***Menu Plans***

*Week 1*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Snack AM | CerealFruitMilk | Toast(Jam)FruitMilk | Eggs and CrackersFruitMilk | CerealRice Krispies or Bran O’sFruitMilk | CheeseTea biscuitsFruitMilk |
| Lunch | HomemadeGoulashGarden SaladMilk | Meatballs  and RiceVeggiesMilk | Homemade Beef SoupBread Milk | Pizza ChickenPasta BakeSteamed VeggiesMilk | Tuna MeltsGarden SaladMilk |
| Snack PM | Yogurt with GranolaFruitWater | Meat and Veggie DipCrackersMilk | Trail MixFruitMilk | GingerbreadLoafMilk | White or Black Bean Brownies CustardWater |

*Week 2*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Snack AM | CerealFruitMilk | BagelsFruitMilk | Eggs/CrackersFruitMilk | CerealFruitMilk | Apple SauceCrackersMilk |
| Lunch | HomemadePizzaSaladMilk | Chili  Pita breadMilk | HomemadeChicken NoodleSoupBread/RollsMilk | SpaghettiMeatballs SaladMilk | Chicken, Broccoli and Rice CasseroleVeggiesMilk |
| Snack PM | Banana BreadFruitMilk | Rice CakesVeggie TrayMilk | Yogurt FruitMilk | Salsa PitaFruitMilk | AppleMuffins/LoafFruitMilk  |

*Week 3*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Snack AM | CerealFruitMilk | ToastFruitMilk | Eggs and CrackersFruitMilk | CerealFruitMilk | Fruit SconesFruitMilk |
| Lunch | HomemadeHamburgers  Potato WedgesMilk | Chicken FettucciniPasta/veggiesMilk | HomemadeTomato SoupGrilled CheeseMilk | Macaroni and CheeseSaladMilk  | Roast PorkCarrot, peas, potato, GravyMilk |
| Snack PM | Applesand CheeseMilk | HomemadeFruit MuffinsMilk | Trail Mix FruitMilk | HomemadeOatmeal/Bran cookiesFruitMilk | Fruit TrayDipMilk |

*Week 4*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Snack AM | CerealFruitMilk | ToastFruitMilk | Eggs and CrackersFruitMilk | CerealFruit Milk | Homemade Banana BreadFruitMilk |
| Lunch | PancakesSausageFruitMilk | Pineapple Ham with RiceMilk | Homemade Pea SoupBreadMilk | Homemade Beans Rolls /ButterMilk  | Sheppard’s PieFruitMilk |
| Snack PM | Apples and CheeseMilk | YogurtFruitMilk | Oatmeal CookiesMilk | Rice CakesFruitMilk | Veggie SticksDipMilk |

\*\*\* Veggies for children in the Infant and Toddler Rooms will be steamed.

**We are peanut free.**

**May contain peanuts products are not permitted in the Infant room.**

Some guidelines we need to follow:

* Lunch must include at least one serving from each of the 4 food groups
* Snack must include at least one serving from 2 of the 4 food groups
* Choose grain products that are whole wheat or whole grain
* Recommended to serve milk 2-3 times per day (2%)
* Water is always available
* Fruits served may include: apples, oranges, grapes, bananas, pears, plums, strawberries, honeydew melon, cantaloupe, watermelon, pineapple, raspberries, blueberries
* All baked goods are Made with w/w and white flour
* May contain peanuts will not be offered in the infant room