## Menu Planning Form

**Provider/Program:** Toddler's Workshop  
**Address:** 12 May Street, Webster NY 14580  
**Dietician Approved:** *Originals on file in main office*

**Week of:** Fall/Winter Week 1  
**Effective:** October 14, 2019

### Color Legend
- Red = Dairy
- Yellow = Eggs
- Green = Pork
- Purple = Beef
- Blue = Seeds

<table>
<thead>
<tr>
<th>Meal Pattern</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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</tr>
</thead>
</table>
| **Breakfast:**  
Fruit or Fruit Juice  
Enriched Bread or Cereal Milk | Assorted Hot/Cold Cereal  
Fruit or 100% Juice  
Raisin Bread with Butter  
Milk | Assorted Hot/Cold Cereal  
Fruit or 100% Juice  
Waffles with Syrup  
Milk | Assorted Hot/Cold Cereal  
Fruit or 100% Juice  
Yogurt Granola  
Milk | Assorted Hot/Cold Cereal  
Fruit or 100% Juice  
Pancake & Sausage Wrap with Syrup | Assorted Hot/Cold Cereal  
Fruit or 100% Juice  
Whole Wheat English Muffins with Jam or Sun Butter  
Milk |
| **Lunch:**  
Meat or Meat Alternate  
Vegetable or fruit (choose 2)  
Enriched Bread/Bread Alternate  
Other (optional) Milk | Cheese Sandwich on Whole Wheat  
Chicken Rice Soup with Diced Carrots  
Pears  
Milk | Swedish Meatballs with Rice  
Green beans  
Bananas  
Milk | Cheese & Pepperoni Pizza Tossed Salad with Ranch or Italian Fruit Salad  
Milk | Tuna Noodle Casserole with Cheese  
Peas  
Pineapple  
Milk | Sloppy Joes with Ground Turkey on Whole Wheat Bun  
Corn  
Sliced Apples  
Milk |
| **Afternoon Snack:**  
Choose a combination of any two foods from- Milk, Fruit, Fruit Juice, Vegetables, Enriched Bread/Crackers/Cookies/Cereal, Cheese, Eggs, Milk, Dessert | Trail Mix with Raisins  
Milk | Rice Cakes  
Applesauce  
Water | Ritz Crackers  
Sun Butter  
Water | Animal Crackers  
Tortillas with Cream Cheese  
Milk  
Dried Fruit  
Water |
## Menu Planning Form

**Provider/Program:** Toddler's Workshop  
**Address:** 12 May Street, Webster NY 14580  
**Week of:** Fall/Winter Week 2  
**Effective:** October 14, 2019

<table>
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</tr>
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</table>
| **Breakfast:** Fruit or Fruit Juice  
Enriched Bread or Cereal  
Milk | Assorted Hot/Cold Cereal  
Fruit or 100% Juice  
Whole Wheat Bagel w/ choice of Cream Cheese or Sun Butter  
Milk | Assorted Hot/Cold Cereal  
Fruit or 100% Juice  
French Toast Sticks with Syrup  
Sausage  
Milk | Assorted Hot/Cold Cereal  
Fruit or 100% Juice  
Buttermilk Biscuits with choice of Jam or Honey  
Milk | Assorted Hot/Cold Cereal  
Fruit or 100% Juice  
Pancakes with Syrup  
Milk | Assorted Hot/Cold Cereal  
Fruit or 100% Juice  
Assorted Muffins  
Milk |
| **Lunch:** Meat or Meat Alternate  
Vegetable or fruit  
(choose 2)  
Enriched Bread/Bread Alternate  
Other (optional)  
Milk | **Cheese Tortellini** with Mozzarella  
Wax Beans  
Milk | **Macaroni & Cheese**  
Diced Ham  
Snap Peas with Ranch Dressing  
Peaches  
Milk | **Chicken Nuggets**  
Whole Wheat Dinner Roll  
Tossed Salad with Dressing  
Pineapple  
Milk | Enchilada Casserole with Cheese, Ground Turkey & Tortillas  
Bean & Corn Salad  
Pears  
Milk | **Tuna Salad** on Honey Wheat Bread  
**Veggie Soup**  
Fruit Cocktail  
Milk |
| **Afternoon Snack:** Choose a combination of any two foods from  
Milk, Fruit, Fruit Juice, Vegetables, Enriched Bread/Crackers/Cookies/Cereal, Cheese, Eggs, Milk, Dessert | **Yogurt**  
Granola  
Water | **Cheddar Cheese**  
Goldfish Crackers  
100% Fruit Juice | **Fresh Veggies** with Ranch Dressing  
Ritz Crackers  
Water | Wheat Tortilla with Sun Butter  
Bananas  
Water | **Cereal Bars**  
Milk |
## Menu Planning Form

**Provider/Program:** Toddler's Workshop  
**Address:** 12 May Street, Webster NY 14580  
**Week of:** Fall/Winter Week 3  
**Effective:** October 14, 2019

### Color Legend
- Red = Dairy  
- Yellow = Eggs  
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- Blue = Seeds

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| **Breakfast:**  
Fruit or Fruit Juice  
Enriched Bread or Cereal  
Milk | Assorted Hot/Cold Cereal  
Fruit or 100% Juice  
Raisin Bread  
with Butter  
Milk | Assorted Hot/Cold Cereal  
Fruit or 100% Juice  
Pancake & Sausage Wraps  
with syrup  
Milk | Assorted Hot/Cold Cereal  
Fruit or 100% Juice  
Yogurt  
Granola  
Milk | Assorted Hot/Cold Cereal  
Fruit or 100% Juice  
Waffles  
with Syrup  
Milk | Assorted Hot/Cold Cereal  
Fruit or 100% Juice  
Whole Wheat  
English Muffins  
with Jam or  
**Sun Butter**  
Milk |
| **Lunch:**  
Meat or Meat Alternate  
Vegetable or fruit  
(choose 2)  
Enriched Bread/Bread Alternate  
Other (optional)  
Milk | Turkey Hot Dog  
on Whole Wheat Bun  
Baked Beans  
Pineapple  
Milk | Meatball Subs  
with Mozzarella  
on Whole Wheat Bun  
Tossed Salad  
with Dressing  
Mandarin Oranges  
Milk | Hamburger/Cheeseburger  
on Whole Wheat Bun  
Tater Tots  
Applesauce  
Milk | Soft Taco  
with Ground Turkey  
Lettuce, Cheese, Salsa,  
Sour Cream  
Pears  
Milk | **Cheese/Pepperoni** Pizza  
Cucumbers  
with  
**Ranch**  
Peaches  
Milk |
| **Afternoon Snack:**  
Choose a combination of  
any two foods from-  
Milk, Fruit, Fruit Juice,  
Vegetables, Enriched Bread/Crackers/Cookies/Cereal, Cheese, Eggs, Milk, Dessert | String Cheese  
Ritz Crackers  
Water | Multi-Grain Cheerios  
Dried Fruit  
Water | Honey Wheat Bread Thins  
Sun Butter  
Water | Apples  
Cream Cheese/Caramel Dip  
Sun Butter  
Water | Goldfish Grahams  
Bananas  
Water |
## Menu Planning Form

**Provider/Program:** Toddler's Workshop  
**Address:** 12 May Street, Webster NY 14580  
**Week of:** Fall/Winter Week 4  
**Effective:** October 14, 2019  

**Color Legend**  
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### Meal Pattern

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<tbody>
<tr>
<td><strong>Breakfast:</strong> Fruit/Cereal Enriched Bread,Cereal</td>
<td>Assorted Hot/Cold Cereal Fruit or 100% Juice&lt;br&gt;Whole Wheat Bagel w/ choice of Cream Cheese or Sun Butter&lt;br&gt;Milk</td>
<td>Assorted Hot/Cold Cereal Fruit or 100% Juice&lt;br&gt;French Toast Sticks with Syrup&lt;br&gt;Sausage&lt;br&gt;Milk</td>
<td>Assorted Hot/Cold Cereal Fruit or 100% Juice&lt;br&gt;Buttermilk Biscuits with choice of Jam or Honey&lt;br&gt;Milk</td>
<td>Assorted Hot/Cold Cereal Fruit or 100% Juice&lt;br&gt;Pancakes with Syrup&lt;br&gt;Milk</td>
<td>Assorted Hot/Cold Cereal Fruit or 100% Juice&lt;br&gt;Milk</td>
</tr>
<tr>
<td><strong>Lunch:</strong> Meat/Vegetable Alternate</td>
<td>Turkey &amp; Cheese on Whole Wheat&lt;br&gt;Diced Carrots&lt;br&gt;Fruit Cocktail&lt;br&gt;Milk</td>
<td>Diced Ham&lt;br&gt;Mashed Potatoes&lt;br&gt;Whole Wheat Roll&lt;br&gt;Pineapple&lt;br&gt;Milk</td>
<td>Chicken Breast Patty&lt;br&gt;Vegetable Rice&lt;br&gt;Peaches&lt;br&gt;Milk</td>
<td>Cheese Quesadilla with Sour Cream&lt;br&gt;Tomato Soup&lt;br&gt;Pears&lt;br&gt;Milk</td>
<td>Fish Nuggets with Tomato Sauce&lt;br&gt;Green Beans&lt;br&gt;Whole Wheat Roll&lt;br&gt;Mandarin Oranges&lt;br&gt;Milk</td>
</tr>
<tr>
<td><strong>Afternoon Snack:</strong></td>
<td>Colby Jack Cheese Cubes&lt;br&gt;Ritz Crackers&lt;br&gt;Water</td>
<td>Soft Pretzel&lt;br&gt;Honey Mustard&lt;br&gt;100% Fruit Juice</td>
<td>Apple Wrap with Sun Butter&lt;br&gt;Water</td>
<td>Yogurt&lt;br&gt;Bananas&lt;br&gt;Yogurt&lt;br&gt;Water&lt;br&gt;Water</td>
<td>Graham Crackers&lt;br&gt;Milk</td>
</tr>
</tbody>
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