

Week of: Fall/Winter Week 1

Effective: 10/10/22 – 4/21/23

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 Enriched Bread or Cereal Milk	Assorted Hot/Cold Cereal Peaches Raisin Bread with Butter Milk	Assorted Hot/Cold Cereal 100% Apple Juice Waffles With Syrup Milk	Assorted Hot/Cold Cereal Mixed Berries Yogurt Granola Milk	Assorted Hot/Cold Cereal Bananas French Toast with Syrup Milk	Assorted Hot/Cold Cereal Assorted 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 Pizza Tossed Salad with Ranch or Italian Melon Milk	Tuna Noodle Casserole with Cheese Peas Pineapple Milk	Diced Chicken with Gravy Buttermilk Biscuit Corn 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	Cheese Its Raisins Water	Rice Cakes Applesauce Water	Mini Bagel Sun Butter Water	Animal Crackers Milk	Tortillas with Cream Cheese Dried Fruit Water

Week of: Fall/Winter Week 2

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Color Legend

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Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Fruit or Fruit Juice Enriched Bread or Cereal Milk	Assorted Hot/Cold Cereal Raisins Whole Wheat Bagel w/ choice of Cream Cheese or Sun Butter Milk	Assorted Hot/Cold Cereal Bananas French Toast Sticks with Syrup Sausage Milk	Assorted Hot/Cold Cereal Melon Buttermilk Biscuits with choice of Jam or Honey Milk	Assorted Hot/Cold Cereal Orange Juice Pancakes with Syrup Milk	Assorted Hot/Cold Cereal Assorted Fruit or 100% Juice Assorted Muffins Milk
Lunch: Meat or Meat Alternate Vegetable or fruit (choose 2) Enriched Bread/Bread Alternate Other (optional) Milk	Diced Ham Sweet Potato Tots Whole Wheat Dinner Roll Peaches Milk	Macaroni & Cheese Broccoli 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	Naan Bread Dippers Cucumbers Ranch Dip Water	Trail Mix With Raisins Milk	Ritz Crackers Sun Butter Water	Teddy Grahams Bananas Water	Cheddar Cheese Goldfish Crackers 100% Fruit Juice

Week of: Fall/Winter Week 3

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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 Enriched Bread or Cereal Milk	Assorted Hot/Cold Cereal Fruit Cocktail Raisin Bread with Butter Milk	Assorted Hot/Cold Cereal 100% Apple Juice French Toast with syrup Milk	Assorted Hot/Cold Cereal Bananas Yogurt Granola Milk	Assorted Hot/Cold Cereal Mixed Berries Waffles with Syrup Milk	Assorted Hot/Cold Cereal Assorted 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 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
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	Goldfish Grahams Milk	Muffin Tops Milk	Apple Wrap With Wheat Tortilla & Sun Butter Water	Multi-Grain Cheerios Dried Fruit Water

Week of: Fall/Winter Week 4

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Color Legend

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Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Fruit or Fruit Juice Enriched Bread or Cereal Milk	Assorted Hot/Cold Cereal Dried Fruit Whole Wheat Bagel w/ choice of Cream Cheese or Sun Butter Milk	Assorted Hot/Cold Cereal Bananas French Toast Sticks with Syrup Sausage Milk	Assorted Hot/Cold Cereal Mango Buttermilk Biscuits with choice of Jam or Honey Milk	Assorted Hot/Cold Cereal Orange Juice Pancakes with Syrup Milk	Assorted Hot/Cold Cereal Assorted 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	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
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	Graham Crackers Milk	Soft Pretzel Honey Mustard 100% Fruit Juice	Yogurt Granola Water	Rice Chex Cereal Milk	Colby Jack Cheese Cubes Ritz Crackers Water

