



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	Oatmeal Squares 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	Buddy Grahams Fruit Water	Fig Bars Fruit Water	Cereal & Yogurt Fruit Water	Fruit & Grain Bar Fruit Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Bean & Cheese Burritos Mixed Veggies Pineapple Milk	BBQ Chicken Sandwich Green Beans Fresh Fruit Milk	Turkey Spaghetti Salad Diced Pears Milk	Chicken & Rice with Broccoli Carrots Fresh Fruit Milk	Bean & Cheese Tacos Corn Peaches Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Graham Crackers Applesauce	Granola Bars Cheese	Gogurt Animal Crackers	Goldfish Pepperoni	Whole Grain Crackers Ranch Dip
*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: _____



FALL & WINTER WEEK 2 MENU

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Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
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
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Cereal Fruit Water	Graham Crackers Fruit Water	Whole Grain Muffins Fruit Water	Cinnamon Toast Fruit Water	Fruit & Grain Bar Fruit Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
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
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Mini Muffins Water	Whole Grain Crackers Cheese	Animal Crackers Water	Veggies 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

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	Graham Crackers	Fruit & Grain Bar
Fruit	Fruit	Fruit	Fruit	Fruit
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Chicken Breast Sandwich	Cheese Ravioli / Tortellini	Cowboy Stew	Asian Chicken & Rice Stir-Fry	Traditional Spaghetti
Mixed Veggies	Green Beans	Cornbread Muffins	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	Gold Fish	Whole Grain Crackers
Applesauce	Cheese	Animal Crackers	Water	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

Child's Name: _____

Parent Signature: _____

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FALL & WINTER WEEK 4 MENU

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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	Cinnamon Toas	Fruit & Grain Bar
Fruit	Fruit	Fruit	Fruit	Fruit
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
BBQ Chicken Meatballs	Baked Chicken w/ Gravy	Chicken Sloppy Joes	Chicken Fettuccine Alfredo	Mac & Cheese
Sliced Bread	Brown Rice	Baked Beans	Green Beans	Green Peas
Peas & Carrots	Mixed Veggies	Peaches	Fresh Fruit	Mandarin Oranges
Pineapple	Fresh Fruit	Milk	Milk	Milk
Milk	Milk			
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Mini Muffins	Whole Grain Crackers	Nilla Wafers	Veggie Straws	Snack Mix
Water	Cheese	Water	Cheese Dip	Water
*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	

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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
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
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Belvita Biscuit Fruit Water	Buddy Graham Fruit Water	Fig Bar Fruit Water	Cheez-it's Fruit Water	Fruit & Grain Bar Fruit Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
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
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Graham Crackers Applesauce	Granola Bars Cheese	Animal Crackers Water	Cheez-its Pepperoni	Whole Grain Crackers Ranch Dip
*Graham Crackers / Fruit or Veggie Water	*Cereal / Fruit or Veggie Water	*Animal Crackers / Fruit or Veggie	*Corn Tortillas / Fruit or Veggie Water	*Whole Grain Crackers / Fruit or Veggie Water

Child's Name: _____

Parent Signature: _____

Date: _____