

# ★ GREAT BAY KIDS ★

MENU A FOR THE WEEK OF: 1/27 – 1/31, 2/24-2/28, 3/24-3/28/2025

## Breakfast

Component	Ages 1-2	Ages 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	1/2 Cup	3/4 Cup	Milk	Milk	Milk	Milk	Milk
Fruit/Vegetable	1/4 Cup	1/2 Cup	Bananas	Mixed Fruit in Natural Juices	Blueberries	Peaches in Natural Juices	Applesauce
Grain/Meat*	1/2 oz eq	1/2 oz eq	Kix Whole Grain Rich Cereal	Whole Wheat Bagels with Cream Cheese	Cheerios Whole Grain Rich Cereal	Corn Chex Cereal	Whole Wheat Bread with Jelly
Yogurt	1/4 Cup	1/2 Cup					

\*Breakfast includes a Grain or Meat Alternative or Yogurt, Fruit/Vegetable & Milk

## Lunch

			Chicken & Broccoli Pesto Pasta	Turkey Stroganoff	Pancakes & Egg Patty	Ham & Cheese Sandwich	Turkey & Rice Casserole
Milk	1/2 Cup	3/4 Cup	Milk	Milk	Milk	Milk	Milk
Vegetable	1/8 Cup	1/4 Cup	Broccoli	Peas	Carrots	Green Beans	Corn
Fruit	1/8 Cup	1/4 Cup	*Fresh Apples 2 & Under Canned Apples	Pineapple in Natural Juices	Blueberries	*Fresh Fruit 2 & Under Mandarin Oranges	Bananas
Grain	1/2 oz eq	1/2 oz eq	Pasta	Egg Noodles	Pancakes	Bread	Rice
Meat/Meat Alt	1 oz eq	1.5 oz eq	Chicken	Ground Turkey	Egg Patty	Ham & Cheese	Ground Turkey

\*Lunch includes all 5 components above

## Snack

Fruit	1/2 Cup	1/2 Cup			*Fresh Fruit 2 & Under Bananas		Orange Slices 2 & Under Canned Apples
Vegetable	1/2 Cup	1/2 Cup					
Grain	1/2 oz eq	1/2 oz eq	Pita Bread	Graham Crackers	Soft Pretzel with Mustard	Whole Grain Rich Crackers	Animal Crackers
Meat/Meat Alt	1/2 oz eq	1/2 oz eq	American Cheese			Cheese Stick	
Yogurt	1/4 Cup	1/2 Cup		Dannon Light & Fit Vanilla			

\*Snack Includes 2 different components

\*Fresh Fruit includes Apples, Bananas, Oranges, Peaches, Pears, Plums.

Whole Milk for 1 year olds & 1% milk for 2 years old and up.

Great Bay Kids is an equal opportunity provider and employer.

# ★ GREAT BAY KIDS ★

MENU B FOR THE WEEK OF: 1/6-1/10, 2/3-2/7, 3/3-3/7/2025

## Breakfast

Component	Ages 1-2	Ages 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	1/2 Cup	3/4 Cup	Milk	Milk	Milk	Milk	Milk
Fruit/Vegetable	1/4 Cup	1/2 Cup	*Fresh Fruit 2 & Under Mandarin Oranges	*Fresh Fruit 2 & Under Peaches in Natural Juices	Mango	Bananas	Blueberries
Grain/Meat*	1/2 oz eq	1/2 oz eq	Life Whole Grain Rich Cereal	Whole Wheat Bread with Sunbutter	Kix Whole Grain Rich Cereal	Cheerios Whole Grain Rich Cereal	Whole Wheat Bagels with Cream Cheese
Yogurt	1/4 Cup	1/2 Cup					

\*Breakfast includes a Grain or Meat Alternative or Yogurt, Fruit/Vegetable & Milk

## Lunch

			Mac & Cheese with Ham	Make Your Own Tortilla Pizza	Egg Patties & Waffles	Grilled Chicken Pasta	Turkey Meatball Subs
Milk	1/2 Cup	3/4 Cup	Milk	Milk	Milk	Milk	Milk
Vegetable	1/8 Cup	1/4 Cup	Peas	Corn	Broccoli	Cauliflower	Diced Carrots
Fruit	1/8 Cup	1/4 Cup	*Fresh Fruit 2 & Under Bananas	*Fresh Fruit 2 & Under Canned Pineapple	Sliced Strawberries	*Fresh Fruit 2 & Under Canned Apples	*Fresh Fruit 2 & Under Applesauce
Grain	1/2 oz eq	1/2 oz eq	Pasta	Tortilla	Waffles	Pasta	Hot Dog Rolls
Meat/Meat Alt	1 oz eq	1.5 oz eq	Ham	Cheese & Pepperoni	Egg Patties	Grilled Chicken	Turkey Meatballs

\*Lunch includes all 5 components above

## Snack

Fruit	1/2 Cup	1/2 Cup		*Fresh Fruit 2 & Under Canned Apples	*Fresh Fruit 2 & Under Canned Peaches	Sliced Strawberries	*Fresh Fruit 2 & Under Bananas
Vegetable	1/2 Cup	1/2 Cup					
Grain	1/2 oz eq	1/2 oz eq	Tortilla Chips & Salsa 2 & Under Soft Tortillas	Graham Crackers	Oatmeal Bars		Goldfish
Meat/Meat Alt	1/2 oz eq	1/2 oz eq	Cheese Sticks		American Cheese		
Yogurt	1/4 Cup	1/2 Cup				Dannon Light & Fit Vanilla	

\*Snack Includes 2 different components

\*Fresh Fruit includes Apples, Bananas, Oranges, Peaches, Pears, Plums.

Whole Milk for 1 year olds & 1% milk for 2 years old and up.

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# ★ GREAT BAY KIDS ★

MENU C FOR THE WEEK OF: 1/13-1/17, 2/10-2/14, 3/10-3/14/2025

## Breakfast

Component	Ages 1-2	Ages 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	1/2 Cup	3/4 Cup	Milk	Milk	Milk	Milk	Milk
Fruit/Vegetable	1/4 Cup	1/2 Cup	*Fresh Fruit 2 & Under Canned Apples	Bananas	*Fresh Fruit 2 & Under Canned Pears	Applesauce	Sliced Strawberries
Grain/Meat*	1/2 oz eq	1/2 oz eq	Chex Cereal	Kix Whole Grain Rich Cereal	Whole Wheat Bread with Jelly	Biscuits	Whole Wheat Bagel with Cream Cheese
Yogurt	1/4 Cup	1/2 Cup					

\*Breakfast includes a Grain or Meat Alternative or Yogurt, Fruit/Vegetable & Milk

## Lunch

			American Chop Suey	Chicken a la King	Pancakes & Egg Patty	Shepard's Pie	Baked Ham & Rice
Milk	1/2 Cup	3/4 Cup	Milk	Milk	Milk	Milk	Milk
Vegetable	1/8 Cup	1/4 Cup	Broccoli	Peas	Corn	Potatoes & Corn	Green Beans
Fruit	1/8 Cup	1/4 Cup	*Fresh Fruit 2 & Under Bananas	*Fresh Fruit 2 & Under Canned Peaches	Blueberries	*Fresh Fruit 2 & Under Canned Pineapple	*Fresh Fruit 2 & Under Canned Pears
Grain	1/2 oz eq	1/2 oz eq	Pasta	Biscuits	Pancakes	Whole Wheat Rich Rolls	Rice
Meat/Meat Alt	1 oz eq	1.5 oz eq	Ground Turkey	Chicken	Egg Patty	Ground Turkey	Ham

\*Lunch includes all 5 components above

## Snack

Fruit	1/2 Cup	1/2 Cup		*Fresh Fruit 2 & Under Mandarin Oranges	Bananas	Mango	
Vegetable	1/2 Cup	1/2 Cup					
Grain	1/2 oz eq	1/2 oz eq	Whole Wheat Crackers	Banana Bread	Goldfish		Saltines
Meat/Meat Alt	1/2 oz eq	1/2 oz eq	American Cheese				Cheese Sticks
Yogurt	1/4 Cup	1/2 Cup				Dannon Light & Fit Vanilla	

\*Snack Includes 2 different components

\*Fresh Fruit includes Apples, Bananas, Oranges, Peaches, Plums.

Whole Milk for 1 year olds & 1% milk for 2 years old and up.

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# ★ GREAT BAY KIDS ★

MENU D FOR THE WEEK OF: 1/20-1/24, 2/17-2/21, 3/17-3/21/2025

## Breakfast

Component	Ages 1-2	Ages 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	1/2 Cup	3/4 Cup	Milk	Milk	Milk	Milk	Milk
Fruit/Vegetable	1/4 Cup	1/2 Cup	*Fresh Fruit 2 & Under Apples	Bananas	Mango	Blueberries	*Fresh Fruit 2 & Under Canned Pears
Grain/Meat*	1/2 oz eq	1/2 oz eq	Cornflakes Cereals	Raisin Toast with Sunbutter	Cheerios Whole Wheat Rich Cereal	Chex Cereal	Whole Wheat Bread with Jelly
Yogurt	1/4 Cup	1/2 Cup					

\*Breakfast includes a Grain or Meat Alternative or Yogurt, Fruit/Vegetable & Milk

## Lunch

			Grilled Mac & Cheese	Soft Tacos	Waffles & Sauge	Lazy Lasagna	Sweet & Sour Chicken
Milk	1/2 Cup	3/4 Cup	Milk	Milk	Milk	Milk	Milk
Vegetable	1/8 Cup	1/4 Cup	Peas	Corn	Cauliflower	Green Beans	Broccoli
Fruit	1/8 Cup	1/4 Cup	*Fresh Fruit 2 & Under Canned Pears	*Fresh Fruit 2 & Under Canned Pineapple	Sliced Strawberries	*Fresh Fruit 2 & Under Canned Peaches	*Fresh Fruit 2 & Under Mandarin Oranges
Grain	1/2 oz eq	1/2 oz eq	Pasta	Tortilla	Waffles	Whole Wheat Pasta	Rice
Meat/Meat Alt	1 oz eq	1.5 oz eq	Chicken & Cheese	Ground Turkey & Cheese	Sausage	Ground Turkey	Chicken

\*Lunch includes all 5 components above

## Snack

Fruit	1/2 Cup	1/2 Cup		*Fresh Fruit 2 & Under Canned Peaches	Bananas	*Fresh Fruit 2 & Under Canned Apples	*Fresh Fruit 2 & Under Mixed Fruit
Vegetable	1/2 Cup	1/2 Cup					
Grain	1/2 oz eq	1/2 oz eq	Whole Grain Rich Crackers	Graham Crackers	Goldfish		
Meat/Meat Alt	1/2 oz eq	1/2 oz eq	American Cheese			Muffin Squares	Cheese Sticks
Yogurt	1/4 Cup	1/2 Cup					

\*Snack Includes 2 different components

\*Fresh Fruit includes Apples, Bananas, Oranges, Peaches, Plums.

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