

Menu Planning Form

Provider/Program: Toddler's Workshop
Address: 12 May Street, Webster NY 14580

Dietician Approved
 *Originals on file in main office

Color Legend

Red = Dairy
 Yellow = Eggs
 Green = Pork
 Purple = Beef
 Blue = Seeds

Week of: Spring/Summer Week 1

Effective: April 27, 2020

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Fruit or Fruit Juice Bread or Cereal Milk	Assorted Cold Cereal Fruit or 100% Juice Raisin Bread With Butter Milk	Assorted Cold Cereal Fruit or 100% Juice Pancake & Sausage Stick with Syrup Milk	Assorted Cold Cereal Fruit or 100% Juice Buttermilk Biscuits with choice of Jam or Honey Milk	Assorted Cold Cereal Fruit or 100% Juice Waffles with Syrup Milk	Assorted Cold Cereal Fruit or 100% Juice Assorted Muffins Milk
Lunch: Meat or Meat Alternate Vegetable or fruit (choose 2) Bread/Bread Alternate Other (optional) Milk	Ham & Cheese Sandwich on Whole Wheat Snap Peas with Ranch Dressing Pineapple Milk	Cheese/Pepperoni Pizza Tossed Salad w/ Italian or Ranch Dressing Bananas Milk	Chicken Breast Patty w/ Cheese on Whole Wheat Bun Wax Beans Peaches Milk	Tuna Noodle Casserole Peas Mandarin Oranges Milk	Sloppy Joes w/Ground Turkey Whole Wheat Bun Corn Sliced Apples Milk
Afternoon Snack: Choose a combination of any two foods from- Milk, Fruit, Fruit Juice, Vegetables, Bread/Crackers/Cereal, Cheese, Eggs, Milk, Dessert	Yogurt Granola Water	Fresh Veggies with Ranch Dip Ritz Crackers Water	Honey Wheat Bread Sun Butter Water	Tortillas with Cream Cheese Dried Fruit Water	Apple Cereal Bars Milk

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Week of: Spring/Summer Week 2

Effective: April 27, 2020

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Fruit or Fruit Juice Bread or Cereal Milk	Assorted Cold Cereal Fruit or 100% Juice Whole Wheat Bagel With Cream Cheese or Sun Butter Milk	Assorted Cold Cereal Fruit or 100% Juice French Toast Sticks with syrup Sausage Milk	Assorted Cold Cereal Fruit or 100% Juice Yogurt Granola Milk	Assorted Cold Cereal Fruit or 100% Juice Pancakes with Syrup Milk	Assorted Cold Cereal Fruit or 100% Juice English Muffins with Jam or Sun Butter Milk
Lunch: Meat or Meat Alternate Vegetable or fruit (choose 2) Bread/Bread Alternate Other (optional) Milk	Popcorn Chicken Tossed Salad w/ Italian or Ranch Dressing Whole Wheat Dinner Roll Pineapple Milk	Enchilada Casserole With Ground Turkey Corn & Bean Salad Pears Milk	Hamburger/Cheeseburger on Whole Wheat Bun Tater Tots Mandarin Oranges Milk	Macaroni & Cheese Broccoli Fruit Salad Milk	Turkey & Cheese Sandwich on Whole Wheat Fresh Green Beans with Ranch Dip Peaches Milk
Afternoon Snack: Choose a combination of any two foods from- Milk, Fruit, Fruit Juice, Vegetable, Bread/Crackers/ Cookies/Cereal, Cheese, Eggs, Milk, Dessert	Rice Cakes Applesauce Water	Goldfish Grahams Bananas Water	Colby-Jack Cheese Cubes Ritz Crackers Water	Apple Wrap With Sun Butter Water	Multi-Grain Cheerios Dried Fruit Water

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Week of: Spring/Summer Week 3

Effective: April 27, 2020

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Fruit or Fruit Juice Bread or Cereal Milk	Assorted Cold Cereal Fruit or 100% Juice Raisin Bread With Butter Milk	Assorted Cold Cereal Fruit or 100% Juice Pancake & Sausage Stick with Syrup Milk	Assorted Cold Cereal Fruit or 100% Juice Buttermilk Biscuits with choice of Jam or Honey Milk	Assorted Cold Cereal Fruit or 100% Juice Waffles with Syrup Milk	Assorted Cold Cereal Fruit or 100% Juice Assorted Muffins Milk
Lunch: Meat or Meat Alternate Vegetable or fruit (choose 2) Bread/Bread Alternate Other (optional) Milk	Turkey Hot Dog on Whole Wheat Bun Baked Beans Fruit Cocktail Milk	Meatball Sub w/Mozzarella on Whole Wheat Bun Tossed Salad w/ Italian or Ranch Dressing Pears Milk	Soft Tacos w/ Ground Turkey Lettuce, Cheese, Salsa, Sour Cream Mandarin Oranges Milk	Bologna & Cheese Sandwich on Whole Wheat Baby Carrots with Ranch Dip Fruit Salad Milk	Cheese/Pepperoni Pizza Tomato & Cucumber Salad w/ Italian Dressing Applesauce Milk
Afternoon Snack: Choose a combination of any two foods from- Milk, Fruit, Fruit Juice, Vegetable, Bread/Crackers/ Cookies/Cereal, Cheese, Eggs, Milk, Dessert	Ritz Crackers Sun Butter Water	Soft Pretzels Honey Mustard 100% Fruit Juice	Trail Mix With Raisins Milk	Yogurt Bananas Water	Assorted Graham Crackers Milk

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Week of: Spring/Summer Week 4

Effective: April 27, 2020

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Fruit or Fruit Juice Bread or Cereal Milk	Assorted Cold Cereal Fruit or 100% Juice Whole Wheat Bagel with Cream Cheese or Sun Butter Milk	Assorted Cold Cereal Fruit or 100% Juice French Toast Sticks with syrup Sausage Milk	Assorted Cold Cereal Fruit or 100% Juice Yogurt Granola Milk	Assorted Cold Cereal Fruit or 100% Juice Pancakes with Syrup Milk	Assorted Cold Cereal Fruit or 100% Juice English Muffins with Jam or Sun Butter Milk
Lunch: Meat or Meat Alternate Vegetable or fruit (choose 2) Bread/Bread Alternate Other (optional) Milk	Tuna Sandwich on Honey Wheat Bread Sliced Cucumbers with Ranch Dip Peaches Milk	Deli Wrap with Cheese on Wheat Tortilla (Ham, Turkey or Bologna) 3 Bean Salad Mandarin Oranges Milk	Chicken Nuggets Whole Wheat Dinner Roll Tossed Salad w/Italian or Ranch Dressing Pears Milk	Cheese Quesadilla With Sour Cream Fresh Green Beans w/ Ranch Dip Fruit Cocktail Milk	BBQ Chicken Veggie & Pasta Salad w/ Ranch or Italian on the side Pineapple Milk
Afternoon Snack: Choose a combination of any two foods from- Milk, Fruit, Fruit Juice, Vegetables, Bread/Cracker s/Cookies/Cereal, Cheese, Eggs, Milk, Dessert	Animal Crackers Milk	Cheddar Cheese Goldfish Crackers Raisins Water	Mini Bagel Sun Butter Water	Apple Slices Cream Cheese/Caramel Dip Water	String Cheese Ritz Crackers Water