

## Menu Planning Form

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

**Week of:** Fall/Winter Week 1

**Dietician Approved**  
 \*Originals on file in main office  
 Age 1-2 Whole Milk/Age 2+ 1% Milk  
 Effective: 10/11/21 – 4/22/22

**Color Legend**

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

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast:</b> Fruit or Fruit Juice Enriched Bread or Cereal Milk	Assorted Hot/Cold <b>Cereal</b> Fruit or 100% Juice  Raisin Bread with <b>Butter</b>  <b>Milk</b>	Assorted Hot/Cold <b>Cereal</b> Fruit or 100% Juice  <b>Waffles</b> With Syrup  <b>Milk</b>	Assorted Hot/Cold <b>Cereal</b> Fruit or 100% Juice  <b>Yogurt</b>  Granola  <b>Milk</b>	Assorted Hot/Cold <b>Cereal</b> Fruit or 100% Juice  <b>French Toast</b> with Syrup  <b>Milk</b>	Assorted Hot/Cold <b>Cereal</b> Fruit or 100% Juice  Whole Wheat English Muffins with Jam or <b>Sun Butter</b>  <b>Milk</b>
<b>Lunch:</b> Meat or Meat Alternate Vegetable or fruit (choose 2) Enriched Bread/Bread Alternate Other (optional) Milk	<b>Cheese Sandwich</b> on Whole Wheat  Chicken Rice Soup with Diced Carrots  Pears  <b>Milk</b>	Swedish <b>Meatballs</b> with Rice  Green beans  Bananas  <b>Milk</b>	<b>Cheese Pizza</b>  Tossed Salad with <b>Ranch</b> or Italian  Melon  <b>Milk</b>	<b>Tuna Noodle Casserole</b> with <b>Cheese</b>  Peas  Pineapple  <b>Milk</b>	Diced Chicken with Gravy <b>Buttermilk Biscuit</b>  Corn  Sliced Apples  <b>Milk</b>
<b>Afternoon Snack:</b> Choose a combination of any two foods from- Milk, Fruit, Fruit Juice, Vegetables, Enriched Bread/Crackers/Cookies/C ereal, Cheese, Eggs, Milk, Dessert	<b>Cheese Its</b>  Raisins  Water	<b>Rice Cakes</b>  Applesauce  Water	Ritz Crackers  <b>Sun Butter</b>  Water	Animal Crackers  <b>Milk</b>	Tortillas with <b>Cream Cheese</b>  Dried Fruit  Water

## Menu Planning Form

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

**Week of:** Fall/Winter Week 2

**Dietician Approved**  
 \*Originals on file in main office  
 Age 1-2 Whole Milk/Age 2+ 1% Milk  
**Effective: 10/11/21 – 4/22/22**

**Color Legend**

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

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast:</b> Fruit or Fruit Juice Enriched Bread or Cereal Milk	Assorted Hot/Cold <b>Cereal</b> Fruit or 100% Juice  Whole Wheat Bagel w/ choice of <b>Cream Cheese</b> or <b>Sun Butter</b>  <b>Milk</b>	Assorted Hot/Cold <b>Cereal</b> Fruit or 100% Juice  <b>French Toast Sticks</b> with Syrup  <b>Sausage</b>  <b>Milk</b>	Assorted Hot/Cold <b>Cereal</b> Fruit or 100% Juice  <b>Buttermilk Biscuits</b> with choice of Jam or Honey  <b>Milk</b>	Assorted Hot/Cold <b>Cereal</b> Fruit or 100% Juice  <b>Pancakes</b> with Syrup  <b>Milk</b>	Assorted Hot/Cold <b>Cereal</b> Fruit or 100% Juice  <b>Assorted Muffins</b>  <b>Milk</b>
<b>Lunch:</b> Meat or Meat Alternate Vegetable or fruit (choose 2) Enriched Bread/Bread Alternate Other (optional) Milk	<b>Diced Ham</b>  Sweet Potato Tots  Whole Wheat Dinner Roll  Peaches  <b>Milk</b>	<b>Macaroni &amp; Cheese</b>  Broccoli  Applesauce  <b>Milk</b>	<b>Chicken Nuggets</b>  Whole Wheat Dinner Roll  Tossed Salad <b>with Dressing</b>  Pineapple  <b>Milk</b>	Enchilada Casserole with <b>Cheese</b> , Ground Turkey & Tortillas  Corn  Pears  <b>Milk</b>	<b>Tuna Salad</b> on Honey Wheat Bread  <b>Veggie Soup</b>  Fruit Cocktail  <b>Milk</b>
<b>Afternoon Snack:</b> Choose a combination of any two foods from- Milk, Fruit, Fruit Juice, Vegetables, Enriched Bread/Crackers/Cookies/C ereal, Cheese, Eggs, Milk, Dessert	<b>Naan Bread Dippers</b>  Cucumbers <b>Ranch Dip</b>  Water	<b>Cereal Bars</b>  <b>Milk</b>	Ritz Crackers  <b>Sun Butter</b>  Water	Teddy Grahams  Bananas  Water	<b>Cheddar Cheese</b> <b>Goldfish Crackers</b>  100% Fruit Juice

## Menu Planning Form

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

**Week of:** Fall/Winter Week 3

**Dietician Approved**  
 \*Originals on file in main office  
 Age 1-2 Whole Milk/Age 2+ 1% Milk  
 Effective: 10/11/21 – 4/22/22

**Color Legend**

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

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast:</b> 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  French Toast 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
<b>Lunch:</b> Meat or Meat Alternate Vegetable or fruit (choose 2) Enriched Bread/Bread Alternate Other (optional) Milk	Pasta Alfredo With Diced Chicken  Green Beans  Peaches  Milk	Meatballs with Tomato Sauce Garlic Breadstick  Tossed Salad with Dressing  Pears  Milk	Hamburger/Cheeseburger on Whole Wheat Bun  Tater Tots  Applesauce  Milk	Turkey and Cheese On Whole Wheat  Broccoli Cheddar Soup  Mandarin Oranges  Milk	Cheese Pizza  Cucumbers with Ranch  Bananas  Milk
<b>Afternoon Snack:</b> 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	Goldfish Grahams  Milk	Banana Bread Slices  Milk	Apple Wrap With Wheat Tortilla & Sun Butter  Water	Multi-Grain Cheerios  Dried Fruit  Water

## Menu Planning Form

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

**Week of:** Fall/Winter Week 4

**Dietician Approved**  
 \*Originals on file in main office  
 Age 1-2 Whole Milk/Age 2+ 1% Milk  
 Effective: 10/11/21 – 4/22/22

**Color Legend**

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

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast:</b> 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
<b>Lunch:</b> 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	Red Beans with Rice  Seasoned Ground Turkey  Peaches  Milk	Chicken Breast Patty  Vegetable Rice  Pears  Milk	Cheese Quesadilla with Sour Cream  Tomato Soup  Bananas  Milk	Fish Nuggets with Tartar Sauce  Tossed Salad with Dressing  Whole Wheat Roll  Mandarin Oranges  Milk
<b>Afternoon Snack:</b> Choose a combination of any two foods from- Milk, Fruit, Fruit Juice, Vegetables, Enriched Bread/Crackers/Cookies/C ereal, Cheese, Eggs, Milk, Dessert	Graham Crackers  Milk	Soft Pretzel  Honey Mustard  100% Fruit Juice	Yogurt  Granola  Water	Rice Chex Cereal  Milk	Colby Jack Cheese Cubes  Ritz Crackers  Water

