

Winter Menu (December, January, February)

2% Milk served for 20 months and up (Asia, Antarctica, Australia and Africa Rooms, North & South America

Lunch Program Children)

3% Milk served to under 20 months (Europe Rooms)

Blue=Dairy Allergy Substitute

Red=Meat Substitute (Tofu, Ground Round, TVP-Textured Vegetable Protein, Tin Fish, Beans, Lentils, Veggie/Veggie Ham/Round)

Green= Gluten Allergy Substitute

Yellow=Egg Allergy Substitute

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast/Am Snack Available 6:30am- 8:30am	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>
Lunch 11:15am- 12:00pm	<u>Sausage Skillet</u> Pork Sausage Cubes <i>(Veggie "Dog or Ham" Pieces)</i> Hash Browns Frozen Mixed Vegetables (inside) Seasonal Vegetables Shredded Cheese <i>(Dairy Free Cheese)</i> Ketchup Breadsticks <i>(Gluten Free Bread)</i> Milk <i>(Soy/Rice)</i> & Water	<u>Garlic Chicken & Quinoa Rice</u> Chicken Breast Cubes <i>(Tofu Chunks)</i> Garlic Seasoning White Rice & Quinoa Salad Cooked Seasonal Vegetables Milk <i>(Soy/Rice)</i> & Water	<u>Meatloaf & Mash</u> Ground Beef <i>(Ground Round Or TVP-Textured Vegetable Protein)</i> Eggs <i>(Omit for Allergy or Powdered Egg Substitute)</i> Breadcrumbs <i>(Gluten Free Bread Crumbs)</i> Variety Seasonings Russet Potato Mash Frozen Vegetables Variety Bread/Buns <i>(Gluten Free Bread)</i> Margarine <i>(Vegan Spread)</i> Milk <i>(Soy/Rice)</i> & Water	<u>Bean & Cheese Quesadillas</u> Whole Wheat Tortillas <i>(Gluten Free Bread)</i> Tinned- 6 Bean Medley Shredded Cheese <i>(Dairy Free Cheese)</i> Raw Seasonal Vegetables Salsa Dip Milk <i>(Soy/Rice)</i> & Water	<u>Korean Beef & Egg Noodles</u> Ground Beef <i>(Ground Round Or TVP-Textured Vegetable Protein)</i> Jar/Package Korean Beef Sauce Shredded Cabbage & Carrot Salad Egg Noodles <i>(Gluten Free Pasta or Rice Pasta)</i> Milk <i>(Soy/Rice)</i> & Water
Pm Snack 2:30-3:15pm	<u>Muffins & Fruit</u> Blueberries Bran Muffin Mix <i>(Gluten Free Banana Bread)</i> Seasonal Fruit Water	<u>Crackers & Cream Cheese</u> Fruity Cream Cheese Variety Crackers	<u>Apple "Cider" & Pita</u> Warmed Apple Juice Baked Pita Chips Cinnamon Spread (Margarine, Cinnamon, Sugar) Apple Slices Water	<u>Pineapple Rings & Rice Cakes</u> Tinned Pineapple Rings Variety Rice Cakes Water	<u>Pretzels & Cheese</u> Pretzel Shapes <i>(Gluten Free cracker/pretzel)</i> Cheese Cubes <i>(Dairy Free Cheese)</i> Water

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Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast/Am Snack Available 6:30am- 8:30am	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>
Lunch 11:15am- 12:00pm	<u>Fish Sticks & Rice</u> Frozen Fish Sticks Brown Rice & Frozen Corn Mix Tartar Sauce & Ketchup Dip Milk <i>(Soy/Rice)</i> & Water	<u>Chicken & Broccoli Alfredo Pasta Bake</u> Chicken Breast Cubes <i>(Tofu Chunks)</i> Frozen Broccoli Florets Alfredo Sauce <i>(Dairy Free Spread)</i> Variety Shaped Pasta <i>(Gluten Free Pasta)</i> Milk <i>(Soy/Rice)</i> & Water	<u>Shepherd Pie</u> Ground Beef <i>(TVP-textured vegetable protein OR Lentils)</i> Russet Potato Mash Gravy Frozen Mixed Vegetables Variety Bread/Buns <i>(Gluten Free Bread)</i> Margarine <i>(Vegan Spread)</i> Milk & Water	<u>Ham Mac & Cheese</u> Ham Cubes <i>(Veggie "Dog or Ham" Pieces)</i> Variety Shaped Pasta <i>(Gluten Free Pasta)</i> Homemade Cheese Sauce (Shredded Cheese/ Velveta, Cream, Flour & Butter Roux) <i>(Dairy Free Cheese)</i> Variety Seasonings Seasonal Vegetables Milk <i>(Soy/Rice)</i> & Water	<u>Irish Stew & Spinach Biscuits</u> Ground Beef <i>(TVP-textured vegetable protein OR Lentils)</i> Beef Stock <i>(Vegetable Stock)</i> Flour & Butter /Cornstarch Roux Diced Potato Carrot Cubes Frozen Peas Frozen Spinach Bisquick Mix <i>(Gluten Free Bread)</i> Milk <i>(Soy/Rice)</i> & Water
Pm Snack 2:30-3:15pm	<u>Berry Pancakes</u> Pancake Mix Fruit Puree Syrup Dip Water	<u>Banana Sushi Rolls</u> Whole Wheat Tortillas <i>(Gluten Free Bread)</i> Banana Spears Wow Butter Water	<u>Sticks & Dip</u> Seasonal Vegetables Breadsticks <i>(Gluten Free Crackers)</i> Variety Dip Water	<u>Tuna Toppers</u> Soda Crackers <i>(Gluten Free Crackers)</i> Tinned Tuna Mayonnaise <i>(Dairy Free Spread)</i> Diced Celery (cucumber for younger rooms) Water	<u>Warm Oatmeal Cups</u> Oats Fruit Puree Water

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Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast/Am Snack Available 6:30am- 8:30am	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>
Lunch 11:15am- 12:00pm	<u>Fruity French Toast</u> Whole Wheat Bread <i>(Gluten Free Bread)</i> Eggs <i>(Omit for Allergy or Powdered Egg Substitute or wow butter)</i> Seasonal Fruit Slices Fruit Puree & Syrup Dip Milk <i>(Soy/Rice)</i> & Water	<u>Pork, Mushroom & Rice Casserole</u> Ground Pork <i>(TVP-textured vegetable protein, Ground Round or Lentils)</i> Mushroom Slices Cream of Mushroom Soup <i>(Dairy Free Spreads)</i> Frozen Peas White Rice Seasonal Vegetables Milk <i>(Soy/Rice)</i> & Water	<u>Veggie Chili & Buns</u> Tinned 6 Bean Medley Tomato Sauce/ Paste Stewed Tomatos Frozen Mixed Vegetables (In) Seasonal Vegetables Variety Buns <i>(Gluten Free Bread)</i> Milk <i>(Soy/Rice)</i> & Water	<u>Spaghetti Bolognaise</u> Ground Beef <i>(TVP-textured vegetable protein, Ground Round or Lentils)</i> Variety Shaped Pasta <i>(Gluten Free Pasta)</i> Tomato Sauce Variety Seasonings Seasonal Vegetables Milk <i>(Soy/Rice)</i> & Water	<u>Chicken Pot Pie</u> Chicken Breast Cubes <i>(Tofu Chunks)</i> Cream of Chicken Soup <i>(Dairy Free Spreads)</i> Frozen Mixed Vegetables Mini Tart Shells Variety <i>(Gluten Free Bread)</i> Seasonings Milk <i>(Soy/Rice)</i> & Water
Pm Snack 2:30-3:15pm	<u>Ham & Perogy Bites</u> Frozen Variety Perogy (1-2 /child) Ham Cubes Water	<u>Apple "Cider" & Pita</u> Warmed Apple Juice Baked Pita Chips Cinnamon Spread (Margarine, Cinnamon, Sugar) Apple Slices Water	<u>Hot Chocolate & Muffins</u> 2% Chocolate Milk <i>(Flavored Soy/Rice Milk)</i> Shredded Carrots Carrot/Bran Muffin Mix Water	<u>Pretzels & Cheese</u> Pretzel Shapes <i>(Gluten Free cracker/pretzel)</i> Cheese Cubes <i>(Dairy Free Cheese)</i> Water	<u>Warm Pizza Pinwheels</u> Whole Wheat Tortilla Circles <i>(Gluten Free Bread)</i> Tomato Sauce Shredded Cheese <i>(Dairy Free Cheese)</i> Water

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Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast/Am Snack Available 6:30am- 8:30am	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>
Lunch 11:15am- 12:00pm	<u>Egg Fritata & Toast Sticks</u> Eggs <i>(Tinned Beans)</i> Diced Peppers Diced Green Onion Shredded Cheese <i>(Dairy Free Cheese)</i> Whole Wheat Toast Sticks <i>(Gluten Free Bread)</i> Margarine <i>(Vegan Margarine)</i> Ketchup Dip Milk <i>(Soy/Rice)</i> & Water	<u>Beefy Burrito Bowls</u> Ground Beef <i>(TVP-textured vegetable protein OR Lentils)</i> White Rice Corn Niblets Taco Seasoning Shredded Cheese <i>(Dairy Free Cheese)</i> Diced Tomatoes Tinned Bean Medley Tortilla Crisps (Not for younger rooms) Milk <i>(Soy/Rice)</i> & Water	<u>Cabbage Roll Casserole</u> Shredded Green & Red Cabbage Ground Turkey <i>(TVP-textured vegetable protein, Ground Round or Lentils)</i> Brown Rice Tomato Paste Chicken Stock <i>(Vegetable Stock)</i> Diced Tomatoes Variety Seasonings Milk <i>(Soy/Rice)</i> & Water	<u>Homemade Turkey Noodle Soup & Bread</u> Ground Turkey <i>(Tofu Chunks)</i> Chicken Stock <i>(Vegetable Stock)</i> Variety Shaped Pasta <i>(Gluten Free Pasta)</i> Whole Wheat Bread Slices <i>(Gluten Free Bread)</i> Frozen Mixed Vegetables Margarine Milk <i>(Soy/Rice)</i> & Water	<u>Pork Slider Sandwiches</u> White Hamburger Buns <i>(Gluten Free Bread)</i> Ground Pork <i>(TVP-textured vegetable protein, Ground Round or Lentils)</i> BBQ Sauce Shredded Cheese <i>(Dairy Free Cheese)</i> Raw Seasonal Vegetables Milk <i>(Soy/Rice)</i> & Water
Pm Snack 2:30-3:15pm	<u>Tuna Toppers</u> Soda Crackers <i>(Gluten Free Crackers)</i> Tinned Tuna Mayonnaise <i>(Dairy Free Spread)</i> Diced Celery (cucumber for younger rooms) Water	<u>Sticks & Dip</u> Seasonal Vegetables Breadsticks <i>(Gluten Free Crackers)</i> Variety Dip Water	<u>Apple Dippers</u> Warmed Applesauce Sweet Crackers Water	<u>Warm Oatmeal Cups</u> Oats Fruit Puree Water	<u>Monkey Muffins</u> Banana Bread Mix <i>(Gluten Free Mix)</i> Chocolate Chips Mashed Banana Water