

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: Fall/Winter Week 1

Effective: 10/12/20 – 4/23/21

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
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 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	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 Melon 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/C ereal, Cheese, Eggs, Milk, Dessert	Trail Mix with Raisins Milk	Rice Cakes Applesauce Water	Ritz Crackers Sun Butter Water	Animal Crackers Milk	Tortillas with Cream Cheese Dried Fruit Water

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Week of: Fall/Winter Week 2

Effective: 10/12/20 – 4/23/21

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
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 Peaches Milk	Macaroni & Cheese Diced Ham Snap Peas with Ranch Dressing Applesauce Milk	Chicken Nuggets Whole Wheat Dinner Roll Tossed Salad with Dressing Pineapple Milk	Enchilada Casserole with Cheese, Ground Turkey & Tortillas Corn 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/C ereal, Cheese, Eggs, Milk, Dessert	Fresh Veggies With Ranch Dressing Ritz Crackers Water	Cheddar Cheese Goldfish Crackers 100% Fruit Juice	Wheat Tortilla With Sun Butter Water	Yogurt Bananas Water	Cereal Bars Milk

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Week of: Fall/Winter Week 3

Effective: 10/12/20 – 4/23/21

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
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	Pasta Alfredo Broccoli Peaches 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 Pineapple Milk
Afternoon Snack: Choose a combination of any two foods from- Milk, Fruit, Fruit Juice, Vegetables, Enriched Bread/Crackers/Cookies/C ereal, Cheese, Eggs, Milk, Dessert	String Cheese Ritz Crackers Water	Multi-Grain Cheerios Dried Fruit Water	Apples Cream Cheese/Caramel Dip Water	Honey Wheat Bread Thins Sun Butter Water	Goldfish Grahams Milk

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Week of: Fall/Winter Week 4

Effective: 10/12/20 – 4/23/21

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
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	Turkey Hot Dog on Whole Wheat Bun Baked Beans Pineapple Milk	Diced Ham Mashed Potatoes Whole Wheat Roll Peaches Milk	Chicken Breast Patty Vegetable Rice Pears Milk	Cheese Quesadilla with Sour Cream Tomato Soup Bananas Milk	Fish Nuggets with Tartar Sauce Green Beans Whole Wheat Roll Mandarin Oranges Milk
Afternoon Snack: Choose a combination of any two foods from- Milk, Fruit, Fruit Juice, Vegetables, Enriched Bread/Crackers/Cookies/C ereal, Cheese, Eggs, Milk, Dessert	Colby Jack Cheese Cubes Ritz Crackers Water	Soft Pretzel Honey Mustard 100% Fruit Juice	Yogurt Granola Water	Apple Wrap with Sun Butter Water	Graham Crackers Milk

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