

**Winter Menu Week 1 – (1/2/24 until 3/25/24)**

**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, Tomato, Citrus, Juice, Peas, and Oats)

Meal Pattern	Monday Café	Taco Tuesday	Gamers Wednesday	Travel Thursday	Football Friday
<b>Breakfast:</b> Fruit or Fruit Juice Bread or Cereal Milk	<b>Assorted Oatmeal</b>  <b>Cinnamon Rolls</b>  Pears  <b>Milk</b>	<b>Assorted Oatmeal</b>  French Toast Sticks with Maple Syrup  <b>100% Orange Juice</b>  <b>Milk</b>	<b>Assorted Oatmeal</b>  <b>MINECRAFT</b>  <b>“Crafting Tables”</b> ( <b>Belgian Waffles</b> with Fresh Blueberries)  <b>Milk</b>	<b>Assorted Oatmeal</b>  <b>Buttermilk Biscuits</b> with Sun Butter  Bananas  <b>Milk</b>	<b>Assorted Oatmeal</b>  <b>Blueberry Muffins</b>  Peaches  <b>Milk</b>
<b>Lunch:</b> Meat or Meat Alternate Vegetable or fruit (choose 2) Bread/Bread Alternate Other (optional) Milk	<b>Grilled Cheese Sandwich</b> on Whole Wheat Bread  <b>Vegetarian Chili</b> with <b>Corn</b>  Craisins  <b>Milk</b>	<b>Cheese Quesadilla</b> on Whole Wheat Tortilla with <b>Sour Cream</b>  Yellow Rice with Black Beans  <b>Pineapple</b>  <b>Milk</b>	<b>MINECRAFT</b>  <b>Cheese and Crafters</b> ( <b>Bologna</b> with <b>Cheddar</b> <b>Cheese Cubes</b> and Crackers)  Steamed or Raw “Golden” Carrot Sticks  Mango “Blocks”  <b>Milk</b>	<b>DARRIEN’S</b>  <b>Mac and Cheese Lasagna</b> with <b>Red Sauce</b> and <b>Beef</b>  Garlic Steamed Green Beans  <b>Mandarin Oranges</b>  <b>Milk</b>	<b>DALLAS COWBOYS</b>  Chicken Nuggets with <b>BBQ Sauce</b> / <b>Ranch Dressing</b>  Sweet Potato Tots  Blueberry Applesauce  <b>Milk</b>
<b>Afternoon Snack:</b> Choose a combination of any two foods from- Milk, Fruit, Fruit Juice, Vegetables, Bread/Crackers/Cereal, Cheese, Eggs, Milk, Dessert	Goldfish Grahams  Applesauce  Water	Soft Pretzels with <b>Queso</b>  Water	<b>MINECRAFT</b>  <b>Tool Crafting Kit</b> (Pretzel Sticks with Sun Butter and Mini Marshmallows)  Water	<b>Assorted Cold Cereals</b> ( <b>Multi-Grain O’s</b> , Rice Chex and Cinnamon Squares)  Raisins  <b>Milk</b>	<b>Cheddar Cheese</b> <b>Cubes/Cuts</b>  Ritz Crackers  Water

**Winter Menu Week 2 – (1/2/24 until 3/25/24)**

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Meal Pattern	Monday Café	Taco Tuesday	Gamers Wednesday	Travel Thursday	Family-Style Friday
<b>Breakfast:</b> Fruit or Fruit Juice Bread or Cereal Milk	<b>Assorted Oatmeal</b>  Crescent Rolls with Turkey Sausage  Mixed Berry “Smoothie”  Milk	<b>Assorted Oatmeal</b>  Sourdough Toast with Avocado Spread  <b>100% White Grape Cranberry Juice</b>  Milk	<b>Assorted Oatmeal</b>  <b>YOSHI’S</b>  <b>Yogurt Bar</b> (Greek Vanilla Yogurt with Fresh Berries)  Milk	<b>Assorted Oatmeal</b>  <b>Blueberry Pancakes</b>  Bananas  Milk	<b>Assorted Oatmeal</b>  Plain Mini Bagels with Cream Cheese / Sun Butter  <b>Clementine Oranges</b>  Milk
<b>Lunch:</b> 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  <b>Pineapple</b>  Milk	<b>SUPER MARIO’S</b>  Beef/Pork Italian Meatballs in Red Mushroom Sauce  Wario’s Garlic Breadsticks  Peaches  Milk	<b>Japanese Veggie Rice</b> with Chicken  <b>Snow Peas</b> with “Yum Yum” Sauce  Pears  Milk	<b>PHILADELPHIA EAGLES</b>  <b>Philly Cheesesteaks</b> (Steak with Mozzarella Cheese on Whole Wheat Hot Dog Bun)  Onion Rings  Green Apple Slices  Milk
<b>Afternoon Snack:</b> 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	<b>Assorted Cold Cereals</b> (Multi-Grain O’s, Rice Chex and Cinnamon Squares)  Raisins  Milk	<b>DONKEY KONG’S</b>  <b>Bananilla Sandwich Kits</b> (Nilla Wafers or Graham Crackers with Bananas and Sun Butter)  Water	Caramel or Plain Rice Cakes  Applesauce  Water	Graham Crackers  Sun Butter  Water

**Winter Menu Week 3 – (1/2/24 until 3/25/24)**

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Meal Pattern	Monday Café	Taco Tuesday	Gamers Wednesday	Travel Thursday	Family-Style Friday
<b>Breakfast:</b> Fruit or Fruit Juice Bread or Cereal Milk	Assorted Oatmeal  Cinnamon Rolls  Pears  Milk	Assorted Oatmeal  Belgian Waffles with Maple Syrup  100% Orange Juice  Milk	Assorted Oatmeal and Cold Cereals  <u>ANIMAL CROSSING</u>  Town Fruit Salad (Apples, Cherries, Oranges, Peaches and Pears)  Milk	Assorted Oatmeal  Greek Vanilla Yogurt  Bananas  Milk	Assorted Oatmeal  Blueberry Muffins  Peaches  Milk
<b>Lunch:</b> Meat or Meat Alternate Vegetable or fruit (choose 2) Bread/Bread Alternate Other (optional) Milk	Turkey Sandwich on Whole Wheat Bread with Cheese and Ketchup  Tomato Soup  Craisins  Milk	<u>DARRIEN'S</u>  Fiesta Pasta with Ground Turkey  Steamed Corn  Mandarin Oranges  Milk	<u>POKEMON</u>  Pokéball Pizza Bagel Kit (Plain Mini Bagels, Red Sauce and Mozzarella Cheese)  Pikachu Ears (Bananas)  Fire, Water and Grass (California Medley)  Milk	Roasted Potato Wedges with Ketchup  Buttery Garlic Pasta with Tomatoes  Steamed Broccoli  Milk	<u>BUFFALO BILLS</u>  Chicken Nuggets with Buffalo Ranch Dressing/ Ketchup  Butternut Squash  Blueberry Applesauce  Milk
<b>Afternoon Snack:</b> Choose a combination of any two foods from- Milk, Fruit, Fruit Juice, Vegetables, Bread/Crackers/Cereal, Cheese, Eggs, Milk, Dessert	Goldfish Grahams  Applesauce  Water	Assorted Cold Cereals (Multi-Grain O's, Rice Chex and Cinnamon Squares)  Granola  Milk	<u>ANIMAL CROSSING</u>  Snowpeople Kit (Mozzarella Cheese with Carrots and Raisins or Ritz Crackers)  Water	Naan Bread Dippers or Crackers  Tzatziki Dip  Water	Ritz Cracker Sandwiches with Sun Butter  Water

**Winter Menu Week 4 – (1/2/24 until 3/25/24)**

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Meal Pattern	Monday Café	Taco Tuesday	Gamers Wednesday	Travel Thursday	Family-Style Friday
<b>Breakfast:</b> Fruit or Fruit Juice Bread or Cereal Milk	<b>Assorted Oatmeal</b>  Crescent Rolls with Turkey Sausage  <b>Mixed Berry “Smoothie”</b>  Milk	<b>Assorted Oatmeal</b>  French Toast Sticks with Maple Syrup  <b>100% White Grape Cranberry Juice</b>  Milk	<b>Assorted Oatmeal</b>  <b>LINK AND ZELDA’S</b>  Green and Purple Grape Salad  Hash Brown “Triforces” with <b>Ketchup</b>  “Lon Lon” Milk	<b>Assorted Oatmeal</b>  <b>Blueberry Pancakes</b>  Bananas  Milk	<b>Assorted Oatmeal</b>  Plain Mini Bagels with <b>Cream Cheese</b> / Sun Butter  <b>Clementine Oranges</b>  Milk
<b>Lunch:</b> Meat or Meat Alternate Vegetable or fruit (choose 2) Bread/Bread Alternate Other (optional) Milk	<b>Tuna Salad Sandwich</b> on Whole Wheat Bread  Chicken Rice Soup with Mirepoix  Craisins  Milk	<b>DARRIEN’S</b>  <b>Mexican Potato Skins</b> (Tater Tots, Turkey Bacon, <b>Shredded Cheese</b> , Lettuce, with <b>Salsa / Queso</b> )  <b>Pineapple</b>  Milk	<b>SONIC’S</b>  <b>Chili Cheese Dogs</b> (Turkey Hot Dogs on a Wheat Bun with <b>Beef Chili</b> , <b>Cheese</b> and <b>Ketchup</b> )  Onion “Rings”  Red Apple Slices  Milk	<b>Cheese Ravioli</b> with <b>Red Sauce</b>  Steamed Broccoli  Pears  Milk	<b>GREEN BAY PACKERS</b>  <b>Cheese Pizza</b> with <b>Red Sauce</b>  Garlic Steamed Green Beans with <b>Ranch Dressing</b>  Applesauce  Milk
<b>Afternoon Snack:</b> Choose a combination of any two foods from- Milk, Fruit, Fruit Juice, Vegetables, Bread/Crackers/Cereal, Cheese, Eggs, Milk, Dessert	Whole Grain Animal Crackers  Applesauce  Water	<b>Apple Churros</b> or Graham Crackers  Bananas  Water	<b>POKEMON</b>  <b>Tall Grass Trail Mix Kit</b> (Rice Chex with <b>Granola</b> , Raisins, Mini Chocolate Chips or Bananas)  Water	<b>Mozzarella String Cheese</b>  Crackers  Water	Red or Green Apple Slices  Sun Butter  Water