

Children's Daily Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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WEEK #1

Breakfast Served from 7-9 AM

Milk	Milk	Milk	Milk	Milk	Milk
Fruit/Veg. or Juice	Grapes, Oranges	Cantaloupe	Apples, Strawberries	Oranges, Pears	Bananas
Bread or Bread Alternative	French Toast/regular Toast	Pancakes	Bagels	Tortillas or Cheerios	Oatmeal
Food			Cream Cheese	Eggs/	Cherries

Plain yogurt served with all breakfast (choice), cereals or plain cheerios

AM Snack Served from 10:00 AM (Late arrivers may skip it)

Milk, Meat or Meat Alt.	Yogurt / Bread	Rice Cakes	Wheat Crackers	Bagels w/ Cream Cheese	Cottage Cheese
Fruit/Veg., Juice, Bread	Apple Sauce	Pears	Grapes	Oranges	Fruit Salad

Fruits and Vegetables smoothies or popsicles served during the warmer seasons April-October

Lunch Served at 10:30 AM for the younger kids, 11:00 AM, 11:30 AM or Noon for older 4-5 year olds

Milk	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
Meat or Meat Alt.	Black Beans (Gallo Pinto)	Peas/ Split Peas	Salmon / Sweet Potatoes	Sole Fish / Garbanzo Beans	Cheese Red Beans
Fruit/Veg.	Green Mixed Salad	Corn, Carrots	Celery, Beets, Tomatoes	Lettuce/spinach	Broccoli, Carrots
Fruit/Veg.	Grapes/ Peaches	Green Beans, Asparagus	Cilantro, Bell Peppers	Tomatoes, Spinach	Cauliflower
Bread or Bread Alt.	Rice w/corn	Pasta/chicken	Rice or Barley	Wheat Bread	Corn Tortillas

Peas, Tofu, Beans, and Lentils will be served for vegans and vegetarians as an alternative to meats.

PM Snack Served after nap from 1:30-2:30 for younger children OR 3:00-4:30 PM for older children

Milk, Meat or Meat Alt.	Cheese Crackers	Rice Crackers	Wheat Crackers	Yogurt	Corn Bread Home Made
Fruit/Veg., Juice, Bread	Blueberries	Grapes or Cherries	Nectarines	Cantaloupe	Peaches

Fruits and Vegetables smoothies or popsicles served during the warmer seasons April-October

Second Lunch Served at 2:30 for older infants, toddlers and young preschoolers

Milk	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
Meat or Meat Alt	Turkey Cream Cheese	Cheese	Peas	Cheese OR Cream Cheese	Turkey Ham Split Peas
Fruit/Veg.	Lettuce, Tomatoes	Watermelon	Corn, Potatoes	Peaches	Spinach
Fruit/Veg.	Avocado Pineapple	Zucchini	Green Beans	Apples	Lettuce, Tomatoes
Bread or Bread Alt	Wheat Bread	Tortillas	Pasta Varieties	Wheat Bread	Flour Tortillas

When in season strawberries, Plums, Peaches, Nectarines, Mandarins, Mango, Watermelon, cherries,

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Ingredients	Monday	Tuesday	Wednesday	Thursday	Friday
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WEEK #2

Breakfast

Milk	Milk	Milk	Milk	Milk	Milk
Fruit/Veg. or Juice	Watermelon, Pears	Strawberries, Grapes	Bananas, Oranges	Apples, Pears	Green Apples, Peaches
Bread or Bread Alt.	Bread	Mixed Cereal	Pancakes	French Toast	Bagels
Additional Food	Scrambled Eggs				Cream Cheese

AM Snack

Milk, Meat or Meat Alt	Nectarines	Green Apples	Bananas	Grapes	Fruit Salad
Fruit/Veg., Juice, Bread	Wheat Crackers	Yogurt	Cheese Crackers	Bagels w/ Cream Cheese	Cottage Cheese

Lunch

Milk	Milk	Milk	Milk	Milk	Milk
Meat or Meat Alt	Red Beans Sour Cream	Chicken Soup	Sole Fish	Peas	Grilled Chicken
Fruit/Veg.	Avocado Celery Chayote	Broccoli, potatoes Cauliflower	Bell Peppers, Mushrooms Chayote Squash	Carrots, Potatoes, beets	Green Beans, Corn,
Fruit/Veg.	Tomatoes, Bell Peppers	Green Beans, Asparagus	Tomatoes, Celery	Zucchini, Asparagus	Potatoes, Broccoli
Bread or Bread Alt	Rice	Pasta	Pasta/Barley	Rice	Wheat Bread

PM Snack

Milk, Meat or Meat Alt	Broccoli	Fruit Salad	Rice Crackers	Cantaloupe, Bananas	Wheat Crackers
Fruit/Veg., Juice, Bread	Cheese	Cottage Cheese	Cheese Sticks	Yogurt	Water Melon

Second Lunch

Milk	Milk	Milk	Milk	Milk	Milk
Meat or Meat Alt	Peas	Cheese	Cheese	Turkey / Cheese	Cream Cheese
Fruit/Veg.	Sweet Potatoes	Avocado Lettuce	Yucca Root Taro Root	Lettuce, Tomatoes	Yams /Sweet Potoes
Fruit/Veg.	Squash, Corn, Potatoes	Carrots	Potatoes	Spinach/ Potatoes	Nectarines
Bread or Bread	Rice	Wheat Bread	Rice Crackers	Wheat Bread	Waffles

Children's Daily Menu

Alt					
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Ingredients	Monday	Tuesday	Wednesday	Thursday	Friday
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WEEK #3

Breakfast

Milk	Milk	Milk	Milk	Milk	Milk
Fruit/Veg., Juice	Watermelon, Grapes	Strawberries, Oranges	Cantaloupe, Peaches	Nectarines, Green Apples	Apples, Bananas
Bread or Bread Alt	Waffles	Pancakes	Bagels w/ Cream Cheese	Tortillas	Bread
Additional Food				Cheese	Eggs

AM Snack

Milk, Meat or Meat Alt	Oranges	Apples	Nectarines	Peaches	Pears
Fruit/Veg., Bread	Cheese Sticks	Wheat Crackers	Bagels w/ Cream Cheese	Yogurt	Cottage Cheese

Lunch

Milk	Milk	Milk	Milk	Milk	Milk
Meat or Meat Alt	Chicken Soup	Cheese	Salmon	Turkey Soup Peas	Black Beans
Fruit/Veg.	Broccoli, Carrots, Chayote	Cauliflower, Lettuce	Bell Peppers, tomatoes, corn, cucumbers	Potatoes, Carrots, Chayote	Green Mixed Salad
Fruit/Veg.	Potatoes, Mushrooms	Bell Peppers, Spinach	Spinach, Celery	Yams, Corn	Mango / Pineapple
Bread or Bread Alt	Rice	Spaghetti	Rice/Barley	Bread	Rice

PM Snack

Milk, Meat or Meat Alt	Sour Cream	Yogurt	Melted Cheese	Rice Crackers	Wheat Bread
Fruit/Veg., Bread	Yams	Cantaloupe	Broccoli	Cucumber, Mango	Cheese Sticks

Second Lunch

Milk	Milk	Milk	Milk	Milk	Milk
Meat or Meat Alt	Sautee Chicken	Tofu	Peas/lentils	Cheese Toast	Black Beans, Soup
Fruit/Veg.	Potatoes	Tomatoes, Bell Peppers	Corn, Carrots	Yams	Carrots, Mushrooms
Fruit/Veg.	Sweet Potatoes	Green Beans, Asparagus	Mushrooms, Tomatoes	Potatoes	Peas Tomatoes
Bread or Bread	Flour Tortillas	Rice	Pasta	Bread	Tortillas w/

Children's Daily Menu

Alt						Sour Cream
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WEEK #4

Breakfast

Milk	Milk	Milk	Milk	Milk	Milk
Fruit/Veg.	Mango, Apples	Pineapple, Cantaloupe	Nectarines, Bananas	Grapes, Pears	Blueberries, Peaches
Bread or Bread Alt	Bagels	Cereal	Oatmeal	Bread	Waffles
Additional Food	Cream Cheese			Cheese	

AM Snack

Milk, Meat or Meat Alt	Rice Cakes	Yogurt	Cheese Crackers	Cottage Cheese	Yogurt
Fruit/Veg., Bread	Pears, Oranges	Peaches	Watermelon	Mix Fruit Salad	Wheat Bread

Lunch

Milk	Milk	Milk	Milk	Milk	Milk
Meat or Meat Alt	Eggs (Salad) OR Garbanzo Beans	Peas/ Green Beans	Grilled Chicken	Catfish or Sole	Soup, Pinto Beans
Fruit/Veg.	Avocado, Tomatoes	Sweet Potatoes	Green Salad	Yucca Root, Corn	Celery, Tomatoes
Fruit/Veg.	Celery, Cilantro	Corn, Squash, Potatoes	Asparagus, Green Beans	Taro Root	Cilantro, Avocado
Bread or Bread Alt	Bread	Bread	Rice/Barley	Rice	Tortillas

PM Snack

Milk, Meat or Meat Alt.	Cauliflower	Cottage Cheese	Yogurt	Grapes	Green Apples
Fruit/Veg., Bread	Melted Cheese	Fruit Salad	Cheese Crackers	Rice Crackers	Cheese Sticks

Second Lunch

Milk	Milk	Milk	Milk	Milk	Milk
Meat or Meat Alt.	Turkey Lentils	Cheese	Grilled Chicken	Cheese	Pinto Beans
Fruit/Veg.	Carrots	Pineapple	Green Beans	Mandarins	Mixed Veg. Salad
Fruit/Veg.	Potatoes	Green Beans	Corn	Cucumber	Nectarines
Bread or Bread Alt.	Pasta	Wheat Bread	Rice	Pasta	Rice