

Week of: Spring/Summer Week 1

Effective: 4/25/22- 10/7/22 *Revised 6/17/22

Provider/Program: Expressive Beginnings-Webster **Dietician Approved**-Originals on file in main office
Age 1-2 Whole Milk/Age 2+ 1% Milk

COLOR LEGEND

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

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Fruit or Fruit Juice Bread or Cereal Milk	Assorted Cold Cereal Fruit Cocktail Raisin Bread With Butter Milk	Assorted Cold Cereal 100% Apple Juice French Toast with Syrup Milk	Assorted Cold Cereal Cantaloupe Buttermilk Biscuits with choice of Jam or Honey Milk	Assorted Cold Cereal Bananas Waffles with Syrup Milk	Assorted Cold Cereal Assorted 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 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	Goldfish Grahams Milk	Mini Bagel Sun Butter	Tortillas with Cream Cheese Dried Fruit Water	Naan Dippers Tzatziki Dip Water

Week of: Spring/Summer Week 2

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Age 1-2 Whole Milk/Age 2+ 1% Milk

COLOR LEGEND

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Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Fruit or Fruit Juice Bread or Cereal Milk	Assorted Cold Cereal Raisins Whole Wheat Bagel With Cream Cheese or Sun Butter Milk	Assorted Cold Cereal 100% Orange Juice French Toast Sticks with syrup Sausage Milk	Assorted Cold Cereal Bananas Yogurt Granola Milk	Assorted Cold Cereal Mixed Berries Pancakes with Syrup Milk	Assorted Cold Cereal Assorted 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 Cheese, Tortillas Corn 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	Colby-Jack Cheese Cubes Ritz Crackers Water	Multi-Grain Cheerios Dried Fruit Water	Apple Wrap With Sun Butter Water	Teddy Grahams Bananas Water

Week of: Spring/Summer Week 3

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COLOR LEGEND

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Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Fruit or Fruit Juice Bread or Cereal Milk	Assorted Cold Cereal Peaches Raisin Bread With Butter Milk	Assorted Cold Cereal Bananas French Toast with Syrup Milk	Assorted Cold Cereal Mango Buttermilk Biscuits with choice of Jam or Honey Milk	Assorted Cold Cereal 100% Orange Juice Waffles with Syrup Milk	Assorted Cold Cereal Assorted 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 Mandarin Oranges Milk	Meatballs With Tomato Sauce Garlic Breadstick Tossed Salad w/Italian Or Ranch Dressing Pears Milk	Lunchable Day Bologna, Cheese Ritz Crackers Baby Carrots w/ Ranch Dip Applesauce Milk	Cheese Quesadilla With Sour Cream Fresh Green Beans w/ Ranch Dip Fruit Cocktail Milk	Cheese Pizza Tomato & Cucumber Salad w/ Italian Dressing Melon Milk
Afternoon Snack: Choose a combination of any two foods from- Milk, Fruit, Fruit Juice, Vegetable,Bread/Crackers/ Cookies/Cereal, Cheese, Eggs, Milk, Dessert	Wheat Tortilla Sun Butter Water	Soft Pretzel Honey Mustard 100% Fruit Juice	Assorted Graham Crackers Milk	Yogurt Bananas Water	Cheese Its Raisins Water

Week of: Spring/Summer Week 4

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COLOR LEGEND

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Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Fruit or Fruit Juice Bread or Cereal Milk	Assorted Cold Cereal Dried Fruit Whole Wheat Bagel with Cream Cheese or Sun Butter Milk	Assorted Cold Cereal 100% Apple Juice French Toast Sticks with syrup Sausage Milk	Assorted Cold Cereal Mixed Berries Yogurt Granola Milk	Assorted Cold Cereal Bananas Pancakes with Syrup Milk	Assorted Cold Cereal Assorted 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	BBQ Chicken Veggie & Pasta Salad w/ Ranch or Italian on the side Pineapple Milk	Deli Wrap with Cheese on Wheat Tortilla (Ham, Turkey or Bologna) 3 Bean Salad Bananas Milk	Chicken Nuggets Whole Wheat Dinner Roll Tossed Salad w/Italian or Ranch Dressing Mandarin Oranges Milk	Lavered Tacos Ground Turkey, Sour Cream, Taco Seasoning, Lettuce, Cheese, Salsa Mini Tortillas Pears Milk	Tuna Salad Naan Dippers Sliced Cucumbers with Ranch Dip Peaches Milk
Afternoon Snack: Choose a combination of any two foods from- Milk, Fruit, Fruit Juice, Vegetables, Bread/Crackers/Cookies/C ereal, Cheese, Eggs, Milk, Dessert	Animal Crackers Milk	Cheddar Cheese Goldfish Crackers Raisins Water	Muffin Tops Milk	Trail Mix With Raisins Milk	String Cheese Ritz Crackers Water