

Fall Menu Week 1 – (10/10/23 until 1/1/24)

Provider/Program: Expressive Beginnings-Webster **Dietician Approved** - Originals on file in main office

Milk - Age 1-2: **Whole Milk** / Age 2+: **1% Milk** / Allergen Substitute – Oat Milk (**Contains Oats**)

COLOR LEGEND

Red = Dairy / **Yellow** =Eggs / **Green** = Pork / **Purple** = Beef / **Blue** = Various Allergens (Inc. Fish/Shellfish, Citrus, Juice, Peas, and Oats)

Meal Pattern	Monday Café	Taco Tuesday	Gamers Wednesday	Travel Thursday	Family-Style Friday
Breakfast: Fruit or Fruit Juice Bread or Cereal Milk	Assorted Cold Cereal Cinnamon Rolls Peaches Milk	Assorted Cold Cereals French Toast Sticks with Maple Syrup 100% Apple Cider Milk	Assorted Cold Cereals 8-Bit Belgian Waffles with Strawberries Milk	Assorted Cold Cereals Buttermilk Biscuits with Sun Butter Bananas Milk	Assorted Cold Cereals Apple Muffins Seasonal Fruit Chocolate Milk
Lunch: Meat or Meat Alternate Vegetable or fruit (choose 2) Bread/Bread Alternate Other (optional) Milk	Grilled Cheese Sandwich on Whole Wheat Bread Chili with Corn Applesauce Milk	Cheese Quesadilla on Whole Wheat Tortilla with Sour Cream Yellow Rice with Black Beans Pineapple Milk	SONIC'S Chili Cheese Turkey Hot Dogs on a Wheat Bun with Ketchup Onion "Rings" Red Apple Slices Milk	Cheese Ravioli with Red Sauce Steamed Broccoli Mandarin Oranges Milk	Dino Nuggets with BBQ Sauce / Ranch Dressing Sweet Potato Tots Cranberry Applesauce Milk
Afternoon Snack: Choose a combination of any two foods from- Milk, Fruit, Fruit Juice, Vegetables, Bread/Crackers/Cereal, Cheese, Eggs, Milk, Dessert	Goldfish Crackers Raisins Water	DARRIEN'S Fruit Salsa (Strawberries, Kiwi and Apples) Wheat Thins Water	OREGON TRAIL Oregon Trail Mix (Rice Chex with Granola , Raisins, Mini Chocolate Chips or Bananas) Water	DARRIEN'S Holy Cannoli's (Greek Vanilla Yogurt and Pizzelles) Water	Ritz Cracker Sandwiches with Sun Butter Water

Fall Menu Week 2 – (10/10/23 until 1/1/24)

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Meal Pattern	Monday Café	Taco Tuesday	Gamers Wednesday	Travel Thursday	Family-Style Friday
Breakfast: Fruit or Fruit Juice Bread or Cereal Milk	Assorted Cold Cereals Crescent Rolls with Turkey Sausage Pumpkin “Smoothie” Milk	Assorted Cold Cereals Sourdough Toast with Avocado Spread 100% Cranberry Apple Juice Milk	Assorted Cold Cereals YOSHI’S Yogurt Bar Greek Vanilla Yogurt with Seasonal Fruit Milk	Assorted Cold Cereals Blueberry Pancakes Bananas Milk	Assorted Cold Cereals Plain Mini Bagels with Cream Cheese / Sun Butter Peaches Chocolate Milk
Lunch: Meat or Meat Alternate Vegetable or fruit (choose 2) Bread/Bread Alternate Other (optional) Milk	Beef Hollywood Burger with Cheese on a Wheat Bun with Ketchup California Medley Cheddar Soup Avocado Slices Milk	Ground Turkey Tacos with Shredded Cheese, Lettuce and Salsa / Sour Cream Basmati Rice Pineapple Milk	SUPER MARIO’S Beef/Pork Italian Meatballs in Red Mushroom Sauce Wario’s Garlic Breadsticks Peaches Milk	Japanese Veggie Rice with Chicken Snow Peas with “Yum Yum” Sauce Pears Milk	SALVATORE’S Cheese Pizza Steamed or Raw Carrot Sticks with Ranch Dressing Red or Green Apple Slices Milk
Afternoon Snack: Choose a combination of any two foods from- Milk, Fruit, Fruit Juice, Vegetable, Bread/Crackers/Cookies/ Cereal, Cheese, Eggs, Milk, Dessert	Whole Grain Animal Crackers Applesauce Water	Soft Pretzels with Queso Water	DONKEY KONG’S Bananilla Sandwiches (Nilla Wafers or Graham Crackers with Bananas and Sun Butter) Water	Cinnamon or Plain Rice Cakes Applesauce Water	Graham Crackers Sun Butter Water

Fall Menu Week 3 – (10/10/23 until 1/1/24)

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Meal Pattern	Monday Café	Taco Tuesday	Gamers Wednesday	Travel Thursday	Family-Style Friday
Breakfast: Fruit or Fruit Juice Bread or Cereal Milk	Assorted Cold Cereals Cinnamon Rolls Pears Milk	Assorted Cold Cereals Belgian Waffles with Maple Syrup 100% Apple Cider Milk	Assorted Cold Cereals <u>MINECRAFT</u> Cake Blocks (Buttermilk Biscuits with Whipped Cream and Strawberries) Milk	Assorted Cold Cereals Greek Vanilla Yogurt Bananas Milk	Assorted Cold Cereals Apple Muffins Seasonal Fruit Chocolate Milk
Lunch: Meat or Meat Alternate Vegetable or fruit (choose 2) Bread/Bread Alternate Other (optional) Milk	Turkey Club Sandwiches on Whole Wheat Bread with Cheese and Mayo Tomato Soup Applesauce Milk	<u>DARRIEN'S</u> Fiesta Pasta with Ground Turkey Steamed Corn Mandarin Oranges Milk	<u>MINECRAFT</u> Cheese and Crafters (Bologna with Cheddar Cheese Cubes and Crackers) Steamed or Raw “Golden” Carrot Sticks Mango “Blocks” Milk	Roasted Potato Wedges with Ketchup Buttery Garlic Pasta with Tomatoes Organic Steamed Broccoli Milk	Dino Nuggets with BBQ Sauce / Ranch Dressing Garlic Steamed Green Beans Cranberry Applesauce Milk
Afternoon Snack: Choose a combination of any two foods from- Milk, Fruit, Fruit Juice, Vegetables, Bread/Crackers/Cereal, Cheese, Eggs, Milk, Dessert	Whole Grain Cheez-Its Raisins Water	Apple Churros or Graham Crackers Bananas Water	<u>MINECRAFT</u> Tool Crafting (Pretzel Sticks with Sun Butter and Mini Marshmallows) Water	Naan Bread Dippers or Crackers Tzatziki Dip Water	Cheddar Cheese Cubes/Cuts Ritz Crackers Water

Fall Menu Week 4 – (10/10/23 until 1/1/24)

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Meal Pattern	Monday Café	Taco Tuesday	Gamers Wednesday	Travel Thursday	Family-Style Friday
Breakfast: Fruit or Fruit Juice Bread or Cereal Milk	Assorted Cold Cereals Crescent Rolls with Turkey Sausage Pumpkin “Smoothie” Milk	Assorted Cold Cereals French Toast Sticks with Maple Syrup 100% Cranberry Apple Juice Milk	Assorted Cold Cereals LINK AND ZELDA’S Green and Purple Grape Salad Hash Brown “Triforces” with Ketchup “Lon Lon” Milk	Assorted Cold Cereals Blueberry Pancakes Bananas Milk	Assorted Cold Cereals Plain Mini Bagels with Cream Cheese / Sun Butter Peaches Chocolate Milk
Lunch: Meat or Meat Alternate Vegetable or fruit (choose 2) Bread/Bread Alternate Other (optional) Milk	Tuna Salad Sandwich on Whole Wheat Bread Chicken Rice Soup with Mirepoix Applesauce Milk	DARRIEN’S Mexican Potato Skins (Potatoes, Turkey Bacon, Shredded Cheese , Lettuce, with Salsa / Ranch Dressing) Pineapple Milk	POKEMON Pokéball Pizza Bagels Pikachu Ears (Bananas) Fire, Water and Grass (California Medley) Milk	DARRIEN’S Mac and Cheese Lasagna with Beef Garlic Steamed Green Beans Mandarin Oranges Milk	SALVATORES Cheese Pizza Spinach Mix Salad with Ranch Dressing Cranberry Applesauce Milk
Afternoon Snack: Choose a combination of any two foods from- Milk, Fruit, Fruit Juice, Vegetables, Bread/Crackers/Cereal, Cheese, Eggs, Milk, Dessert	Whole Grain Animal Crackers Raisins Water	Pretzel Sticks or Soft Pretzels with Queso Water	ANIMAL CROSSING Town Fruit Salad (Apples, Cherries, Oranges , Peaches and Pears) Cinnamon Bug Bites Water	Mozzarella String Cheese Crackers Water	Red or Green Apple Slices Sun Butter Water