

Menu 2023 (October to March)

Children aged 0-20 months receive 3% milk and children aged 20 months 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 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast/Am Snack 6:30am-9:00am	<u>Cereal & Fruit</u> Cereal Selection Seasonal Fruit Milk & Water	<u>Oatmeal & Fruit</u> Oatmeal Pouchies Seasonal Fruit Water	<u>Toaster Treats & Toppings</u> (Waffles, Crumpets, Toast, English Muffins) Variety Spreads Water	<u>Sweet Cracker</u> Sweet Crackers Sweet Cream Cheese Water	<u>Cereal & Fruit</u> Cereal Selection Seasonal Fruit Milk & Water
Lunch 11:15am- 12:15pm	<u>Cheesy Bean Quesadillas</u> Tin 6 Bean Medley Tortillas Shredded Cheese Salsa/Cheese Sauces (Side) Seasonal Vegetables Variety Dip Milk & Water	<u>Chicken & Broccoli Alfredo</u> Chicken Breast/Thigh Chunks (Side) White Pasta (Side) Alfredo Sauce (Side) Fresh/Frozen Broccoli (Side or Puree in Sauce) Milk & Water	<u>Beefy Gnocchi & Greens With Cheese Cubes</u> Ground Beef Beef Gravy (Side) Boiled Potato Gnocchi With Garlic Butter Green Beans (Tin/Frozen) Or Other Green Vegetables Diced Cheese Brick (Side) Milk & Water	<u>Sausage Skillet Pork Sausage & Fruit</u> Frozen Hashbrowns Shredded Cheese Variety Seasonings Ketchup Frozen Mixed Vegetables (In Hashbrowns) Seasonal Fruit Milk & Water	<u>Fish Sticks & Rice With Corn</u> Frozen Fish Sticks White Rice Frozen Corn Tartar/Soya Sauce Milk & Water
Pm Snack 2:30-3:15pm	<u>Monkey Banana Cups</u> Vanilla Pudding Banana Slices Chocolate Biscuits Water	<u>Berry Pancakes</u> Pancake Mix Frozen Mix Fruit Syrup Dip Mini Sausage Slices Seasonal Fruit Water	<u>Tuna Toppers</u> Soda Crackers Tinned Tuna Mayonnaise Celery/Green Onion/Cucumber Water	<u>Cider & Cereal</u> Warmed Apple Juice Apple Slices Apple Cinnamon Chex/Cheerios Water	<u>Soup & Crackers</u> Variety Soup Variety Crackers Seasonal Produce Water

Fall & Winter Menu 2023 (October to March)

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast/Am Snack 6:30am-9:00am	<u>Cereal & Fruit</u> Cereal Selection Seasonal Fruit Milk & Water	<u>Teddy Bear Biscuits</u> Sweet Crackers Wow Butter Banana Slices Raisins Water	<u>Warm Applesauce & Sweet Crackers</u> Applesauce Sweet Crackers Water	<u>Yogurt & Cereal</u> Dry Cereal Variety Yogurt Water	<u>Cereal & Fruit</u> Cereal Selection Seasonal Fruit Milk & Water
Lunch 11:15am- 12:15pm	<u>French Toast & Fruit</u> Sliced Bread Eggs Milk Spray Oil Seasonal Fruit Syrup/Ketchup Milk & Water	<u>Chicken Parm Sliders With Garlic Pasta & Vegetables</u> Frozen Chicken Nuggets Hamburger Buns Mozzarella Cheese White Pasta Garlic Seasoning Butter Seasonal Vegetables Milk & Water	<u>Meatloaf, Mash & Peas</u> Ground Beef Onion Soup Package Onion & Carrot Puree Variety Seasonings Frozen Peas (Side) Potatoes Butter Breadsticks Milk & Water	<u>Hawaiian Pizzadillas</u> Tortillas Diced Ham Shredded Cheese Pineapple Rings (Side) Seasonal Produce Tomato Sauce Dip (Side) Milk & Water	<u>Turkey Noodle Soup & Buns/Biscuits</u> Ground Turkey Chicken Stock Frozen Mixed Vegetables Variety Buns/Biscuits Small Shaped Pasta Milk & Water
Pm Snack 2:30-3:15pm	<u>Vegetable Pasta Salad Cups With Vegetable Drink</u> Variety Shaped Pasta Frozen Mix Vegetables Variety Condiments V8 Drink Water	<u>Hot Chocolate & Muffins</u> Carrot Muffin Mix Warmed Chocolate Milk Carrot Muffin Mix Shredded Carrot Water	<u>Rice Cakes & Tinned Fruit</u> Variety Rice Cakes Tinned Fruit Water	<u>Chickpea Cookie Dough Dippers</u> Chicpeas Chocolate Chips Maple Syrup Wow Butter Vanilla Oats Baking Powder Salt Sweet Crackers & Apples Slices Water	<u>Pretzels & Cheese</u> Shaped Pretzels Warmed Cheese Sauce Cheese Cubes Seasonal Vegetables Water

Fall & Winter Menu 2023 (October to March)

Children aged 0-20 months receive 3% milk and children aged 20 months 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 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast/Am Snack 6:30am-9:00am	<u>Cereal & Fruit</u> Cereal Selection Seasonal Fruit Milk & Water	<u>Oatmeal & Fruit</u> Oatmeal Pouchies Seasonal Fruit Water	<u>Toaster Treats & Toppings</u> (Waffles, Crumpets, Toast, English Muffins) Variety Spreads Water	<u>Sweet Cracker</u> Sweet Crackers Sweet Cream Cheese Water	<u>Cereal & Fruit</u> Cereal Selection Seasonal Fruit Milk & Water
Lunch 11:15am-12:15pm	<u>TVP Lasagna Soup & Vegetables With Garlic Toast</u> TVP Lasagna Pasta Tomato Sauce/Paste Variety Stock Shredded Cheese (Side) Bread/Buns Garlic Seasonings Frozen Mixed Vegetables Seasonal Vegetables Variety Dip Margarine Milk & Water	<u>Chicken & Waffles With Produce</u> Baked Chicken / "Fried Chicken Nuggets" (Rotation) Frozen Waffles Variety Produce Syrup Dip Variety Produce Milk & Water	<u>Baby Beef Wellington Wheels & Produce</u> Ground Beef Mushroom Puree Spread Variety Seasonings Puff Pastry Egg Wash Gravy Dip (Side) Seasonal Produce Variety Dip Milk & Water	<u>BBQ Pork Sliders & Produce</u> Ground Pork BBQ Sauce Hamburger Buns Shredded Cheese Variety Produce Variety Dip Milk & Water	<u>Fish Fuseli & Cheese With Produce</u> Baked White Fish Garlic Seasonings White Pasta Variety Produce Variety Cheese (Cubes, Slices, Strings) Variety Dip Milk & Water
Pm Snack 2:30-3:15pm	<u>Vegetable Fried Rice</u> White Rice Frozen Mixed Vegetables Soya Sauce (Side) Baby Corn & Water Chestnuts (Side) Water	<u>Pizza Crackers</u> Soda Crackers Shredded Cheese Tomato Sauce Water	<u>Muffins & Fruit</u> Variety Muffins Seasonal Fruit Water	<u>Mini Berry Pancakes</u> Pancake Mix Frozen Mix Fruit Syrup Dip Seasonal Fruit Water	<u>Cider & Cereal</u> Warmed Apple Juice Apple Slices Apple Cinnamon Chex/Cheerios Water

Fall & Winter Menu 2023 (October to March)

Children aged 0-20 months receive 3% milk and children aged 20 months 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 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast/Am Snack 6:30am-9:00am	<u>Cereal & Fruit</u> Cereal Selection Seasonal Fruit Milk & Water	<u>Teddy Bear Biscuits</u> Sweet Crackers Wow Butter Banana Slices Raisins Water	<u>Warm Applesauce & Sweet Crackers</u> Applesauce Sweet Crackers Water	<u>Yogurt & Cereal</u> Dry Cereal Variety Yogurt Water	<u>Cereal & Fruit</u> Cereal Selection Seasonal Fruit Milk & Water
Lunch 11:15am- 12:15pm	<u>Baby Al Pastor Taco Bites</u> Small White Tortillas Ground Pork Al Pastor Sauce Shredded Cheese Pico Di Gallo Pineapple Slices Water	<u>Chicken, Broccoli & Mushroom Rice With Cheese Cubes</u> Baked Chicken Frozen/Fresh Broccoli Rice Mushroom Stock/Cream Soup Mushroom Puree White Cheese Cubes Milk & Water	<u>Spaghetti Bolognese & Toast With Produce</u> Pasta Tomato Sauce Ground Beef Variety Bread Margarine Variety Seasonings Variety Produce Milk & Water	<u>Perogies, Sausage & Coleslaw With Cheesy Crackers</u> Variety Perogies Pork Sausage Discs Cabbage Coleslaw Coleslaw Dressing (Side) Variety Cheese Crackers Milk & Water	<u>Turkey Taco Soup & Cheesy Spinach Biscuits</u> Ground Turkey Taco/Variety Seasonings Small Pasta Shapes Beef Stock Frozen Mixed Vegetables Bisquick Frozen Spinach Shredded Cheese Milk & Water
Pm Snack 2:30-3:15pm	<u>Wow Butter Waffles & Fruit</u> Frozen Waffles Wow Butter Margarine Syrup Dip Seasonal Fruit Milk & Water	<u>Monkey Banana Cups</u> Vanilla Pudding Banana Slices Chocolate Biscuits Water	<u>Tuna Toppers</u> Soda Crackers Tinned Tuna Mayonnaise Celery/Green Onion/Cucumber Water	<u>BBQ Chicken Pinwheels & Fruit</u> Tinned Chicken BBQ Sauce Small Tortillas Shredded Cheese Seasonal Fruit Water	<u>Rice Cakes & Tinned Fruit</u> Variety Rice Cakes Tinned Fruit Water

Fall & Winter Menu 2023 (October to March)

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 5

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast/Am Snack 6:30am-9:00am	<u>Cereal & Fruit</u> Cereal Selection Seasonal Fruit Milk & Water	<u>Oatmeal & Fruit</u> Oatmeal Pouchies Seasonal Fruit Water	<u>Toaster Treats & Toppings</u> (Waffles, Crumpets, Toast, English Muffins) Variety Spreads Water	<u>Fruit Cocktail & Breadsticks</u> Tinned Fruit Cocktail Breadsticks Water	<u>Cereal & Fruit</u> Cereal Selection Seasonal Fruit Milk & Water
Lunch 11:15am-12:15pm	<u>Egg Frittata & Toast with Fruit</u> Eggs Cream Variety Peppers Diced Onion Variety Seasonings Bread & Margarine Shredded Cheese Seasonal Fruit Ketchup Dip Milk & Water	<u>Roast Chicken Dinner</u> Chicken Thigh/Breast Chunks Gravy Mashed Potato Cooked Carrots/Broccoli OR Seasonal Vegetables Sliced Bread & Margarine Or Milk & Water	<u>Shepherd's Pie & Bread/Buns</u> Ground Beef Gravy Frozen Mixed Vegetables Mashed Potatoes Margarine Variety Seasonings Seasonal Produce Variety Dip Variety Bread/Buns Milk & Water	<u>Ham Mac & Cheese With Produce</u> Cubed Ham Pasta Shredded Cheese/Velveta Butter/Flour Roux Variety Seasonings Seasonal Produce Variety Dip/Ketchup Milk & Water	<u>Fish Burgers & Tots with Produce</u> Frozen White Fish/ Canned Fish Mashed Potato Breadcrumbs Variety Seasonings Eggs Frozen Potato Shapes Hamburger Buns Seasonal Produce Ketchup/ Variety Dip Milk & Water
Pm Snack 2:30-3:15pm	<u>Pizza Crackers</u> Soda Crackers Shredded Cheese Tomato Sauce Water	<u>Rice Cereal Treats & Fruit</u> Seasonal Fruit Rice Cereal Marshmallows Butter Water	<u>Roll Ups</u> Mini Tortillas Variety Cream Cheese Water	<u>Tinned Fruit & Crackers</u> Variety Tin Fruit Sweet Crackers Variety Seasonal Fruit Water	<u>Soup & Crackers</u> Variety Soup Variety Crackers Seasonal Produce Water

Fall & Winter Menu 2023 (October to March)

Children aged 0-20 months receive 3% milk and children aged 20 months 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, Dairy 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

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast/Am Snack 6:30am-9:00am	<u>Cereal & Fruit</u> Cereal Selection Seasonal Fruit Milk & Water	<u>Yogurt & Cereal</u> Dry Cereal Variety Yogurt Water	<u>Warm Applesauce & Sweet Crackers</u> Applesauce Sweet Crackers Water	<u>Sweet Crackers</u> Sweet Crackers Sweet Cream Cheese Water	<u>Cereal & Fruit</u> Cereal Selection Seasonal Fruit Milk & Water
Lunch 11:15am-12:15pm	<u>Cowboy Beans & Bread With Produce</u> Baked Beans BBQ Sauce Diced Wieners Variety Bread Margarine Seasonal Produce Variety Dip Milk & Water	<u>Chicken Stew & Dumplings With Produce</u> Diced Chicken Chicken Stock Bisquick Butter Frozen Mixed Vegetables Variety Produce Variety Dip	<u>Philly Cheesesteak Sliders & Produce</u> Ground Beef Shredded Cheese Cheese Sauce (Side) Hamburger Buns Green Peppers Seasonal Vegetables Variety Dip Milk & Water	<u>Ham & Scalloped Potatoes/Cheese Mash With Vegetables</u> Diced Ham Cubes Potatoes Heavy Cream Shredded Cheese Butter Milk Seasonal Vegetables Variety Dip Honey Mustard Dip Milk & Water	<u>Teriyaki Turkey & Rice With Peas and Cheese</u> Ground Turkey Rice Frozen Peas Teriyaki Sauce (Side) Diced Milk & Water
Pm Snack 2:30-3:15pm	<u>Banana Sushi Rolls</u> Small Tortillas Wow Butter Banana Slices Raisins /Dried Fruit Water	<u>Pretzels & Cheese</u> Shaped Pretzels Warmed Cheese Sauce Cheese Cubes Seasonal Vegetables Water	<u>Sausage Rolls & Seasonal Vegetables</u> Pork Sausages Puff Pastry Ketchup Seasonal Produce Water	<u>Puffed Wheat Squares & Seasonal Fruit</u> Puffed wheat Cereal Cocoa Powder Corn Syrup Butter Brown Sugar Vanilla Seasonal Fruit Water	<u>Hot Chocolate & Muffins</u> Carrot Muffin Mix Warmed Chocolate Milk Carrot Muffin Mix Shredded Carrot Water