Children aged 0-20 months receive 3% milk and children aged 20months and up are served 2% milk unless substitutions are required. Times are estimated based on room routines. Menu items are separated as much as possible to allow child choices for menu items instead of mixing it all together. Substitution examples are listed below with some examples of what we use.

	Week 1					
	Monday	Tuesday	Wednesday Thursday		Friday	
Breakfast/Am	Cereal & Fruit	Fruit Dippers	Bars & Fruit	Fruit & Crackers	Cereal & Fruit	
Snack	Cereal Selection	Seasonal Fruit	Cereal/Granola	Tinned Fruit	Cereal Selection	
6:30am-	Seasonal Fruit	Yogurt Dip	Bars	Sweet Crackers	Seasonal Fruit	
9:00am	Milk & Water	Water	Seasonal Fruit	Water	Milk &Water	
			Water			
Lunch	<u>Vegetarian</u>	BBQ Chicken	Beef & Broccoli	Pork & Apple	<u>Turkey Rotini</u>	
11:15am-	<u>Quiche & Fruit</u>	<u>Sliders &</u>	<u>Rice</u>	Toasties With	Ground Turkey	
12:15pm	Eggs	Vegetable Sticks	Ground Beef	Vegetables	Rotini Pasta	
	Diced Peppers &	Hamburger Buns	Fresh/Frozen	Ground Pork	Frozen Mixed	
	Onions	Shredded	Broccoli	Shredded Apples	Vegetables	
	Shredded	Chicken Breast	White Rice	Bread Slices	Variety Dips	
	Cheese	BBQ Sauce	Beef & Broccoli	Shredded	Milk & Water	
	Pastry Cup Shell	Shredded	Sauce	Cheese		
	Ketchup	Cheese	Sweet Asia	Variety Dips		
	Seasonal Fruit	Seasonal	Cookie/ Rice	Milk & Water		
	Milk & Water	Vegetables	Crackers			
		Variety Dips	Milk & Water			
		Milk & Water				
Pm Snack	Rice Cakes &	Ham & Cheddars	Peaches & Cream	Sorbet & Scrolls	<u>Tuna Toppers</u>	
2:30-3:15pm	Veggie Dippers	Ham Cubes	Dippers	Strawberry	Tin Tuna	
	Variety Rice	Cheddar	Tin Peaches	Cream Cheese	Mayo	
	Cakes	Crackers	Whipped Topping	White Tortillas	Diced	
	Seasonal	Water	Sweet Crackers	Frozen Sorbet	Celery/Cucumber	
	Vegetables		Water	Water	Salt & Pepper	
	Variety Dip				Soda Crackers	
	Water				Water	

Children aged 0-20 months receive 3% milk and children aged 20months and up are served 2% milk unless substitutions are required. Times are estimated based on room routines. Menu items are separated as much as possible to allow child choices for menu items instead of mixing it all together. Substitution examples are listed below with some examples of what we use.

Dairy Allergy Substitute (oat/rice/soy/coconut milk, Daiya cheese and dips, oat yogurt, dairy free crackers) Meat Substitute (tofu, ground round, TVP-Textured Vegetable Protein, tin fish, beans, lentils veggie round, veggie "ham") Gluten Allergy Substitute (Chex cereal, rice crackers, gluten free crackers, breads, buns, wraps, rice pasta) Egg Allergy Substitute (Vegan liquid "eggs" premade "egg bakes, , powdered egg substitute, wow butter spread, rice pasta) Soy Substitute (Soy free crackers, bars, ground meats, dips)

Week 2

Breakfast/Am Snack Cereal & Fruit Cereal Selection Fruit, Cheese & Crackers Wow Butter & Apple Wraps Applesauce Dippers Cereal & Fruit Cereal Selection 9:00am Seasonal Fruit Dried Fruit (Picces/Leather) Tortillas Tinned Seasonal Fruit 11:15am Milk & Water Crunchy Chicken Water Mare Water Seasonal Fruit 12:15pm Eggs & Toast With Fruit Crunchy Chicken Caesar Salad Homemade Hamburger Spring Roll in a Boul & Fruit Salmon Balls Or Burgers With 12:15pm Eggs & Toast With Yruit Crunchy Chicken Caesar Dressing Homemade Tornato Paste Spring Roll in a Bout & Fruit Salmon Balls Or Burgers With Milk & Water Salmon Sauce Ground Pork Coleslaw Salad Bans Bargers With Milk & Water Crutons (Side) Vegetables Soure Cream Soure Porsis Egg Wash Crutons (Side) Vegetables Ground Pork Crutons (Side) Vegetables Salace Egg Wash Crutons (Side) Vegetables Soara Cream Soasonal Fruit Milk & Water Milk & Water Milk & Water Beans Pm Sna	Week 2							
Snack 6:30am- 9:00amCereal Selection Seasonal FruitCrackers Dried Fruit (Pieces/Leather)Apple Wraps TortillasDippers TortillasCereal Selection Seasonal Fruit9:00amMilk & WaterDried Fruit (Pieces/Leather)Apple Slices WaterMilk & WaterMilk & Water9:00amMilk & WaterCreese Cubes Sweet CrackersWow ButterSweet CrackersWaterMilk & Water11:15am- 11:15am- 12:15pmEggs & Toast Bread SlicesCrunchy Chicken Caesar SaladHomemade HamburgerSpring Roll in a Bowl & Fruit Ground PorkSalmon Balls Or Burgers With Green/Yellow12:15pmEggs Bread SlicesTurkey Bacon ChickenHomemade Coleslaw Salad Coleslaw SaladColeslaw Salad Coleslaw SaladTimed Salmon Bund & Fruit Green/Yellow14:14Milk & WaterShredded Chicken Caesar Dressing Crutons (Side)Cream Seasonal Fruit Milk & WaterSoas a cauce Soas a cauce Soas a cauceEgg Wash Soas a caucePm Snack 2:30-3:15pmSavory Scones With Veggies & Dip Bisquick Mix Shredded CheesePizza Crackers Soda Crackers Tomato SauceRice Cereal Treats Rice Cereal Treats ButterHam & Cheddars Frozen Fruit Frozen Fruit Rice Cereal MarshmallowsSmoothie & Breadsticks Frozen Fruit Frozen Fruit Frozen Fruit Frozen Fruit Breadsticks WaterSmoothie & Breadsticks WaterPm Snack Carkers Shredde Cheese Carli Seasonal 					Friday			
6:30am- 9:00am Seasonal Fruit Milk & Water Dried Fruit (Pieces/Leather) Cheese Cubes Sweet Crackers Tinned Apple Slices Wow Butter Tinned Apple Slices Water Seasonal Fruit Apple Slices Lunch 11:15am- 12:15pm Eggs & Toast Better/Margarine Seasonal Fruit Crunchy Chicken Caesar Salad Homemade Hamburger Sandwiches & Butter/Margarine Seasonal Fruit Homemade Hamburger Butter/Margarine Seasonal Fruit Spring Roll in a Butter/Margarine Seasonal Fruit Salmon Balls Or Burgers With Ground Pork Coleslaw Salad (Cooked Caesar Dressing Hamburger Buns Crutons (Side) Turkey Bacon Milk & Water Homemade Hamburger Buns Crutons (Side) Turkey Bacon Milk & Water Spring Roll in a Bow & Fruit Ground Pork Coleslaw Salad (Cooked Cauliflower Younger Rooms) Breadcrumbs Salmon Balls Or Burgers With Ground Pork Coleslaw Salad (Cooked Cauliflower Won Ton Crisps Soya Sauce (Side) Balmon Balls Or Burgers With Ground Pork Coleslaw Salad (Cooked Cauliflower Younger Rooms) Buns Breadcrumbs Pm Snack 2:30-3:15pm Savory Scones With Veggies & Dig Bisquick Mix Shredded Cheese Garlic Seasonal Vegetables Shredded Cheese Garlic Seasonal Vegetables Variety Dip Pizza Crackers Soda Crackers Tomato Sauce Batter Rice Cereal Treats Rice Cereal Marshmallows Ham & Cheddars Creakers Water Smoothie & Breadsticks Water	Breakfast/Am	Cereal & Fruit	<u>Fruit, Cheese &</u>	Wow Butter &	<u>Applesauce</u>	Cereal & Fruit		
9:00amMilk & Water(Pieces/Leather) Cheese Cubes Sweet Crackers WaterApple Slices Wow Butter WaterApplesauce Sweet Crackers WaterMilk & WaterLunch 11:15am- 12:15pmEggs & Toast With Fruit Eggs Bread Slices Butter/Margarine Seasonal Fruit Milk & WaterCrunchy Chicken Caesar Salad Shredded Chicken Caesar Dressing Cruton (Side)Homemade Hamburger Beef Stock Cramen being Cream VagetablesSpring Roll in a Bowl & Fruit Colesiaw Salad (Cooked Cauliflower Younger Rooms)Salmon Balls Or Burgers With Green/Yellow Bans Burs Burs SeasonalPm Snack 2:30-3:15pmSavory Scones With Veggies & Dip Bisquick Mix Shredded Cheese Garlic SeasonialPizza Crackers Soda Crackers Tomato SauceMilk & WaterMilk & WaterPm Snack 2:30-3:15pmSavory Scones Bisquick Mix Shredded Cheese Garlic Seasonial Variety DipPizza Crackers Soda Crackers Tomato SauceRice Cereal Treats & Eruit Rice Cereal MarshmallowsHam & Cheddars Crackers WaterSmoothie & Breadsticks Frozen Fruit Frozen Fruit Frozen Fruit WaterSmoothie & Breadsticks Frozen Fruit WaterSmoothie & Breadsticks Frozen Fruit Frozen Fruit <br< th=""><th>Snack</th><th>Cereal Selection</th><th><u>Crackers</u></th><th>Apple Wraps</th><th><u>Dippers</u></th><th>Cereal Selection</th></br<>	Snack	Cereal Selection	<u>Crackers</u>	Apple Wraps	<u>Dippers</u>	Cereal Selection		
Lunch 11:15am- 12:15pmEggs & Toast With Fruit Eggs Bread Silces Butter/Margarine Seasonal Fruit Milk & WaterCheese Cubes Sweet Crackers WaterSweet Crackers WaterSweet Crackers WaterSalmon Balls Or Burgers With Green/Yellow Beans Ground Beef Tomato Sauce Caesar Dressing Hamburger Buns Crutons (Side) Turkey Bacon Milk & WaterHomemade Helper & Veggies Ground Beef Tomato Sauce Caesar Dressing Cream Seasonal Crutons (Side) Turkey Bacon Milk & WaterSolmon Balls Or Burgers With Green/Yellow Beans Cream Seasonal Soga Sauce Soga Sauce (Side)Solmon Balls Or Burgers With Green/Yellow Beans Cream Seasonal Soga Sauce (Side)Solmon Balls Or Burgers With Green/Yellow Ballson Nashed Potato/ Buns Breadcrumbs Egg Wash Variety UpPm Snack 2:30-3:15pmSavory Scones Dig Bisquick Mix Shredded Cheese Garlic Seasoning Margarine Seasonal Variety DipPizza Crackers Motar MarshmallowsRice Cereal Treats & Fruit Rice Cereal Treats ButterHam & Cheddars Frozen Fruit Frozen Fruit WaterSmoothie & Breadsticks Frozen Fruit Frozen Fruit Water	6:30am-	Seasonal Fruit	Dried Fruit	Tortillas	Tinned	Seasonal Fruit		
Lunch 11:15am 12:15pmEggs & Toast With Fruit Eggs Bread Slices Butter/Margarine Seasonal Fruit Milk & WaterHomemade Hamburger Butter/Margarine Seasonal Fruit Milk & WaterSolmon Balls Or Burgers With Ground Pork Ground Pork Ground Beef Tomato Paste Beef Stock Caesar Dressing CreamBowl & Fruit Ground Pork Coleslaw Salad Cooked Caelaflower Mashed Potato/Salmon Balls Or Burgers With Green/Yellow Beans Tinned Salmon Beef Stock Caesar Dressing CreamSond Fruit Ground Beef Cooked Caeliflower Younger Rooms) Breadcrumbs Beasonal Crutons (Side)Sond Fruit Beef Stock Vogetables Baby CornSond Cooked Beans Tinned Salmon Buns Breadcrumbs Egg Woah Seasonal Crutons (Side)Homemade Hamburger Buns CreamHomemade Beof Stock Soya Sauce Egg Woah Soya Sauce Soya Sauce Soya Sauce Baby CornBreadcrumbs Egg Wash Green & Yellow Beans Tin/Frozen Green & Yellow Beans Milk & WaterMilk & WaterHam & Cheddars Creak Ham Cubes CheddarSmoothie & Breadsticks Frozen Fruit Frozen Fruit Frozen Fourt WaterPm Snack 2:30-3:15pmSavory Scones Dip Mith Veggies & DipPizza Crackers Shreds WaterRice Cereal Treats & Fruit Rice Cereal Marshmallows ButterHam & Cheddars Crackers Frozen Fruit Frozen Fruit Frozen Fruit Frozen Fruit Frozen Fruit Frozen Fruit WaterSinced & Butter WaterSinceds Butter WaterBreadsticks Breadsticks WaterPm Snack 2:30-3:15pmSavory Scones Bisquick Mix Shredded Cheeses Garlic Seasoning Margarine <th>9:00am</th> <th>Milk & Water</th> <th>(Pieces/Leather)</th> <th>Apple Slices</th> <th>Applesauce</th> <th>Milk & Water</th>	9:00am	Milk & Water	(Pieces/Leather)	Apple Slices	Applesauce	Milk & Water		
Lunch 11:15am- 12:15pmEggs & Toast With Fruit 			Cheese Cubes	Wow Butter	Sweet Crackers			
Lunch 11:15am- 12:15pmEggs & Toast With Fruit Eggs Bread Slices Butter/Margarine Seasonal Fruit Milk & WaterCrunchy Chicken Caesar Salad Sandwiches & Turkey Bacon Chicken Romaine Lettuce Caesar Dressing Hamburger Buns Crutons (Side)Homemade Hamburger Milk & WaterSpring Roll in a Bowl & Fruit Ground Beef Tomato SauceSalmon Balls Or Burgers With Green/Yellow Beans Tinned Salmon Mashed Potato/Pm Snack 2:30-3:15pmSavory Scones With Veggies & Dig Bisquick Mix Shredded Cheese Garlic Seasonal Wargrine Seasonal With Veggies & Out Shredded Cheese Garlic Seasonal VegetablesPizza Crackers Soda Crackers ShredsRice Cereal Treats & Fruit Rice Cereal Treats ButterHam & Cheddars Beans Crutons (Side)Smoothie & Breadsticks WaterPm Snack 2:30-3:15pmSavory Scones With Veggies & Dig Bisquick Mix Shredded Cheese Garlic Seasonig WarerPizza Crackers ShredsRice Cereal Treats ButterHam & Cheddars Crackers ButterSmoothie & Breadsticks WaterPm Snack 2:30-3:15pmSavory Scones With Veggies & Dig Bisquick Mix Shredde Cheese Garlic Seasonig WaterPizza Crackers ShredsRice Cereal Treats ButterHam & Cheddars Crackers ButterSmoothie & Breadsticks WaterPm Snack 2:30-3:15pmSavory Scones With Veggies & Dig Bisquick Mix Shredde Cheese Garlic Seasonig WaterPizza Crackers ShredsRice Cereal Treats ButterHam & Cheddars CheddarSmoothie & Breadsticks Breadsticks WaterPublic Bisquick Mix 			Sweet Crackers	Water	Water			
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12:15pmEggs Bread Slices Butter/Margarine Seasonal FruitSandwiches & Turkey Bacon ShreddedHelper & Vergies Ground Beef Tomato PasteGround Pork Coleslaw Salad (Cooked Vounger Rooms)Green/Yellow BeansMilk & WaterSeasonal Fruit Milk & WaterRomaine Lettuce Caesar Dressing Hamburger Buns Crutons (Side)Beef Stock Vegetables Egg NoodlesCould Pork Coleslaw Salad (CookedGreen/Yellow BeansPm Snack 2:30-3:15pmSavory Scones Dig Bisquick Mix Shredded Cheese Garlic Seasonal VegetablesPizza Crackers Soda Crackers ShredsRice Cereal Treats MarshmallowsHam & Cheddars Breadsticks Frozen Fruit Frozen FruitSmoothie & Breadsticks Frozen Fruit Frozen FruitPm Snack Seasonal Vegetables Uith Veggies & Garlic Seasonal Vegetables Vegetables Variety DipPizza Crackers Soda CrackersRice Cereal Treats & Fruit Rice Cereal MarshmallowsHam & Cheddars Crackers WaterSmoothie & Breadsticks Frozen Fruit Frozen Fruit Frozen Fruit Frozen Seasonal Water	Lunch	Eggs & Toast	Crunchy Chicken	Homemade	Spring Roll in a	Salmon Balls Or		
Bread Slices Butter/Margarine Seasonal FruitTurkey Bacon ShreddedGround Beef Tomato PasteColeslaw Salad (CookedBeansSeasonal Fruit Milk & WaterChickenTomato SauceCauliflower Younger Roms)Mashed Potato/ ButtsMilk & WaterRomaine Lettuce Caesar DressingBeef StockYounger Roms) SeasonalBunsCrutons (Side)CreamWon Ton Crisps SeasonalBreadcrumbs Egg WashCrutons (Side)Vegetables(Side)VarietyTurkey Bacon Milk & WaterEgg NoodlesBaby CornSeasoningsMilk & WaterMilk & WaterMilk & WaterSeasonal Fruit Seasonal FruitGreen & Yellow BeansPm Snack 2:30-3:15pmSavory Scones Dip Bisquick Mix Shredded CheesePizza Crackers ShredsRice Cereal Treats Rice CerealHam & Cheddars CrackersSmoothie & BreadsticksPm Snack 2:30-3:15pmSavory Scones DipPizza Crackers Notato SauceRice Cereal Treats Rice CerealHam & Cheddars CrackersSmoothie & BreadsticksPm Snack 2:30-3:15pmSavory Scones DipMitk a WaterSince Cereal Notato SauceHam & Cheddars CrackersFrozen Fruit Frozen FruitPm Snack 2:30-3:15pmSavory Scones DipMitk WaterSince Cereal Notato SauceHam & Cheddars CrackersBreadsticks Frozen FruitPm Snack 2:30-3:15pmSavory Scones DipSince Cereal Treats MozzarellaBreadsticks NotateBreadsticks Frozen FruitPm Snack Sasonal<	11:15am-	With Fruit	Caesar Salad	<u>Hamburger</u>	Bowl & Fruit	Burgers With		
Butter/Margarine Seasonal Fruit Milk & WaterShredded Chicken Romaine Lettuce Caesar Dressing Hamburger Buns Crutons (Side)Tomato Paste Tomato Sauce Beef Stock(Cooked Cauliflower Younger Rooms)Tinned Salmon Mashed Potato/ Buns Breadcrumbs Egg Wash Crutons (Side)Milk & WaterCaesar Dressing Crutons (Side)Cream VegetablesWon Ton Crisps Soaya Sauce (Side)Breadcrumbs Egg Wash Seasonal Milk & WaterEgg Noodles Milk & WaterBaby Corn Seasonal Fruit Milk & WaterSeasonal Fruit Milk & WaterGreen & Yellow Baby CornPm Snack 2:30-3:15pmSavory Scones Dip Bisquick Mix Shredde Cheese Garlic Seasoning WaterPizza Crackers Soda Crackers ShredsRice Cereal Treats Margarine Seasonal Fruit Margarine Seasonal FruitHam & Cheddars Frozen Fruit Frozen Yogurt Milk/Juice Breadsticks Frozen YogurtPm Snack 2:30-3:15pmSavory Scones Vith Veggies & Dip Bisquick Mix Shredde Cheese Garlic Seasoning Vegetables Variety DipPizza Crackers Notarel MaterRice Cereal Treats Rice Cereal MarshmallowsHam & Cheddars Crackers CheddarSmoothie & Breadsticks Frozen Fruit Frozen Fruit Frozen Yogurt Milk/Juice Breadsticks	12:15pm	Eggs	Sandwiches &	Helper & Veggies	Ground Pork	Green/Yellow		
Seasonal Fruit Milk & WaterChicken Romaine Lettuce Caesar Dressing Hamburger Buns Crutons (Side)Tomato Sauce Beef StockCauliflower Younger Rooms) Won Ton CrispsMashed Potato/ Buns BreadcrumbsHamburger Buns Crutons (Side)Seasonal Turkey Bacon Milk & WaterSeasonal Egg NoodlesSoya Sauce Baby CornEgg Wash VarietyMilk & WaterTurkey Bacon Milk & WaterEgg Noodles Baby CornBaby Corn Seasonal Fruit Milk & WaterBeans Ketchup Dill Dip Milk & WaterPm Snack 2:30-3:15pmSavory Scones With Veggies & Dig Bisquick Mix Shredded Cheese Garlic SeasoningPizza Crackers NodzRice Cereal Treats & Fruit Rice Cereal MarshmallowsHam & Cheddars Crackers Frozen Fruit Ham Cubes Crackers ButterSmoothie & Breadsticks Frozen Fruit Frozen Fruit Frozen Fruit Frozen StredsSmoothie & Breadsticks ButterMargarine SeasonalWaterSeasonal Fruit WaterWaterMarshmallows WaterFrozen Fruit Breadsticks ButterVegetables Variety DipWaterSeasonal Fruit WaterWaterWaterMarshmallows ButterCrackers WaterSmoothie & Breadsticks BreadsticksVegetables Variety DipWaterSeasonal Fruit WaterWaterWaterMarshmallows ButterSmoothie & BreadsticksVegetables Variety DipWaterSeasonal Fruit WaterWaterWaterMarshmallows ButterCrackers BreadsticksSmoothie & BreadsticksMargarine Vegetables <th></th> <th>Bread Slices</th> <th>Turkey Bacon</th> <th>Ground Beef</th> <th>Coleslaw Salad</th> <th>Beans</th>		Bread Slices	Turkey Bacon	Ground Beef	Coleslaw Salad	Beans		
Milk & WaterRomaine Lettuce Caesar Dressing Hamburger Buns Crutons (Side)Beef Stock 		Butter/Margarine	Shredded	Tomato Paste	(Cooked	Tinned Salmon		
Pm Snack 2:30-3:15pmSavory Scones DipPizza Crackers Soda Crackers TornedRice Cereal Treats Rice CerealHam & Cheddars Crackers MarshmallowsSmoothie & Breadsticks Egg Wash WaterPm Snack 2:30-3:15pmSavory Scones Mitk WaterPizza Crackers Soda Crackers TornedsRice Cereal Treats Rice CerealHam & Cheddars Crackers Crackers Crackers CrackersSmoothie & Breadsticks Egg Wash WaterPm Snack 2:30-3:15pmSavory Scones Mitk Veggies & Mitk WaterPizza Crackers Soda Crackers Tomato SauceRice Cereal Treats Rice CerealHam & Cheddars Cheddar Crackers CheddarSmoothie & Breadsticks Frozen Fruit Frozen Yogurt Milk/JuiceMargarine Seasonal Vegetables Variety DipWaterSeasonal Fruit WaterWaterMilk/Juice Breadsticks		Seasonal Fruit	Chicken	Tomato Sauce	Cauliflower	Mashed Potato/		
Pm Snack 2:30-3:15pmSavory Scones Uith Veggies & Bisquick MixPizza Crackers Soda CrackersRice Cereal Treats Sice Cereal MarshmallowsHam & Cheddars Frozen Fruit Baby CornSmoothie & Beans Ketchup Dill Dip Milk & WaterPm Snack 2:30-3:15pmSavory Scones Uith Veggies & MitkPizza Crackers Soda CrackersRice Cereal Treats Bisquick MixHam & Cheddars Frozen FruitSmoothie & BreadsticksPm Snack 2:30-3:15pmSavory Scones Uith Veggies & Mitk WaterPizza Crackers Soda CrackersRice Cereal Treats Bisquick MixHam & Cheddars Frozen FruitMith Veggies & Margarine SeasonalMozzarella ShredsMozzarella ShredsMarshmallows Seasonal FruitHam Cubes BreadsticksMargarine Seasonal Vegetables Variety DipWaterSeasonal Fruit Bisquick MixFrozen Fruit Bisquick MixFrozen Streads ButterMargarine Seasonal Vegetables Variety DipWaterSeasonal Fruit Bisquick MixWaterMargarine Seasonal Vegetables Variety DipHam Cubes ButterBrozen Keddar Bisquick MixFrozen Fruit Brozen FruitMargarine Seasonal Vegetables Variety DipWaterSeasonal Fruit Bisquick MixButterWaterMargarine Seasonal Vegetables Variety DipWaterSeasonal Fruit Bisquick MixWater		Milk & Water	Romaine Lettuce	Beef Stock	Younger Rooms)	Buns		
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Variety Dip								
		-						
		Water						

Children aged 0-20 months receive 3% milk and children aged 20months and up are served 2% milk unless substitutions are required. Times are estimated based on room routines. Menu items are separated as much as possible to allow child choices for menu items instead of mixing it all together. Substitution examples are listed below with some examples of what we use.

	Week 3							
	Monday	Tuesday	Wednesday	Thursday	Friday			
Breakfast/Am	Cereal & Fruit	Fruit Dippers	Oatmeal &	Wow Butter & Apple	Cereal & Fruit			
Snack	Cereal	Seasonal Fruit	<u>Fruit</u>	<u>Wraps</u>	Cereal			
6:30am-	Selection	Yogurt Dip	Oatmeal	Tortillas	Selection			
9:00am	Seasonal Fruit	Water	Pouches	Wow Butter	Seasonal Fruit			
	Milk & Water		Seasonal	Apple Slices	Milk & Water			
			Fruit	Water				
			Water					
Lunch	<u>Vegetarian</u>	<u>Chicken</u>	<u>Meatball</u>	Pancakes, Sausage &	<u>Teryaki/Honey</u>			
11:15am-	Taco Bowls	<u>Souvlaki, Pita,</u>	<u>Sub</u>	<u>Oranges</u>	Garlic Chicken			
12:15pm	TVP	<u>Orzo & Greek</u>	<u>Sandwiches</u>	Pancake Mix	<u>With Garlic</u>			
	Тасо	Salad With	Hot Dog	Pork Sausage Pieces	Pasta &			
	Seasoning	<u>Cucumbers</u>	Buns	Oranges/Seasonal Fruit	<u>Carrots</u>			
	Lettuce	Chicken Chunks	Beef	Syrup Dip	Chicken			
	(Cooked Veg	Souvlaki Sauce	Meatballs	Milk & Water	Chunks			
	For Younger	(Side)	Tomato		Teriyaki/Honey			
	Rooms)	Pita Chunks	Sauce		Garlic Sauce			
	Tomatoes	Orzo	Seasonal		Pasta			
	Tortilla	Cucumber Slices	Vegetables		Butter			
	Chips/Soft	Olives	Variety Dip		Garlic			
	Tortillas	Feta Crumbles	Milk &		Seasoning			
	Salsa Dip	Milk & Water	Water		Cooked Carrots			
	(Side)				Milk & Water			
	Shredded							
	Cheese							
	Milk & Water							
Pm Snack	<u>British High</u>	<u>Cinnamon</u>	<u>Frozen</u>	Kid Caprese	Sorbet &			
2:30-3:15pm	<u>Tea</u>	Apple Pie Cups	Yogurt Bars	Mozzarella Cubes	<u>Scrolls</u>			
	Cucumber	<u>Al A Mode</u>	Sweet	Mini Tomatoes	Strawberry			
	Slices	Pastry Cups	Crackers	Balsamic Dip	Cream Cheese			
	Cream Cheese	Apple Pie	Yogurt	Spinach Leaves	White Tortillas			
	White Bread	Filling/Shredded	Water	Rusks/Breadsticks/Crackers	Frozen Sorbet			
	Wafer	Apple		Water	Water			
	Cookie/Biscuit	Cinnamon						
	Lemonade	Vanilla Ice						
	/Iced Tea	Cream						
	Water	Water						

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	Week 4						
	Monday	Tuesday	Wednesday	Thursday	Friday		
Breakfast/Am	Cereal & Fruit	Toaster Treats,	Applesauce	Fruit, Cheese &	Cereal & Fruit		
Snack	Cereal Selection	Toppings & Tin	Dippers	<u>Crackers</u>	Cereal Selection		
6:30am-	Seasonal Fruit	<u>Fruit</u>	Tinned	Dried Fruit	Seasonal Fruit		
9:00am	Milk & Water	Variety	Applesauce	(Pieces/Leather)	Milk &Water		
		Toast/Waffle/Cru	Sweet Crackers	Cheese Cubes			
		mpet/English	Water	Sweet Crackers			
		Muffins		Water			
		Variety Toppings					
		Variety Tin Fruit					
		Water					
Lunch	Eggy English	Chicken Pot Pie	<u>Beefy</u>	<u>Sausage</u>	<u>Tuna Melts &</u>		
11:15am-	<u>Muffin</u>	& Cheese Cubes	<u>Hashbrown</u>	<u>Jambalaya</u>	Vegetables		
12:15pm	Sandwiches &	Chicken Chunks	Casserole	Pork Sausage	Tinned Tuna		
	<u>Fruit</u>	Pastry Shells	Diced	Pieces	Hamburger Buns		
	Tray Baked Eggs	Frozen Mixed	<u>Hashbrowns</u>	White Rice &	Cream Soup		
	Toasted English	Vegetables	<u>Ground Beef</u>	Quinoa	Shredded Cheese		
	Muffins	Cream Soup	<u>Shredded</u>	Frozen Mixed	Seasonal		
	Shredded/Sliced	Ketchup	<u>Cheese</u>	Vegetables	Vegetables		
	Cheese	Cheese Cubes	Ground Beef	Diced Peppers &	Variety Dip		
	Seasonal Fruit	Milk & Water	Frozen Diced	Onion	Milk & Water		
	Milk & Water		Shredded Cheese	Tomato Paste			
			Hashbrowns	Chicken Stock			
			Variety	Variety			
			Seasonings	Seasonings			
			Ketchup	Milk & Water			
			Milk & Water				
Pm Snack	Rice Cakes &	Caramel Apple	Pretzels &	<u>Smoothie &</u>	Crackers &		
2:30-3:15pm	Veggie Dippers	<u>Dippers</u>	<u>Cheese</u>	Breadsticks	<u>Cream Cheese</u>		
	Variety Rice	Apple Slices	Pretzel Shapes	Frozen Yogurt	Variety Crackers		
	Cakes	Caramel Sauce	Cheese	Frozen Fruit	Variety Cream		
	Seasonal	Dry Cereal	Cubes/Sticks	Milk/Juice	Cheese		
	Vegetables	Water	Water	Breadsticks	Water		
	Variety Dips			Water			
	Water						

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		W	<u>/eek 5</u>		
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast/Am Snack 6:30am-	Cereal & Fruit Cereal Selection Seasonal Fruit	<u>Fruit Dippers</u> Seasonal Fruit Yogurt Dip	Bars & Fruit Cereal/Granola Bars	<u>Toaster Treats,</u> <u>Toppings & Tin</u> <u>Fruit</u>	Cereal & Fruit Cereal Selection Seasonal Fruit
9:00am	Milk & Water	Water	Seasonal Fruit Water	Variety Toast/Waffle/Cru mpet/English Muffins Variety Toppings Variety Tin Fruit Water	Milk & Water
Lunch	<u>Banana Dogs &</u>	Sweet & Sour	Beef Barley Soup	Homemade	<u>Turkey Chilli &</u>
11:15am- 12:15pm	Potato Shapes Bananas Hot Dog Buns Wow Butter(Side) Jam (Side) Frozen Potato Shapes (Side) Ketchup Milk & Water	<u>Chicken With</u> <u>Rice</u> Chicken Chunks Rice Sweet &Sour Sauce (Side) Raw Pepper Pieces (Side) Milk & Water	<u>& Cheesy</u> <u>Spinach Biscuits</u> Ground Beef Froxen mixed Vegetables Beef Stock (Vegetable Stock) Milk & Water	<u>"Lunchables"</u> Variety Crackers Variety Lunch Meat Pickles Seasonal Vegetables Variety Dip Variety Cookie Milk & Water	Bread/ Buns With Vegetables Ground Turkey Tomato Sauce Taco/Chilli Seasonings Mixed Bean Puree Seasonal Vegetables Variety Dip Variety Bread/Buns Margarine Milk & Water
Pm Snack 2:30-3:15pm	<u>Corn Dog</u> <u>Muffins & V8</u> <u>With Carrots</u> Cornmeal Frozen Corn Diced Pork Weiner V8 Drink Ketchup & Variety Dip Carrot Sticks Water	<u>Crackers &</u> <u>Cream Cheese</u> Variety Crackers Variety Cream Cheese Water	Caramel Apple Dippers Apple Slices Caramel Sauce Dry Cereal Water	Cold Pasta Salad Pasta Frozen Mixed Vegetables Variety Sauces Water	Cherry Cheese Cake Dippers Cherry Pie Filling Whipped Cream Cheese Maraschino Cherries Sweet Crackers Water

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Dairy Allergy Substitute (oat/rice/soy/coconut milk, Daiya cheese and dips, oat yogurt, dairy free crackers) Meat Substitute (tofu, ground round, TVP-Textured Vegetable Protein, tin fish, beans, lentils veggie round, veggie "ham") Gluten Allergy Substitute (Chex cereal, rice crackers, gluten free crackers, breads, buns, wraps, rice pasta) Egg Allergy Substitute (Vegan liquid "eggs" premade "egg bakes, , powdered egg substitute, wow butter spread, rice pasta) Soy Substitute (Soy free crackers, bars, ground meats, dips)

Week 6

	<u>Week 6</u>							
	Monday	Tuesday	Wednesday	Thursday	Friday			
Breakfast/Am	Cereal & Fruit	Fruit, Cheese &	Oatmeal & Fruit Applesauce		Cereal & Fruit			
Snack	Cereal Selection	Crackers	Oatmeal Pouches Dippers		Cereal Selection			
6:30am-	Seasonal Fruit	Dried Fruit	Seasonal Fruit	Tinned	Seasonal Fruit			
9:00am	Milk & Water	(Pieces/Leather)	Water	Applesauce	Milk & Water			
		Cheese Cubes		Sweet Crackers				
		Sweet Crackers		Water				
		Water						
Lunch	TVP Sloppy Joe	Chicken Chow	Aloha Meatballs	Make Your Own	Baby Baja Fish			
11:15am-	Sandwiches &	Mein	& Rice	Sandwiches	Tacos &			
12:15pm	Vegetables	Chicken Chunks	Beef Meatballs	Variety	Seasonal Fruit			
	TVP	Ramen Noodles	White Rice	Bread/Buns	Fish Sticks			
	Tomato Sauce	Asian	Tinned Pineapple	Variety Lunch	Variety Tortillas			
	Variety Buns	Condiments	Sweet & Sour	Meat	Coleslaw			
	Seasonal	(Side)	Sauce	Lettuce, Tomato,	Tartar Sauce			
	Vegetables	Green Onion	Variety	Variety	Seasonal Fruit			
	Variety Dip	Baby Corn (Side)	Condiments	Condiments/Dip	Milk & Water			
	Variety	Water Chestnuts	Seasonal	"Veggie Straws'				
	Seasonings	(Side)	Vegetables	Crisps				
	Milk & Water	Milk & Water	Variety Dip	Milk & Water				
			Milk & Water					
Pm Snack	Power Balls &	Breakfast Bites	<u>Pizza Crackers</u>	<u>Frozen Yogurt</u>	<u>Pretzels &</u>			
2:30-3:15pm	<u>Fruit</u>	<u>& Produce</u>	Soda Crackers	<u>Bars</u>	<u>Cheese</u>			
	Wow Butter	Eggs	Tomato Sauce	Sweet Crackers	Pretzel Shapes			
	Dates	Cream/Milk	Mozzarella Shreds	Yogurt	Cheese			
	Syrup	Frozen Spinach	Water	Water	Cubes/Sticks			
	Flax/Chia	Variety			Water			
	Oats	Seasonings						
	Seasonings	Shredded Cheese						
	Seasonal Fruit	Pastry Cups						
	Water	Seasonal						
		Veg/Fruit						
		Ketchup						
		Water						