Fruit	English Muffin with Jelly Fruit
*Cereal & Fruit	*Mini Pancakes & Fruit	*Toast & Fruit	*Blueberry Waffles & Fruit	*English Muffin & Fruit
Milk	Milk	Milk	Milk	Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Fig Bars Fruit Water	Animal Crackers Fruit Water	Buddy Grahams Fruit Water	Granola Bar Fruit Water	Belvita Biscuit Fruit Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Swedish Meatballs w/ Rice Broccoli Fruit Milk	Chicken Taquitos Corn fruit Milk	Macaroni and Cheese Green Beans Fruit Milk	Chicken Fettuccini Alfredo Mixed Vegetables Fruit Milk	Cheese Quesadillas Black Beans Fruit Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Graham Crackers Applesauce	Cheese Itz Crackers Fruit	Goldfish or Pretzels Sliced Pepperoni	Trail Mix Fruit	Animal Crackers Yogurt
*Graham Crackers / Applesauce	*Fig Bar/ Fruit	*Goldfish / Fruit	*Cereal / Fruit	*Animal Crackers and Yogurt
Water	Water	Water	Water	Water

Child's Name: _____

Parent Signature: _____

Date: _____