***Menu Plans***

*Week 1*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Snack AM | Cereal  Fruit  Milk | Toast  (Jam)  Fruit  Milk | Eggs and Crackers  Fruit  Milk | Cereal  Rice Krispies or Bran O’s  Fruit  Milk | Cheese  Tea biscuits  Fruit  Milk |
| Lunch | Homemade  Goulash  Garden Salad  Milk | Meatballs  and Rice  Veggies  Milk | Homemade Beef Soup  Bread  Milk | Pizza Chicken  Pasta Bake  Steamed Veggies  Milk | Tuna Melts  Garden Salad  Milk |
| Snack PM | Yogurt with Granola  Fruit  Water | Meat and Veggie Dip  Crackers  Milk | Trail Mix  Fruit  Milk | Gingerbread  Loaf  Milk | White or Black Bean Brownies    Custard  Water |

*Week 2*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Snack AM | Cereal  Fruit  Milk | Bagels  Fruit  Milk | Eggs/Crackers  Fruit  Milk | Cereal  Fruit  Milk | Apple Sauce  Crackers  Milk |
| Lunch | Homemade  Pizza  Salad  Milk | Chili    Pita bread  Milk | Homemade  Chicken Noodle  Soup  Bread/Rolls  Milk | Spaghetti  Meatballs  Salad  Milk | Chicken, Broccoli and Rice Casserole  Veggies  Milk |
| Snack PM | Banana  Bread  Fruit  Milk | Rice Cakes  Veggie Tray  Milk | Yogurt  Fruit  Milk | Salsa  Pita  Fruit  Milk | Apple  Muffins/Loaf  Fruit  Milk |

*Week 3*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Snack AM | Cereal  Fruit  Milk | Toast  Fruit  Milk | Eggs and Crackers  Fruit  Milk | Cereal  Fruit  Milk | Fruit Scones  Fruit  Milk |
| Lunch | Homemade  Hamburgers    Potato Wedges  Milk | Chicken Fettuccini  Pasta/veggies  Milk | Homemade  Tomato Soup  Grilled Cheese  Milk | Macaroni and Cheese  Salad  Milk | Roast Pork  Carrot, peas, potato, Gravy  Milk |
| Snack PM | Apples  and Cheese  Milk | Homemade  Fruit Muffins  Milk | Trail Mix    Fruit  Milk | Homemade  Oatmeal/Bran cookies  Fruit  Milk | Fruit Tray  Dip  Milk |

*Week 4*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Snack AM | Cereal  Fruit  Milk | Toast  Fruit  Milk | Eggs and Crackers  Fruit  Milk | Cereal  Fruit  Milk | Homemade  Banana Bread  Fruit  Milk |
| Lunch | Pancakes  Sausage  Fruit  Milk | Pineapple Ham with Rice  Milk | Homemade  Pea Soup  Bread  Milk | Homemade Beans  Rolls /Butter  Milk | Sheppard’s Pie  Fruit  Milk |
| Snack PM | Apples and Cheese  Milk | Yogurt  Fruit  Milk | Oatmeal Cookies  Milk | Rice Cakes  Fruit  Milk | Veggie Sticks  Dip  Milk |

\*\*\* 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