

Menu for Week 1



DATES: _____

<i>Week 1</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	Kix cereal, fresh fruit of the day, Milk	Scrambled eggs w/whole wheat toast, fresh bananas & milk	Hash browns w/ketchup, whole wheat toast, fresh melon & milk	Oatmeal, fresh mixed fruit & milk
Vegetarian/Age Appropriate Substitute	**100-150 fruit substitute**	* Café Menu*	* 100-150 toasted waffle/pancake*	*Café Menu*	* Café Menu*
<i>Lunch</i>	Chicken alfredo w/whole grain pasta, peas, tropical fruit & milk	Fresh made turkey & cheese sandwich on whole wheat bread, fresh salad w/ranch, peaches & milk	Chicken nuggets w/ketchup, ½ slice whole wheat bread, green beans, fresh melon & milk	Assorted soups w/cheese quesadilla, pears & milk	Fresh made assorted pizzas, veggie of the day, fresh oranges, & milk & milk
Vegetarian/Age Appropriate Substitute	*Alfredo Pasta* **100-150 fruit substitute**	*Tofurky & Cheese sandwich*	*Veggie Nuggets*	**Café Menu**	**100-150 fruit substitute**
<i>PM Snack</i>	Yogurt, graham crackers & water	Fruit cup, crackers & water	Pita slices w/hummus & water	Tortilla chips w/salsa & water	Turkey slices w/crackers & water
Vegetarian/Age Appropriate Substitute	* Café Menu*			100-200 crackers w/fruit slice	

Water is available to children throughout the day and snacks. Children (age 12-24 month) are served whole milk. After 24 months, all children are served 1% milk.

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>
<i>Breakfast</i>	Whole Wheat French toast sticks w/syrup, fresh apple slices & milk	Toasty O's Cereal, fresh fruit of the day & milk	Sausage & Cheese Quesadillas, fresh bananas & milk	Assorted muffins, fresh blueberries & milk	Cheesy Grits w/ whole wheat toast, fresh fruit salad & milk
Vegetarian/Age Appropriate Substitute			**Cheese Quesadilla**		
<i>Lunch</i>	Homemade macaroni & cheese, fresh broccoli, pineapples & milk	Fresh made ham & cheese on whole wheat bun, fresh carrots w/ranch, peaches & milk	Homemade chicken teriyaki w/brown rice, mixed veggies, tropical fruit & milk	Meatball subs on whole grain roll, sweet potato fries, fresh oranges & milk	Homemade tacos w/beef & cheese, black beans, fresh bananas & milk
Vegetarian/Age Appropriate Substitute	**Café Menu**	*Double Cheese on ww bread* *100-200 cooked carrots*	**Teriyaki tofu w/brown rice**	**Veggie meatball subs* *100-150 fruit substitute*	*Cheese taco w/refried beans * *100-150 fruit substitute
<i>PM Snack</i>	Whole Wheat Goldfish, fruit slice & water & water	Applesauce, crackers & water	Fresh veggies w/ranch, crackers & water	Yogurt, graham crackers & water	Cheese stick, w/fruit 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 melon & milk	Life Cereal, fresh fruit of the day, & milk	Omelets w/whole wheat toast, fresh bananas & milk	Sausage biscuits, fresh apples slices & milk	Waffles w/syrup, fresh fruit salad & milk
Vegetarian/Age Appropriate Substitute					
<i>Lunch</i>	Assorted soups w/whole wheat cheese toast, mixed veggies, fresh banana & milk	Fresh made Turkey & Cheese on whole wheat bread, fresh cucumber slices w/ranch, peaches & milk	Fresh made assorted pizzas, fresh broccoli & tropical fruit & milk	Homemade baked cheesy ziti w/whole wheat pasta, fresh salad w/ranch, pineapples & milk	Chicken nuggets w/ketchup, ½ slice whole wheat bread, green beans, fresh melon & milk
Vegetarian/Age Appropriate Substitute	**Café Menu**	**Tofurky & Cheese sandwich**	**Café Menu**	**Café Menu**	**Veggie Nuggets**
<i>PM Snack</i>	Applesauce, graham crackers & water	Mandarin Oranges, crackers & water	Pretzels w/fruit slice & water	Crackers w/cheese & water	Tortilla chips, salsa & 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>	Pancakes w/syrup, fresh melon & milk	Toasty O's Cereal, fresh fruit of the day & milk	Assorted muffins, fresh blackberries & milk	Cheesy grits w/whole wheat toast, fresh banana & milk	Hash browns w/ketchup, whole wheat toast, fruit salad & milk
Vegetarian/Age Appropriate Substitute					
<i>Lunch</i>	Fresh made hamburgers on whole wheat bun w/ketchup, baked beans, fresh oranges & milk	Fresh made ham & cheese wraps, fresh broccoli w/ranch, peaches & milk	Homemade whole grain spaghetti w/meat sauce, fresh salad w/ranch, pineapples & milk	Fish nuggets w/ketchup, ½ slice whole wheat bread, corn, fresh bananas & milk	Homemade macaroni & cheese, peas, pears & milk
Vegetarian/Age Appropriate Substitute	**Veggie burger** **100-150 fruit substitute**	**Double cheese wraps**	*Cheesy Spaghetti* **100-150 fruit substitute**	**Fishless tenders**	**Café Menu**
<i>PM Snack</i>	Graham crackers, apple sauce & water	Cheese stick w/crackers & water	Yogurt, w/fresh fruit & water	Mandarin oranges, crackers & water	Whole Wheat Goldfish, fruit slice & water
Vegetarian/Age Appropriate Substitute					

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