

Winter Menu (January, February, March)

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.) (Chex) Seasonal Fruit Water & Milk (Soy/Rice/Oat)	<u>Oatmeal</u> Instant Oats Variety Flavor Additions (Cinnamon, Fruit Puree etc) Water & Milk (Soy/Rice/Oat)	<u>Toaster Treats</u> Whole Wheat Bread/English Muffins/Crumpets Waffles/Pancakes Variety Toppings (Syrup, Margarine, Wow Butter, Lemon Spread, Jam, Cream Cheese) Water & Milk (Soy/Rice/Oat)	<u>Trail Mix & Tinned Fruit</u> Variety Dried Cereal Dried Fruit Selection Tinned Fruit Cocktail /Applesauce Water	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) (Chex) Seasonal Fruit Water & Milk (Soy/Rice/Oat)
Lunch 11:15am- 12:00pm	<u>Bean & Cheese Quesadillas</u> Whole Wheat Tortillas (Gluten Free Bread/Wrap) Tinned- 6 Bean Medley Shredded Cheese (Dairy Free Cheese) Raw Seasonal Vegetables Mild Salsa Dip Milk (Soy/Rice/Oat) & Water	<u>Garlic Chicken & Quinoa Rice Mix</u> Chicken Breast Cubes (Tofu Chunks) Garlic Seasonings White Rice & Quinoa Blend Cooked Seasonal Vegetables Variety Vegetable Dip Milk (Soy/Rice/Oat) & Water	<u>Meatloaf & Mash</u> Ground Beef (Ground Round Or TVP-Textured Vegetable Protein) Eggs (Omit for Allergy or Powdered Egg Substitute) Breadcrumbs (Gluten Free Bread Crumbs) Variety Seasonings Ketchup Mashed Potato Frozen Vegetables Bread/Buns (Gluten Free Bread) Margarine (Vegan Spread) Milk (Soy/Rice/Oat) & Water	<u>Sausage Skillet</u> Pork Sausage Cubes/Ground Pork Sausage (Veggie Dog/ Ground Round) Frozen Hash Browns Frozen Mixed Vegetables (inside) Seasonal Vegetables Shredded Cheese (Dairy Free Cheese) Ketchup Breadsticks (Gluten Free Bread) Milk (Soy/Rice/Oat) & Water	<u>Korean Chicken & Egg Noodles</u> Ground Chicken/Chicken Thighs (Ground Round Or TVP-Textured Vegetable Protein) Jar/Package Korean Beef Sauce Shredded Green/Red Cabbage & Carrot Salad Egg Noodles (Gluten Free Pasta/Rice Pasta) Milk (Soy/Rice/Oat) & Water
Pm Snack 2:30-3:15pm	<u>Tuna/ Salmon Wraps</u> Soda Crackers/ White Tortillas (Gluten Free Crackers) Tinned Tuna/Salmon Mayonnaise (Side) (Dairy Free Spread) Diced Celery (Cucumber for younger rooms) Water	<u>Mini Crustless Green Quiches</u> Eggs (Dessert Tofu Chunks) Heavy Cream (Soy/Rice/Oat) Shredded Cheese (Dairy Free Cheese) Cooked Broccoli /Raw Spinach Leaves (Side) Ketchup (Side) Water	<u>Fruit Dippers</u> Seasonal Fruit Slices Yogurt Dip (Dairy Free Yogurt) Water	<u>Apple "Cider" & Pita</u> Warmed Apple Juice (1/2 w/ Water) Baked Whole Wheat Pita Pieces (Sweet Crackers for Younger Rooms) Cinnamon Shake (Cinnamon/White sugar) Butter (Vegan Margarine) Apple Slices Water	<u>Berry Pancakes</u> Pancake Mix (Gluten Free Mix) Ground Flax Frozen Fruit Puree (In) Syrup Dip (Side) Pork Sausage Pieces (Veggie Sausage) 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 Water & Milk <i>(Soy/Rice/Oat)</i>	<u>Oatmeal</u> Instant Oats Variety Flavor Additions (Cinnamon, Fruit Puree etc) Water & Milk <i>(Soy/Rice/Oat)</i>	<u>Toaster Treats</u> Whole Wheat Bread/English Muffins/Crumpets Waffles/Pancakes Variety Toppings (Syrup, Margarine, Wow Butter, Lemon Spread, Jam, Cream Cheese) Water & Milk <i>(Soy/Rice/Oat)</i>	<u>Bars & Fruit</u> Cereal Bars/ Dried Fruit Bars Seasonal Fruit Water	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Water & Milk <i>(Soy/Rice/Oat)</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/Oat)</i> & Water	<u>Chicken & Broccoli Alfredo Pasta</u> Chicken Breast Cubes <i>(Tofu Chunks)</i> Frozen Broccoli Florets Alfredo Sauce <i>(Dairy Free Spread, Dairy Free Milk)</i> White & Whole Wheat Pasta Mix <i>(Gluten Free Pasta)</i> Milk <i>(Soy/Rice/Oat)</i> & Water	<u>Shepherd Pie</u> Ground Beef <i>(TVP-textured vegetable protein or Lentils)</i> Mashed Potato Gravy Frozen Mixed Vegetables (Inside) Seasonal Vegetables Variety Bread/Buns <i>(Gluten Free Bread)</i> Margarine <i>(Vegan Spread)</i> Milk <i>(Soy/Rice/Oat)</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/Oat)</i> & Water	<u>Fish Sticks & Rice</u> Frozen Fish Sticks Brown Rice & Frozen Corn Mix Tartar Sauce & Ketchup Dip (Side) Milk <i>(Soy/Rice/Oat)</i> & Water
Pm Snack 2:30-3:15pm	<u>Sticks & Dip</u> Seasonal Vegetables Breadsticks/Rice Crackers/Cakes <i>(Gluten Free Crackers)</i> Variety Dip Water	<u>Baked Pizza Pinwheels</u> Puff Pastry/Whole Wheat Tortillas <i>(Gluten Free Wrap)</i> Shredded Cheese <i>(Dairy Free Cheese)</i> Tomato Sauce Seasonal Vegetables Variety Condiments Water	<u>Ham & Perogy Bites</u> Frozen (Baked) Variety Perogy Ham Cubes <i>(Tofu Chunks, Veggie "Ham")</i> Variety Condiments Water	<u>Warm Oatmeal Mini Cups</u> Instant Oats Fruit Puree (Side) Cinnamon/Sugar Shake (Side) Milk/Water <i>(Soy/Rice/Oat)</i>	<u>Irish Meat Pies</u> Ground Beef Tinned Diced Potato Gravy Pastry Cup Carrot Sticks & Pea Pods 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 Water & Milk <i>(Soy/Rice/Oat)</i>	<u>Oatmeal</u> Instant Oats Variety Flavor Additions (Cinnamon, Fruit Puree etc) Water & Milk <i>(Soy/Rice/Oat)</i>	<u>Toaster Treats</u> Whole Wheat Bread/English Muffins/Crumpets Waffles/Pancakes Variety Toppings (Syrup, Margarine, Wow Butter, Lemon Spread, Jam, Cream Cheese) Water	<u>Yogurt & "Baked Granola"</u> Variety Yogurt <i>(Dairy Free Yogurt)</i> Variety Granola (Oats, Smashed Banana Chips, Cinnamon, Wheat Germ/Flax , Coconut Oil, Maple Syrup, Vanilla) <i>Oats Smashed Up Banana chips Wheat Germ/Flax</i> Water	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Water & Milk <i>(Soy/Rice/Oat)</i>
Lunch 11:15am- 12:00pm	<u>Vegetarian Chili & Buns</u> Tinned 6 Bean Medley Tomato Sauce/ Paste Tin Stewed Tomato Frozen Mixed Vegetables (In) Seasonal Vegetables Variety Seasoning Variety Buns <i>(Gluten Free Bread)</i> Milk <i>(Soy/Rice/Oat)</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 Seasonal Vegetables Milk <i>(Soy/Rice/Oat)</i> & Water	<u>Spaghetti Bolognese</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/Oat)</i> & Water	<u>Pork, Mushroom & Rice</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/Oat)</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/Oat)</i> & Water
Pm Snack 2:30-3:15pm	<u>Apple Dippers</u> Warmed Applesauce Cinnamon Sprinkle Sweet Crackers Water	<u>Rice Crackers & Cream Cheese</u> Variety Rice Crackers Variety Flavor Cream Cheese <i>(Dairy Free Spreads)</i> Water	<u>Mini Jacket Potatoes</u> Boiled New Potatoes Butter Shredded Cheese <i>(Dairy Free Cheese)</i> Bacon Bit Shaker <i>(veggie "ham" bits)</i> Variety Condiments Seasonal Vegetable Sticks Sour Cream Water	<u>Cheesy Chicken Taco Wraps</u> White Tortillas Taco seasoning Tinned Chicken Shredded Cheese <i>(Dairy Free Cheese)</i> <i>Mild Salsa/ Taco Sauce Dip (Side)</i> Water	<u>Soft Pretzels & Cheese Sauce</u> White Flour Yeast Sugar Baking Soda Soak Coarse Salt Seasonal Vegetable/Fruit Sticks Warm Cheese Sauce <i>(Dairy free condiments)</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 Water & Milk <i>(Soy/Rice/Oat)</i>	<u>Oatmeal</u> Instant Oats Variety Flavor Additions (Cinnamon, Fruit Puree etc) Water & Milk <i>(Soy/Rice/Oat)</i>	<u>Toaster Treats</u> Whole Wheat Bread/English Muffins/Crumpets Waffles/Pancakes Variety Toppings (Syrup, Margarine, Wow Butter, Lemon Spread, Jam, Cream Cheese) Water & Milk <i>(Soy/Rice/Oat)</i>	<u>Bars & Fruit</u> Cereal Bars/ Dried Fruit Bars Seasonal Fruit Water	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Water & Milk <i>(Soy/Rice/Oat)</i>
Lunch 11:15am- 12:00pm	<u>Egg Fritata Bites & 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/Oat)</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 (Cheese Rice Cakes for younger rooms) Milk <i>(Soy/Rice/Oat)</i> & Water	<u>Ham Mac & Cheese</u> Ham Cubes <i>(Veggie "Dog or Ham" Pieces)</i> White Pasta <i>(Gluten Free Pasta)</i> Homemade Cheese Sauce (Shredded Cheese/ Velveta, Cream, Flour & Butter Roux) <i>(Dairy Free Cheese, Soy/Rice Milk)</i> Variety Seasonings Seasonal Vegetables Milk <i>(Soy/Rice/Oat)</i> & Water	<u>Pan Fried Fish Burgers With Tater Tot Potatoes</u> White Hamburger Buns Variety Flaked Fish (Frozen White Fish/Tinned Tuna/ Variety White Fish) Bread Crumbs <i>(Gluten Free Bread Crumbs)</i> Egg (Omit for egg allergy/powdered egg substitute) Variety Seasonings Tartar Sauce (Side) Variety Condiments (Side) Cooking Oil Frozen Potato Pieces Seasonal Vegetables Milk <i>(Soy/Rice/Oat)</i> & Water	<u>Cabbage Roll Casserole</u> Shredded Green & Red Cabbage Ground Pork <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/Oat)</i> & Water
Pm Snack 2:30-3:15pm	<u>Hawaiian Hand Pies</u> Puff Pastry Ham Pieces Shredded Mozzarella Cheese <i>(Dairy Free Cheese)</i> Pineapple Rings (Side) Coconut Water Drink Water	<u>Chocolate Chip Muffins & Fruit</u> Muffin Mix Ground Flax Meal Chocolate Chips <i>(Omit Dairy Allergy)</i> <i>(Powdered Egg Substitution- or omit)</i> Seasonal Fruit Water	<u>Cup of Soup & Crackers</u> Variety Tin/Package/Homemade Soup Variety Crackers Water	<u>Fruit Crumble & Custard</u> Variety Frozen Fruit Chunks Crumble (Flour, butter, Bisquick/Oats, sugar) <i>(Vegan Margarine)</i> Custard <i>(Dairy Free Yogurt/Vanilla Pudding)</i> Water	<u>Bunless Baby Burger Bites</u> Ground Beef/ Frozen Meatballs <i>(Falafel "Meatballs"/ Tofu)</i> Cheese Cubes/Slices <i>(Dairy Free Cheese)</i> Dill Pickles Cucumber Pieces Wooden Skewers (older children only) Ketchup & Mustard Dip (Side) Water