

Menu for Week 1



DATES: _____

<i>Week 1</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Breakfast	Toasted bagels w/cream cheese, fresh apple slices & milk	Toasty O's Cereal, Fresh fruit of the day, Milk	Scrambled eggs w/whole wheat toast, fresh bananas & milk	Fresh Baked Muffins, fresh blueberries & milk	Pancakes w/syrup, fresh fruit salad & milk
Vegetarian/Age Appropriate Substitute	*100-150 fruit substitute*		* 100-150 toasted waffle/pancake*		
Lunch	Chicken alfredo w/whole grain pasta, mixed veggies, tropical fruit & milk	Fresh made turkey & cheese on whole wheat bun, fresh salad w/ranch, peaches & milk	Chicken Noodle Soup w/whole wheat cheese toast, cooked carrots, pineapples & milk	Homemade seasoned chicken w/ brown rice, green beans, fresh banana & milk	Fresh made assorted pizzas, fresh broccoli & fresh pears & milk
Vegetarian/Age Appropriate Substitute	*Alfredo Pasta* *100-150 fruit substitute*	*Tofurky & Cheese sandwich*	*Grilled cheese sandwich *100-150 fruit substitute*	*Tofu w/rice*	*Café Menu*
PM Snack	Yogurt, graham crackers & water	Fruit cup, crackers & water	Pita slices w/cheese & water	Pretzels, fresh fruit slice & water	Ham slices w/whole wheat bread & water
Vegetarian/Age Appropriate Substitute	* Café Menu*			100-200 crackers w/fruit slice	100-200 crackers w/cheese

Water is available to children throughout the day and snacks. Children (age 12-24 month) are served whole Unflavored milk. After 24 months, all children are served unflavored skim or 1% low-fat milk. Approved non-dairy beverages are served to participants with documentation.

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. Center may substitute food items as necessary.

Menu for Week 2



DATES: _____

<i>Week 2</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Breakfast	Homemade cheese grits fresh apple slices & milk	Crispy Rice Cereal, fresh fruit of the day, & milk	Sausage biscuit ,fresh banana & milk	Whole Wheat French toast sticks w/syrup w/fresh blueberries & milk	Scrambled eggs w/whole wheat toast, , fresh fruit salad & milk
Vegetarian/Age Appropriate Substitute	*100-150 fruit substitute*		*Cheese biscuit*		*100-150 Pancakes/Waffles*
Lunch	Sloppy Joe's on whole wheat bun, mixed veggies, tropical fruit & milk	Fresh made ham & cheese on whole wheat bread, fresh carrot sticks w/ranch, peaches & milk	Chicken nuggets w/ketchup, ½ slice whole wheat bread, green beans, fresh melon & milk	Homemade macaroni & cheese, broccoli, pineapples & milk	Homemade soft Tacos w/ground beef & cheese, black beans, fresh apple slices & milk
Vegetarian/Age Appropriate Substitute	*Vegetarian Substitute* *100-150 fruit substitute*	*Double Cheese on bun* *100-200 cooked carrots*	*Veggie Nuggets* *100-150 fruit substitute*	*100-150 fruit substitute*	*Soft Taco w/ refried beans & cheese *100-150 fruit substitute*
PM Snack	Fresh fruit slice w/graham crackers & water	Applesauce, crackers & water	Fresh veggies w/ranch, crackers & water	Yogurt, crackers & water	Cheese stick, crackers & water
Vegetarian/Age Appropriate Substitute			*100-200 crackers & cheese*		

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Menu for Week 3



DATES: _____

<i>Week 3</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Breakfast</i>	Toasted bagels w/cream cheese, fresh apple slices & milk	Toasty O's Cereal, fresh fruit of the day, & milk	Oatmeal, fresh bananas & milk	Homemade cheese grits w/whole wheat toast, fresh melon & milk	Pancakes w/syrup, fresh fruit salad & milk
Vegetarian/Age Appropriate Substitute	**100-150 fruit substitute**				
<i>Lunch</i>	Chicken w/brown rice, broccoli & tropical fruit & milk	Fresh made Turkey & Cheese sandwich on whole wheat bread, fresh cucumber slices w/ranch, peaches & milk	Homemade whole grain spaghetti w/meat sauce, fresh salad w/ranch, pineapples & milk	Fresh made cheese quesadillas w/tomato soup, fresh fruit & milk	Home-style meatballs, w/ ½ slice whole wheat bread, green beans, fresh oranges & milk
Vegetarian/Age Appropriate Substitute	*Brown Rice w/tofu * *100-150 fruit substitute*	*Tofurky & Cheese sandwich*	* Spaghetti w/cheesy tomato sauce* *100-150 fruit substitute*		*Veggie meatballs* *100-150 fruit substitute*
<i>PM Snack</i>	Mandarin Oranges, crackers & water	Yogurt, graham crackers & water	Tortilla chips, salsa & water	Crackers w/cheese & water	Pretzels w/fruit slice & water
Vegetarian/Age Appropriate Substitute			100-250 Crackers & Cheese/Salsa		

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Menu for Week 4



DATES: _____

<i>Week 4</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Breakfast</i>	Hash browns w/ketchup, whole wheat toast, , fresh apple slices & milk	Kix Cereal, fresh fruit of the day & milk	Scrambled Eggs w/whole wheat toast, fresh bananas & milk	English Muffin w/cheese, fresh blueberries & milk	Fresh baked biscuits w/jelly, fresh fruit salad & milk
Vegetarian/Age Appropriate Substitute	*100-150 fruit substitute*		*100-150 Cheese toast*		
<i>Lunch</i>	Homemade chicken teriyaki, w/whole grain pasta, mixed veggies, tropical fruit & milk	Fresh made ham & cheese wraps, fresh broccoli w/ranch, peaches & milk	Homemade chili w/crackers, peas & carrots, fresh oranges & milk	Fresh made hamburgers on whole wheat bun w/ketchup, baked beans, pineapples & milk	Fish nuggets w/ketchup, ½ slice whole wheat bread, fresh salad w/ranch, fresh bananas & milk
Vegetarian/Age Appropriate Substitute	*Teriyaki Tofu w/whole grain pasta * *100-150 fruit substitute*	*Double cheese wraps*	*Veggie Chili* *100-150 fruit substitute*	*Veggie burger* *100-150 fruit substitute*	*Fishless tenders* *100-150 Chicken Nuggets*
<i>PM Snack</i>	Cheese Stick w/crackers, fruit slice & water	Whole wheat goldfish, fruit slice & water	Fresh baked muffins, fruit slice & water	Mandarin oranges w/crackers & water	Graham crackers, apple sauce & water
Vegetarian/Age Appropriate Substitute					

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