

Menu Week One—Winter

<i>Meal</i>		<i>Monday</i>		<i>Tuesday</i>		<i>Wednesday</i>		<i>Thursday</i>		<i>Friday</i>
Breakfast: 9:00am	1/2 c	Rice Chex	1/4c	Egg, Potato & Cheese Frittata	1 slice	*Gingerbread Squares WG	1/2c 1	Cream of Wheat	1.5	*Banana Pancakes WG
♦Whole grain/ enriched bread or cereal &/or Meat or Alternate										
♦Fruit	1/2 c	Apple wedges	1/2 c	Orange Wedges	1/2 c	Orange Wedges	1/2 c	Blueberries	1/2 c	Unsweetened Applesauce
♦Milk	3/4 c	Milk	3/4 c	Milk	3/4 c	Milk	3/4 c	Milk	3/4 c	Milk
Lunch: 12:00pm	1.5 oz.	Cheese Sandwiches on Wheat Bread WG	1.5 oz	Multi-Bean Soup	1/2 c	Macaroni & Cheese	1.5oz	*Split Pea Soup	1.5 oz	Fiesta Mexican Lasagna
♦Whole grain enriched bread/cereal/pasta				Wheat Thins WG	4/5			Saltine Crackers		
♦Meat or alternate			1/2 c	Cucumber Rounds	1/2 c	Mixed Greens and Broccoli w/ ranch dressing on the side	1/2 c	Cucumber Rounds	1/2 c	Fresh Broccoli Florets
♦Vegetable	1/2 c	Cucumber Slices								
♦Fruit	1/2 c	Pineapple tidbits	1/2 c	Pears	1/2 c	Cantaloupe Chunks	1/2 c	Peach Slices	1/2 c	Orange Wedges
♦Milk	3/4 c	Milk	3/4 c	Milk	3/4c	Milk	3/4 c	Milk	3/4 c	Milk
Snack: 3:30 pm	1/2 c	Graham Crackers	1 slice	Yogurt	4-5	Pretzels	2	Homemade Hummus	4/5	Trail Mix (pretzels, whole grain goldfish crackers, dried cranberries & raisins)
♦Whole grain/ enriched bread or cereal &/or Meat or Alternate				Crispix	1/2c	Apples		Pita Bread WG	1/2c	Apple Wedges
♦Juice or Fruit & Water	1/2 c	Tropical Fruit Salad	1/2c	Water	3/4c	Water	3/4c	Water	3/4 c	Water

- ♦ Children arriving before 7:30 am are given Cheerios or graham crackers, Children who are still at school at 6:00 p.m. are given Cheerios or Graham Crackers.
- ♦ Milk is Organic. Whole milk is served to one year olds. All other children are served 1%. Soy milk is provided for children with documented dairy allergies. Eggs are cage-free.
- ♦ One year olds are served peeled cucumbers, apple, orange, and pear wedges; Broccoli and carrots are steamed.
- ♦ Quick breads and cookies are made from scratch and baked fresh.
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Menu Week Two—Winter

<i>Meal</i>		<i>Monday</i>		<i>Tuesday</i>		<i>Wednesday</i>		<i>Thursday</i>		<i>Friday</i>
Breakfast: 9:00am ♦ Whole grain/ enriched bread or cereal &/or Meat or Alternate ♦ Fruit ♦ Milk	1/2 c 1/2 c 3/4 c	Corn Chex Apple Wedges Milk	1/4 c 1/2 c 3/4 c	Oatmeal w/ cinnamon & brown sugar WG Bananas Milk	1 1/4c 1/2 c 3/4 c	Yummy Veggie Omelet with Cheese Pineapple tidbits Milk	1 slice 1/2 c 3/4 c	*Cranberry Orange Muffin Squares WG Orange Slices Milk	1.5 1/2 c 3/4 c	Malt o Meal Blueberries Milk
Lunch: 12:00pm ♦ Whole grain enriched bread/cereal/pasta ♦ Meat or alternate ♦ Vegetable ♦ Fruit ♦ Milk	1.5 oz 1/2 c 1/2 c 3/4 c	Tuna Salad Sandwiches on Wheat Bread (tuna, mayo on wheat bread) WG Carrot Sticks Dole Tropical Fruit Salad Milk	1.5oz 1/2 c 1/2 c 3/4 c	Quinoa Burgers (quinoa, veggies, eggs) w/ Cheese on Whole Wheat Bun WG Ketchup on the side Mixed Greens & Spinach w/ ranch on the side Melon Slices Milk	1/2c 4/5 1/2 c 1/2 c 3/4c	Black Bean Burritos on Whole Wheat Tortilla WG Cucumber rounds Apple Wedges Milk	1.5oz 1/2 c 1/2 c 3/4 c	Chili Mac WG Mixed Veggies Peach Slices Milk	1 cup 1/2 c 1/2 c 3/4 c	Macaroni and Cheese w/ whole grain pasta WG Peas & Carrots Pineapple Tidbits Milk
Snack: 3:30 pm ♦ Whole grain/ enriched bread or cereal &/or Meat or Alternate ♦ Juice or Fruit & Water	1/2 c 1/2 c	Wheat Thins WG Mandarins	1 1/2c	Yogurt w/ Crispix Water	1/2c 1/2c 3/4c	Pretzels Fresh Pear Wedges Water	4-5 1/2 c	Saltines Cheese Stick Water	1 1/2C 3/4 c	Trail Mix (pretzels, whole grain goldfish, chex & raisins) Apple Slices Water

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Menu Week Three—Winter

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Breakfast: 9:00am ♦ Whole grain/ enriched bread or cereal &/or Meat or Alternate ♦ Fruit ♦ Milk	1/2 c	Crispix	1/2 c	Oatmeal w/ Cinnamon WG	1 slice	Breakfast Burrito (eggs, cheese, salsa on flour tortilla)	1 slice	Oatmeal Muffin Squares WG	1	*Rice Pudding w/ raisins WG
	1/2 c	Apple Wedges	1/2 c	Blueberries	1/2 c	Orange Wedges	1/2 c	Pineapple Tidbits	1/2 c	Bananas
	3/4 c	Milk	3/4 c	Milk	3/4 c	Milk	3/4 c	Milk	3/4 c	Milk
Lunch: 12:00pm ♦ Whole grain enriched bread/cereal/pasta ♦ Meat or alternate ♦ Vegetable ♦ Fruit ♦ Milk	1.5 oz	Egg Salad Sandwiches On Whole Wheat Bread WG	1.5 oz 1 slice	Smokin' Powerhouse Chili with Beans Ritz	1/2 c 4/5	Homemade Tomato Soup Grilled Cheese Sandwiches on Whole Wheat Bread WG	1/2 c	Cheesy Spaghetti	1.5 oz	Bean Burritos on Whole Wheat Tortillas WG
	1/2 c	Cucumber Slices	1/2 c	Corn	1/2c	Carrots	1/2 c	Green Beans	1/2 c	Corn
	1/2 c	Pineapple Tidbits	1/2 c	Orange Wedges	1/2 c	Pears	1/2 c	Pears	1/2 c	Orange Wedges
	3/4 c	Milk	3/4 c	Milk	3/4c	Milk	3/4 c	Milk	3/4 c	Milk
Snack: 3:30 pm ♦ Whole grain/ enriched bread or cereal &/or Meat or Alternate ♦ Juice or Fruit & Water	1/2 c	Saltine Crackers	2	Crunchy Pretzels	7-10	Trail Mix (pretzels, Whole Grain Goldfish and Chex & raisins)	2	Graham Crackers	4-5	Triscuits WG
		Mandarins		Melon Cubes				Yogurt		Apple Slices
	1/2 c	Water	1/2c	Water	1/2 c	Apple Slices	1/2 c	Water	1/2 c	Water

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Menu Week Four—Winter

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Breakfast: 9:00am ♦ Whole grain/ enriched bread or cereal &/or Meat or Alternate ♦ Fruit ♦ Milk	1/2 c	Life Cereal WG	1 slice	Cream of Wheat w/ cinnamon	1	Baked Scrambled Eggs	1/4 c	Oatmeal w/ Brown Sugar WG	1.5 slice	*Whole Wheat Gingerbread Pancakes WG
	1/2 c	Apple Wedges	1/2 c	Banana Rounds	1/2 c	Orange Wedges	1/2 c	Apple Wedges	1/2 c	Apple Slices
	3/4 c	Milk	3/4 c	Milk	3/4 c	Milk	3/4 c	Milk	3/4 c	Milk
Lunch: 12:00pm ♦ Whole grain enriched bread/cereal/pasta ♦ Meat or alternate ♦ Vegetable ♦ Fruit ♦ Milk	1	Hard boiled egg	1.5oz	Farmers Market Vegetarian Quesadilla on Whole Wheat Tortilla WG	1/2 c	Potato Soup (potatoes, sour cream, & seasonings)	1.5 oz.	Tuna Sandwich WG	1.5 oz	Pasta Toss w/ Vegetable and Cheese
	1	Cheese Biscuit			4/5	Cheese Cubes Saltine Crackers				
	1/2 c	Cucumber Rounds	1/2 c	Carrot Sticks	1/2 c	Broccoli Florets	1/2 c	Green Beans	1/2 c	Carrot Sticks
	1/2 c	Mandarin Oranges	1/2 c	Dole Tropical Fruit Salad	1/2 c	Apple Wedges	1/2 c	Orange Wedges	1/2 c	Diced Pears & Blueberries
	3/4 c	Milk	3/4 c	Milk	3/4c	Milk	3/4 c	Milk	3/4 c	Milk
Snack: 3:30 pm ♦ Whole grain/ enriched bread or cereal &/or Meat or Alternate ♦ Juice or Fruit & Water	1/2c.	Rice Chex	1/4 c	Yogurt	1/2c	Blueberry Muffin Squares WG	1/4 c	Pretzels	1	Graham Crackers
			1/4 c	W/ Crispix		Pears	1 oz		1/2 c	Orange Wedges
	1/2 c	Pineapple Tidbits	1/2c	Water	1/2 c	Water	1/2 c	Pineapple Tidbits	3/4 c	Water

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Breakfast: 9:00am ♦Whole grain/ enriched bread or cereal &/or Meat or Alternate ♦Fruit ♦Milk	1/2 c	Crispix Cereal	1/2 c.	Oatmeal w/ cinnamon and brown sugar WG	1/2 c.	Potato & Cheese Frittata	1 slice	Yogurt & Crispix	1/2 c	Carrot Raisin Muffin Squares WG
	1/2 c	Apple Wedges	1/2 c	Bananas	1/2 c	Apple Wedges	1/2 c	Blueberries	1/2 c	Apple Slices
	3/4 c	Milk	3/4 c	Milk	3/4c	Milk	3/4 c	Milk	3/4 c	Milk
Lunch: 12:00pm ♦Whole grain enriched bread/cereal/pasta ♦Meat or alternate ♦Vegetable ♦Fruit ♦Milk	1.5 oz	Cheddar Cheese Sandwiches on Wheat Bread WG	1.5oz	Pineapple & Cheese Pizza on Whole Wheat English Muffin WG	1.5 oz	*Corn Chowder String Cheese Wheat Thins WG	1.5oz	Cheesy Black Bean & Brown Rice Casserole WG	1.5 oz	Skillet Lasagna with Whole Wheat Pasta and Cheese WG
	1/2 c	Carrot Sticks	1/2 c	Broccoli	1/2 c	Cucumber Rounds	1/2 c	Broccoli	1/2 c	Carrot Sticks
	1/2 c	Dole Tropical Fruit Salad	1/2 c	Melon	1/2 c	Pear Sections	1/2 c	Peach Slices	1/2 c	Pineapple Tidbits
	3/4 c	Milk	3/4 c	Milk	3/4c	Milk	3/4 c	Milk	3/4 c	Milk
	1	Corn Chex	1	Graham Crackers	1/2 c	Homemade Whole Wheat Soft Pretzels WG	4-5	Cheese Cubes	1	Trail Mix (pretzels, Goldfish and Chex & raisins) Orange Wedges
♦Whole grain/ enriched bread or cereal &/or Meat or Alternate				1/2c	Orange Wedge	1/2 c	Apple Slices	1/2c		
♦Juice or Fruit & Water	1/2 c	Pineapple Tidbits	1/2c	Water	1/2c	Mandarins	1/2 c	Water	1/2 c	Water

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Breakfast: 9:00am ♦ Whole grain/ enriched bread or cereal &/or Meat or Alternate	1/2 c	Life Cereal WG	1/2 c	Oatmeal WG w/ Brown Sugar	1/2 c	Breakfast Burrito (eggs, cheese, salsa on flour tortilla)	1 slice	Blueberry Muffin Squares WG	1.5	Malt o' Meal
	♦ Fruit 1/2 c	Apples Wedges	1/2 c	Blueberries	1/2 c	Orange Wedges	1/2 c	Apple Slices	1/2 c	Bananas
	♦ Milk 3/4 c	Milk	3/4 c	Milk	3/4 c	Milk	3/4 c	Milk	3/4 c	Milk
Lunch: 12:00pm ♦ Whole grain enriched bread/cereal/pasta ♦ Meat or alternate ♦ Vegetable ♦ Fruit ♦ Milk	1.5 oz	Tuna Roll up (tuna and mayo on flour tortilla)	1.5 oz	Do it yourself tacos (refried beans, corn tortilla, salsa, sour cream, cheese, lettuce.)	1/2 c 1.5	Smokin' Powerhouse Chili with Beans	1.5 oz	Broccoli & Cheese Soup	1.5 oz	Whole Wheat Macaroni and Cheese WG
	♦ Meat or alternate 4/5 1 oz	Cucumber Rounds	1/2 c	Corn	1/2 c	Corn Muffin Squares WG		Ritz Crackers		Carrot Sticks
	♦ Vegetable 1/2 c	Mandarins	1/2 c	Peach Slices	1/2 c	Cucumber Rounds	1/2 c	Corn Niblets	1/2 c	Dole Tropical Fruit Salad
	♦ Fruit 1/2 c	Milk	3/4 c	Milk	3/4c	Melon Slices	1/2 c	Peach Slices	1/2 c	Milk
	♦ Milk 3/4 c	Graham Crackers	4/5	Pretzels	6/7	Yogurt w/ Crispix	2	Wheat Thins WG	1/2c	Saltines
Snack: 3:30 pm ♦ Whole grain/ enriched bread or cereal &/or Meat or Alternate ♦ Juice or Fruit & Water	1 1/2c	Pineapple Tidbits	1/2 c	Apple Wedge			1/2c	String Cheese		Apple Wedges
	♦ Juice or Fruit & Water 1/2 c	Water	1/2c	Water	1/2c	Water	1/2c	Water	1/2 c	Water

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