



## 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>
Cold Cereal W/Milk Fruit	Raisin Toast Fruit	English Muffins w/ Fruit Spread 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	Cheese-itz 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 Carrots Pineapple Milk	Chicken Sandwich Green Beans Fresh Fruit Milk	Turkey Spaghetti Mixed Veggies Diced Pears Milk	Chicken & Rice with Broccoli 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 Sun Butter	Granola Bars Apple Sauce	Gogurt Animal Crackers	Pita Bread Cream Cheese	Whole Grain Crackers Hummus
*Graham Crackers / Fruit or Veggie Water	*Cereal / Fruit or Veggie Water	*Animal Crackers / Fruit or Veggie Water	*Pita Bread / Fruit or Veggie Water	*Whole Grain Crackers / Fruit or Veggie 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.

\*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>
Whole Grain Pancakes Fruit	Cinnamon Toast Fruit	Bagels & Cream Cheese Fruit	Cheese Toast Fruit	Oatmeal 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>
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
<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>
Mini Muffins Fruit	Whole Grain Crackers Cheese	Gogurt Animal Crackers	Veggies Straws Cheese	Ritz Crackers 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

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>
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
<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	Cheese-itz	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>
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
<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	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

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>
Whole Grain Pancakes Fruit	Cinnamon Toast Fruit	Bagel w/ Cream Cheese Fruit	Cheese Toast Fruit	Oatmeal Fruit
*Whole Grain Pancakes & 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>
Beef and Bean Burritos Peas & Carrots Pineapple Milk	Chicken Pot Pie Mixed Veggies Fresh Fruit Milk	Turkey Sloppy Joes Baked Beans Diced Pears Milk	Mac and Cheese w/ Diced Ham Green Beans Fresh Fruit Milk	Hot Turkey w/ Gravy 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 Fruit	Whole Grain Crackers Cheese	Gogurt Animal Crackers	Veggie 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 5 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>
Cold Cereal Fruit	Raisin Toast Fruit	English Muffins w/ Fruit Spread Fruit	Yogurt & Granola Fruit	Oatmeal Squares 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 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	BBQ Meatballs w/ Whole Grain Roll Mashed Potatoes 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	Pita Bread Sun Butter	Whole Grain Crackers 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: \_\_\_\_\_