



WINTER MENU

2020-2021
WEEK 1



Dates: _____

	3-5 years	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		waffles & Blueberries	English Breakfast Muffin	Oatmeal & Pears	WGR Cereal	French Toast
Beverage	3/4 cup	1% Lowfat Milk	1% Lowfat Milk	1% Lowfat Milk	1% Lowfat Milk	1% Lowfat Milk
Grains or Meat/MA	1/2 oz eq	WGR Waffles	WGR English Muffin with LF Cream Cheese	WGR Warm Oatmeal	WGR Pancakes	WGR French Toast
Vegetable and/or Fruit	1/2 cup	Warmed Blueberries	Fresh Strawberries	Pear Slices	Fresh Bananas	Unsweetened Applesauce
<i>Substitute:</i>		<i>WGR Bagel</i>			<i>WGR English Muffin</i>	<i>WGR Toast</i>
LUNCH		Minestrone Soup & Turkey Sandwich	Chicken Alfredo	Salisbury Steak & Pasta	Moroccan Chickpeas + Rice Pilaf	Oven-Roasted Fish
Beverage	3/4 cup	1% Lowfat Milk	1% Lowfat Milk	1% Lowfat Milk	1% Lowfat Milk 	1% Lowfat Milk
Meat/Meat Alternate	1.5 oz	LS Turkey Sandwich	Chicken Alfredo	Lean Ground Beef	Moroccan Chickpea Stew	Oven-Roasted Fish
Breads/Grains	1/2 oz eq	WGR Bread	WGR Fettucine Noodles	Tricolor Pasta	WGR Savory Rice Pilaf	WGR Brown Rice
Vegetable	1/4 cup (1/2 cup raw leafy greens)	Mixed Vegetables in Minestrone Soup	Steamed Broccoli	Roasted Cauliflower	Fresh Green Salad	Creamed Spinach
Fruit	1/4 cup	Peaches	Grapefruit Wedges	Cantaloupe	Apricots	Apple Slices
<i>Substitute:</i>			<i>Chicken and Tomato Sauce</i>			<i>Chicken Nuggets</i>
SNACK		Crackers & Juice	Cucumbers & Yogurt	Fruit and Pretzels	Cheese and Fruit	Carrot Sticks
Beverage		Water	Water	Water	Water	Water
Meat/Meat Alternate	1/2 oz		LF Ranch Yogurt Dip		LF Cheese Stick	
Breads/Grains	1/2 oz eq	WGR Graham Crackers		Unsalted Pretzel Rods		WGR Animal Crackers
Vegetable	1/2 cup		Cucumber Slices			Carrot Sticks
Fruit	1/2 cup	Mandarin Oranges		Diced Pineapple	Mixed Fruit	
<i>Substitute:</i>			<i>WGR Crackers</i>		<i>Townhouse Crackers</i>	



* WGR - Whole Grain Rich
* L.F. - Low Fat
* L.S. - Low Sodium

* Unflavored whole milk must be served to 1 year olds
* Unflavored 1% Milk are served for children aged 2 years and above.
* Please note: Foods will be served as family style.
* Substitutions are made for those who have allergies, dietary restrictions or religious exemptions.
* Milk Alternatives: Lactaid and Soy Milk
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WINTER MENU

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WEEK 2



Dates: _____

	3-5 years	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Corn Muffin & Cantaloupe	Warm Oatmeal	Hot Cereal & Mango	Cheerio & Strawberries	Muffin & Banana
Beverage	3/4 cup	1% Lowfat Milk	1% Lowfat Milk	1% Lowfat Milk	1% Lowfat Milk	1% Lowfat Milk
Grains or Meat/MA	1/2 oz eq	Mini Corn Muffin	WGR Oatmeal	Cream of Wheat	WGR Cheerios	WGR Bran Muffin
Vegetable and/or Fruit	1/2 cup	Cantaloupe Chunks	Mixed Fruit Cup	Mango Chunks	Strawberries	Banana
<i>Substitute:</i>		<i>WGR English Muffin</i>				<i>WGR Cereal</i>
LUNCH		Grilled Cheese Sandwich	Chicken Fajitas	Beef Stir-Fry	Chinese Chicken Noodle Soup	Tuna Sandwich
Beverage	3/4 cup	1% Lowfat Milk	1% Lowfat Milk	1% Lowfat Milk	1% Lowfat Milk 	1% Lowfat Milk
Meat/Meat Alternate	1.5 oz	L F Cheese Slices	Chicken Fajitas	LF Beef Stir-Fry	Chicken in Soup	Tuna Salad
Breads/Grains	1/2 oz eq	WGR Bread	WGR Tortilla	WGR Biscuit	WGR Noodles	WGR Sliced Bread
Vegetable	1/4 cup (1/2 cup raw leafy greens)	Home Made Tomato Soup	Tomatoes, Corn, Bell Peppers	Carrots, Edamame & Broccoli	Cabbage & Spinach	Baked Sweet Potato Wedges
Fruit	1/4 cup	Orange Wedges	Blueberries	Apple Wedges	Mandarin Orange	Pineapple Chunks
<i>Substitute:</i>		<i>Turkey Sandwich</i>				<i>Grilled Cheese Sandwich</i>
SNACK		Cheese & Pears	Milk and Crackers	Rice Cakes & Peaches	Sticks and Sticks	Crackers & Grapefruit
Beverage		Water	1% Lowfat Milk	Water	Water	Water
Meat/Meat Alternate	1/2 oz				LF Cheese Stick	
Breads/Grains	1/2 oz eq	Townhouse Crackers	WGR Blueberry Muffin	WGR Rice Cakes		Cheeze-it Crackers
Vegetable	1/2 cup				Celery Sticks	
Fruit	1/2 cup	Pears Slices		Peach Slices		Grapefruit Wedges
<i>Substitute:</i>			<i>WGR Animal Crackers</i>		<i>WGR Graham Crackers</i>	<i>WGR Triscuits</i>

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WEEK 3



Dates: _____

	3-5 years	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Mini Bagels	Cheerios	Warm Oatmeal	Yogurt & Berries	Blueberry Mffin
Beverage	3/4 cup	1% Lowfat Milk	1% Lowfat Milk	1% Lowfat Milk	1% Lowfat Milk	1% Lowfat Milk
Grains or Meat/MA	1/2 oz eq	WGR Mini Bagel with LF Cream Cheese	WGR Waffles	WGR Oatmeal	WGR English Muffins with Fruit Preserves	WGR Blueberry Muffin
Vegetable and/or Fruit	1/2 cup	Honeydew Melon	Cantaloupe	Banana	Mixed Berries	Orange Wedges
<i>Substitute:</i>			<i>WGR Cereal</i>			<i>WGR Toast</i>
LUNCH		Bean & Cheese Burrito	Cilantro Lime Chicken	Beef Soup	Greek Turkey Burger in Tzatziki Sauce	Mini Salmon Loaves
Beverage	3/4 cup	1% Lowfat Milk	1% Lowfat Milk	1% Lowfat Milk	1% Lowfat Milk 	1% Lowfat Milk
Meat/Meat Alternate	1.5 oz	Beans and Cheese in Burrito	Cilantro Lime Chicken	Lean Beef	Lean Turkey Burger	Salmon Loaves
Breads/Grains	1/2 oz eq	WGR Tortilla	WGR Biscuit	Melba Toast	WGR Pita Pocket	WGR Bun
Vegetable	1/4 cup (1/2 cup raw leafy greens)	Shredded Lettuce and Guacamole	Corn Corbettes	Mixed Vegetables in Soup	Spinach & Tomatoes	Sauteed String Beans
Fruit	1/4 cup	Sliced Pears	Grapefruit Wedges	Pineapple Chunks	Fresh Apple Slices	Apricots
<i>Substitute:</i>		<i>Extra Beans</i>				<i>Chicken Nuggets</i>
SNACK		Juice & Crackers	Crackers & Cucumber	Yogurt Parfait	Crackers & Strawberries	Carrots & Crackers
Beverage		Water	Water	Water	Water	Water
Meat/Meat Alternate	1/2 oz			LF Yogurt		
Breads/Grains	1/2 oz eq	WGR Graham Crackers	WGR Triscuit Crackers		Cheeze-it Crackers	Ritz Crackers
Vegetable	1/2 cup		Cucumber Slices with LF Dip			Carrot Sticks
Fruit	1/2 cup	100% Juice		Mixed Berries	Strawberries	
<i>Substitute:</i>				<i>WGR Crackers</i>	<i>WGR Animal Crackers</i>	



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WEEK 4



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BREAKFAST		Cheerios & Apricot	Hot Cereal & Strawberries	Muffin & Pineapple	Hungarian Pancake	Cream of Wheat & Berries
Beverage	3/4 cup	1% Lowfat Milk	1% Lowfat Milk	1% Lowfat Milk	1% Lowfat Milk	1% Lowfat Milk
Grains or Meat/MA	1/2 oz eq	WGR French Toast	Warm Farina	Mini Corn Muffin	WGR Pancake	Cream Of Wheat
Vegetable and/or Fruit	1/2 cup	Apricot Slices	Strawberries	Pineapple Chunks	Banana	Blackberries
<i>Substitute:</i>		<i>WGR Toast</i>		<i>WGR Cereal</i>	<i>WGR English Muffin</i>	
LUNCH		Macaroni and Cheese	Meatball Madness	Baked Chicken	Hugarian Beef Goulash	Sauteed Salmon
Beverage	3/4 cup	1% Lowfat Milk	1% Lowfat Milk	1% Lowfat Milk	1% Lowfat Milk 	1% Lowfat Milk
Meat/Meat Alternate	1.5 oz	LF Cheese in Macaroni	Turkey Meatballs	Baked Chicken	Lean Beef	Sauteed Salmon
Breads/Grains	1/2 oz eq	WGR Elbow Pasta	WGR Spaghetti	WGR Biscuit	WGR Couscous	WGR Brown Rice
Vegetable	1/4 cup (1/2 cup raw leafy greens)	Steamed Broccoli	Roasted Cauliflower	Sauteed Kale	Mixed Vegetables	Spinach & Tomato Salad
Fruit	1/4 cup	Diced Pears	Apple Slices	Tangerines	Banana	Mango Chunks
<i>Substitute:</i>		<i>Chicken and WGR Pasta</i>				<i>Chicken Stir Fry</i>
SNACK		Mixed Fruit & Crackers	Yogurt and Oranges	Rice Cake & Applesauce	Cheese & Fruit	Juice & Crackers
Beverage		Water	Water	Water	Water	Water
Meat/Meat Alternate	1/2 oz		LF Yogurt		LF Cheese Stick	
Breads/Grains	1/2 oz eq	WGR Triscuit Crackers		WGR Rice Cakes		Wheat Thin Crackers
Vegetable	1/2 cup	Mixed Fruit Cup				
Fruit	1/2 cup		Mandarin Oranges	Unsweetened Applesauce	Tropical Fruit Mix	100% Juice
<i>Substitute:</i>					<i>WGR Crackers</i>	

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