

Sample Menu Week One	<u>Breakfast</u>	<u>Snack</u>	<u>Lunch</u>
<i>Monday</i>	English muffin with cream cheese Banana slices 1% Low Fat Milk	Corn muffin squares with butter 100% Apple juice	Spanish Rice with meatballs <i>Steamed corn</i> and green beans Bread with butter Fruit cocktail 1% Low Fat Milk
<i>Tuesday</i>	Cereal with 1% Low Fat Milk 100% Grape juice	Vanilla Wafers Fruit Cocktail 1% Low Fat Milk	Meatloaf with mashed potatoes Steamed Carrots Bread with butter Seasonal Fruit 1% Low Fat Milk
<i>Wednesday</i>	Buttermilk Pancakes with Maple Syrup Peach slices 1% Low Fat Milk	Animal crackers <i>Apple slices</i> 1% Low Fat Milk	Baked chicken with rice Steamed broccoli Bread with butter Pear Slices 1% Low Fat Milk
<i>Thursday</i>	Scrambled Eggs with Biscuits <i>Apple Slices</i> 1% Low Fat Milk	Cottage cheese Peach Slices Jello	Sloppy Joe Sandwich French Fries <i>Carrot Sticks</i> & Cucumber Slices Fresh Fruit 1% Low Fat Milk
<i>Friday</i>	French Toast with Maple Syrup Pear Slices 1% Low Fat Milk	Bagel with cream cheese 100% Grape Juice	Egg Bake with Cheese Peach slices Applesauce Bread with butter 1% Low Fat Milk

Toddler Menu: Daily meal plan will remain the same with the following substitutions:

Apple Slices → Applesauce

Carrot Sticks → eliminated

Granola Bar → Graham cracker

Steamed Corn → Pureed Corn

Raisins → eliminated

Peanut Butter & jelly → Jelly sandwich

Peas → Pureed peas

Bologna Sandwich → eliminated

Oatmeal Raisin Cookies → Soft Oatmeal Cookies

Sample Menu Week Two	<u>Breakfast</u>	<u>Snack</u>	<u>Lunch</u>
<i>Monday</i>	Homemade Blueberry Muffins Fresh Fruit Mix 1% Low Fat Milk	<i>Granola Bar</i> Yogurt 100% Apple Juice	Toasted Ham and Cheese Homemade Chicken Noodle Soup Salad <i>Apple Slices & Ice Cream</i> 1% Low Fat Milk
<i>Tuesday</i>	Belgian Waffles with Maple Syrup Strawberries or Bananas 1% Low Fat Milk	Homemade Banana Muffin <i>Apple Slices</i>	Pizzaburger with Oven Fries Tomato Slices Bread with butter Jello with Fruit 1% Low Fat Milk
<i>Wednesday</i>	Cereal with 1% Low Fat Milk Orange slices	<i>Peanut Butter</i> or Ranch Dip Celery Sticks 1% Low Fat Milk	Meat Lasagna <i>Steamed Sweet Corn</i> Bread with butter Seasonal Fruit Mix 1% Low Fat Milk
<i>Thursday</i>	French Toast Sticks with Maple Syrup <i>Apple Slices</i> 1% Low Fat Milk	Goldfish Crackers Cucumber slices and <i>carrot sticks</i> Ranch dip	Chili Con Carne Mixed Vegetables Bread with butter Vanilla Pudding with Fresh Fruit 1% Low Fat Milk
<i>Friday</i>	Scrambled Eggs with biscuits Fresh Fruit Mix 1% Low Fat Milk	Vanilla Wafers Seasonal Fruit 1% Low Fat Milk	Baked Macaroni & Breaded Fish Spinach Bread with butter Fruit Cocktail 1% Low Fat Milk

Toddler Menu: Daily meal plan will remain the same with the following substitutions:

Apple Slices → *Applesauce*

Carrot Sticks → *eliminated*

Granola Bar → *Graham cracker*

Steamed Corn → *Pureed Corn*

Raisins → *eliminated*

Peanut Butter & jelly → *Jelly sandwich*

Peas → *Pureed peas*

Bologna Sandwich → *eliminated*

Oatmeal Raisin Cookies → *Soft Oatmeal Cookies*

Sample Menu Week Three	<u>Breakfast</u>	<u>Snack</u>	<u>Lunch</u>
<i>Monday</i>	Oatmeal with Brown Sugar & Raisins Apple Slices 1% Low Fat Milk	Low fat Yogurt with Fresh Fruit Assortment of Cookies 100% White Grape Juice	Greek Meatballs with Baked Rice Steamed Sweet Corn Bread with butter Jello with Fruit 1% Low Fat Milk
<i>Tuesday</i>	Buttermilk Pancakes with Maple Syrup Orange Slices 1% Low Fat Milk	Ritz Crackers Cheese cubes Apple Slices	Beef and Turkey Meatloaf Mashed Potatoes Bread with Butter Steamed Green Beans 1% Low Fat Milk
<i>Wednesday</i>	Cereal with 1% Low Fat Milk Peach Slices	Beef Bologna Sandwich Cheese crackers 100% Apple Juice	Baked Chicken Parmesan Noodles Salad with French Dressing Pear Slices 1% Low Fat Milk
<i>Thursday</i>	Scrambled Eggs with biscuits Fresh Fruit Mix 1% Low Fat Milk	Peanut Butter and Jelly sandwich on Whole Wheat Bread Bananas 1% Low Fat Milk	Beef and Vegetable Stew Saltine Crackers Fruit Cocktail 1% Low Fat Milk
<i>Friday</i>	Oven Baked French Toast Sticks Apple Slices 1% Low Fat Milk	Grilled Cheese sandwich Strawberries or Seasonal Fruit 1% Low Fat Milk	Pizza in a Pocket Salad with Italian Dressing Cottage Cheese Peaches 1% Low Fat Milk

Toddler Menu: Daily meal plan will remain the same with the following substitutions:

Apple Slices → Applesauce

Carrot Sticks → eliminated

Granola Bar → Graham cracker

Steamed Corn → Pureed Corn

Raisins → eliminated

Peanut Butter & jelly → Jelly sandwich

Peas → Pureed peas

Bologna Sandwich → eliminated

Oatmeal Raisin Cookies → Soft Oatmeal Cookies

Sample Menu Week Four	<u><i>Breakfast</i></u>	<u><i>Snack</i></u>	<u><i>Lunch</i></u>
Monday	French Toast with Maple Syrup <i>Apple slices</i> 1% Low Fat Milk	Graham Crackers Pineapple 1% Low Fat Milk	Chicken Tenders with French Fries Homemade Cornbread Steamed Carrots Fruit Cocktail 1% Low Fat Milk
Tuesday	Buttermilk Pancakes with Maple Syrup Orange slices 1% Low Fat Milk	Saltine Crackers Mozzarella Cheese Stick 100% Grape Juice	Mexican Chicken with Rice <i>Steamed Corn</i> and Green Beans Jello with Fruit 1% Low Fat Milk
Wednesday	Cereal with 1% Low Fat Milk Peach Slices	Oatmeal <i>Raisin</i> Cookies 1% Low Fat Milk	Spaghetti with Beef Marinara Mixed Vegetables Bread with butter Pear Slices 1% Low Fat Milk
Thursday	Scrambled Eggs with Biscuits Fresh Fruit Mix 1% Low Fat Milk	<i>Peanut Butter</i> & Jelly w/Wheat Bread <i>Apple Slices</i> 1% Low Fat Milk	All Beef Hamburger with Bun French Fries Tomato and Cucumber Slices Applesauce 1% Low Fat Milk
Friday	Oatmeal Seasonal Fruit 1% Low Fat Milk	Banana Bread Squares 1% Low Fat Milk	Mac & Cheese with Fish Sticks Bread with butter <i>Peas</i> Orange Slices 1% Low Fat Milk

Toddler Menu: Daily meal plan will remain the same with the following substitutions:

Apple Slices → *Applesauce*

Steamed Corn → *Pureed Corn*

Peas → *Pureed peas*

Carrot Sticks → *eliminated*

Raisins → *eliminated*

Bologna Sandwich → *eliminated*

Granola Bar → *Graham cracker* *Peanut Butter & jelly* → *Jelly sandwich*

Oatmeal Raisin Cookies → *Soft Oatmeal Cookies*