

Fall Menu

Developmentally appropriate sizes and substitutes offered (Milk served for under 2 is unflavored whole above 2 years old is 1%)

| Wk 1 | Component | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------|--|--|--|--|--|---|
| Breakfast | Fluid Milk, Fruit/Veg Grains | <u>WG bagel</u> , fruit & milk | Yogurt, Berries & <u>WG granola</u> | <u>WG Oatmeal</u> , applesauce & milk | Egg bites, <u>WG toast</u> & milk | <u>WG Cereal</u> , fruit & milk |
| Lunch | Fluid milk Meat/Protein Veg/ and or Fruits Grains | Beef stroganoff with egg noodles, fruit, veggie & milk | Meat and cheese quesadilla with veggie, fruit & milk | Egg bake, hash browns, sausage, <u>WG toast</u> , fruit & milk | Chicken and rice with veggie, fruit & milk | Meat and cheese <u>WG crackers</u> , fruit, veggie & milk |
| PM Snack (2 of 4) | Fluid milk veg/fruit Meat or alternative Grains | Cheese & crackers | Veggies & Hummus | Cereal bars & milk | Meat & cheese | *Goldfish & Dried fruit (pouch for under 2) |

*All fruit served is seasonal and available: Apples, bananas, peaches, watermelon, grapes, strawberries, mandarin oranges, berries, pears Whole Grain = WG

| Wk 2 | Component | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------|--|---------------------------------------|---|--|--|--|
| Breakfast | Fluid Milk, Fruit/Veg Grains | <u>WG bagel</u> , fruit & milk | Yogurt, Berries & <u>WG granola</u> | <u>WG Oatmeal</u> , applesauce & milk | Egg bites <u>WG bread</u> & milk | <u>WG Cereal</u> with bananas & milk |
| Lunch | Fluid milk Meat/Protein Veg/ and or Fruits Grains | Pepperoni pasta, veggie, fruit & milk | Turkey nachos, *Tortilla chips, Salad with dressing, fruit & milk | Pancake Bake, sausage, fruit, hash browns & milk | Chicken stir fry with rice veggies, fruit & milk | Beef toasty dog on <u>WG bread</u> , baked beans, fruit & milk |
| PM Snack (2 of 4) | Fluid milk veg/fruit Meat or alternative Grains | Cheese & Crackers | Puffed Corn & Fruit | Meat & Cheese | Veggies & Hummus | Pretzels & dried fruit (pouch for under 2) |

Crackers include wheat thins, triscuits, veggie straws, ritz, goldfish, pretzels. Cereal includes cheerios, raisin bran, chex

Fall Menu

| Wk 3 | Component | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------|--|--|--|---|---|---|
| Breakfast | Fluid Milk, Fruit/Veg Whole Grains | <u>WG</u> bagel and fruit & milk | Yogurt, Berries & <u>WG granola</u> | <u>WG Oatmeal</u> , Applesauce & milk | Egg bites, <u>WG toast</u> & milk | <u>WG Cereal</u> Fruit & milk |
| Lunch | Fluid milk Meat/Protein Veg/ and or Fruits Whole Grains | Spaghetti, meatballs Salad with dressing, Fruit & milk | Taco quesadilla With Meat and cheese and lettuce Fruit & milk | Egg bake, hash browns, sausage , <u>whole wheat toast</u> , fruit & milk | Chicken and rice with veggie, fruit & milk | Deli Meat, Cheese crackers, fruit & veggie |
| Pm Snack (2 of 4) | Fluid milk veg/fruit Meat or alternative Whole Grains | Cheese & Crackers | Veggies & Hummus | Cereal bars & Milk | Meat & Cheese | *Goldfish & Dried fruit (pouch for under 2) |

*All fruit/veggies served are seasonal. Apples, bananas, peaches, watermelon, grapes, strawberries etc. Squash, cucumbers, tomatoes, green beans
Cereal/Crackers are served based on availability (cheerios, chexs, raisin bran, oatmeal squares) (ritz, wheat thins, pretzels, cheese crackers, saltines, club)
Meat served based on availability (turkey, ham, salami)

| Wk 4 | Component | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------|--|---|--|--|--|--|
| Breakfast | Fluid Milk, Fruit/Veg Grains | <u>WG</u> bagel and fruit & milk | Yogurt, Berries & <u>WG granola</u> | <u>WG Oatmeal</u> , Applesauce & milk | Egg bites, <u>WG toast</u> & milk | <u>WG Cereal</u> Fruit Milk |
| Lunch | Fluid milk Meat/Protein Veg/ and or Fruits Grains | Cheeseburger Pasta, fruit, veggies & milk | Pizza on english muffin, fruit, veggies & milk | Pancake Bake, sausage, fruit, hash browns & milk | Chicken stir fry with rice veggies, fruit & milk | Beef toasty dog on <u>WG bread</u> , baked beans, fruit & milk |
| Pm Snack (2 of 4) | Fluid milk veg/fruit Meat or alternative Grains | Cheese & Crackers | Puffed Corn & Fruit | Meat & Cheese | Veggies & Hummus | Pretzels & dried fruit (pouch for under 2) |

