

# Winter MENU

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>					
<b>Milk</b>	Whole milk or 1%	Whole milk or 1%	Whole milk or 1%	Whole milk or 1%	Whole milk or 1%
<b>Fruits/Vegetables</b>	Tangerines	Peaches	Strawberries	Banana Slices	Pears
<b>Grains/Bread</b>	Whole Grain Mini Bagels	Golden Porridge	Total	Spiced Pancakes	Whole Grain Toast
<b>Lunch</b>					
<b>Milk</b>	Whole Milk or 1%	Whole milk or 1%	Whole milk or 1%	Whole milk or 1%	Whole milk or 1%
<b>Fruits/Vegetables</b>	Veggie Tuna Melts	Spunky Spud Salad	Snowy Day Sandwiches	Big Bad Wolf Soup	Cooked Spinach
<b>Fruits/Vegetables</b>	Mixed Fruit	Apple Slices	Mixed Vegetables	Pineapple	Orange Slices
<b>Grains/Breads</b>	Veggie Tuna Melts	Brown Rice	Snowy Day Sandwiches	Whole Grain Roll	Cheesy Chicken Quesadilla
<b>Meats/Meat Alternates</b>	Veggie Tuna Melts	Tasty Tenders	Snowy Day Sandwiches	Big Bad Wolf Soup	Cheesy Chicken Quesadilla
<b>Snack</b>					
<b>Milk</b>	-	-	-	-	-
<b>Fruits/Vegetables</b>	Wintery Mix	Grapefruit	Salsa	Carrots	Colorful Crispy Salad
<b>Grains/Breads</b>	-	Whole Grain Crackers	Corn Chips	Animal Crackers	-
<b>Meats/Meat Alternates</b>	Cottage Cheese	-	-	-	String Cheese
<b>Beverage</b>	Water	Water	Water	Water	Water
<b>Week 2</b>					
Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Breakfast</b>					
<b>Milk</b>	Whole Milk or 1%	Whole Milk or 1%	Whole Milk or 1%	Whole Milk or 1%	Whole Milk or 1%
<b>Fruits/Vegetables</b>	Very Merry Berries	Banana Slices	Grapefruit Slices	Superstar Breakfast	Pineapple
<b>Grains/Breads</b>	Very Merry Berries	Cheerios	Whole Grain Toast	Superstar Breakfast	Whole Grain Waffle
<b>Lunch</b>					
<b>Milk</b>	Whole Milk or 1%	Whole milk or 1%	Whole milk or 1%	Whole milk or 1%	Whole milk or 1%
<b>Fruits/Vegetables</b>	Green Beans	Cooked Peas & Carrots	Beautiful Butterflies	Wild Cowboy Stew	Pizza Party Pita
<b>Fruits/Vegetables</b>	Apple Slices	Pears	Grapes	Pineapple	Mixed Fruit
<b>Grains/Breads</b>	Brown Rice	Whole Grain Pasta	Beautiful Butterflies	Whole Grain Roll	Pizza Party Pita
<b>Meats/Meat Alternates</b>	Finger Lickin' Chicken	Fishin' Poles	Beautiful Butterflies	Wild Cowboy Stew	Pizza Party Pita
<b>Snack</b>					
<b>Milk</b>	-	-	-	-	-
<b>Fruits/Vegetables</b>	Peaches	Prince and Princess Salad	Applesauce	Broccoli and Cauliflower	Orange Wedges
<b>Grains/Breads</b>	Whole Grain Crackers	-	Whole Grain mini Bagels	-	-
<b>Meats/Meat Alternates</b>	-	Prince and Princess Salad	-	Cheese Cubes	Polka Dot Pasta
<b>Beverage</b>	Water	Water	Water	Water	Water

December 2<sup>nd</sup> - Parents Day Out  
 December 6<sup>th</sup> – Board Meeting  
 December 12 – Family Night Out  
 December 18<sup>th</sup> – Central Tree Ends  
 December 22<sup>nd</sup> & 25<sup>th</sup> - Closed Merry Christmas

January 1<sup>st</sup> – Closed Happy New Years  
 January 3<sup>rd</sup> Board Meeting  
 January 5<sup>th</sup> Pajama Day  
 January 9<sup>th</sup> Family Night Out

- ❖ Menu is subject to change.
- ❖ Water is served at all meal services and throughout the day.



# Winter MENU

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>					
<b>Milk</b>	Whole milk or 1%	Whole milk or 1%	Whole milk or 1%	Whole milk or 1%	Whole milk or 1%
<b>Fruits/Vegetables</b>	Mixed Fruit	Strawberry Jumpin' French Toast	Apple Slices	Banana Slices	Blueberries
<b>Grains/Bread</b>	Wheaties	Strawberry Jumpin' French Toast	Oatmeal	Whole Wheat Toast	Shredded Mini Wheats
<b>Lunch</b>					
<b>Milk</b>	Whole Milk or 1%	Whole milk or 1%	Whole milk or 1%	Whole milk or 1%	Whole milk or 1%
<b>Fruits/Vegetables</b>	Bowties	Submarine Sandwiches	Rainbow Bake	Twisted Tuna	Homemade Chicken Soup
<b>Fruits/Vegetables</b>	Peaches	Applesauce	Tangerines	Pears	Red Potatoes
<b>Grains/Breads</b>	Bowties	Submarine Sandwiches	Rainbow Bake	Twisted Tuna	Whole Grain Roll
<b>Meats/Meat Alternates</b>	Baked Fish Fillets	Submarine Sandwiches	Rainbow Bake	Twisted Tuna	Homemade Chicken Soup
<b>Snack</b>					
<b>Milk</b>	-	-	-	-	-
<b>Fruits/Vegetables</b>	Carrot Sticks	Monkey Snacks	Cherry Tomatoes	Pineapple	Grapefruit Slices
<b>Grains/Breads</b>	-	Graham Crackers	Whole Grain Crackers	-	Whole Grain Mini Bagels
<b>Meats/Meat Alternates</b>	String Cheese	-	-	Cottage Cheese	-
<b>Beverage</b>	Water	Water	Water	Water	Water
<b>Week 4</b>					
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>					
<b>Milk</b>	Whole Milk or 1%	Whole Milk or 1%	Whole Milk or 1%	Whole Milk or 1%	Whole Milk or 1%
<b>Fruits/Vegetables</b>	Tangerines	Mixed Fruit	Pineapple	Strawberries	Peaches
<b>Grains/Breads</b>	Cheerios	Whole Grain Pancakes	Whole Grain English Muffin	Total	Whole Grain Waffles
<b>Lunch</b>					
<b>Milk</b>	Whole Milk or 1%	Whole milk or 1%	Whole milk or 1%	Whole milk or 1%	Whole milk or 1%
<b>Fruits/Vegetables</b>	Red Monster Soup	Poppin' Pasta	Green Beans	Eggs in a Nest	Sunshine Soup
<b>Fruits/Vegetables</b>	Bananas	Orange Slices	Carrots	Grapes	Apple Slices
<b>Grains/Breads</b>	Grilled Cheese on Whole Grain Bread	Poppin' Pasta	Sammy Salmon	Eggs in a Nest	Whole Grain Roll
<b>Meats/Meat Alternates</b>	Grilled Cheese on Whole Grain Bread	Poppin' Pasta	Sammy Salmon	Eggs in a Nest	Grilled Skinless Chicken Breast
<b>Snack</b>					
<b>Milk</b>	-	-	-	-	-
<b>Fruits/Vegetables</b>	Speckled Salad	Celery or Carrots Sticks	Blueberries	Lucky Leprechaun Greens	Salsa
<b>Grains/Breads</b>	Whole Grain Crackers	-	-	Whole Grain Rolls	Whole Grain Pita Wedges
<b>Meats/Meat Alternates</b>	-	String Cheese	Yogurt	-	-
<b>Beverage</b>	Water	Water	Water	Water	Water

February 7<sup>th</sup> - Board Meeting

February 9<sup>th</sup> - Date Night

February 13<sup>th</sup> - Family Night Out

February 14<sup>th</sup> - Valentine's Card Exchange

March 7<sup>th</sup> - Board Meeting

March 13<sup>th</sup> - Family Night Out

March 14<sup>th</sup> - 16<sup>th</sup> - Pictures

March 29<sup>th</sup> - Easter Event

March 30<sup>th</sup> Closed "Good Friday"

❖ Menu is subject to change.

❖ Water is served at all meal services and throughout the day.

