

★ GREAT BAY KIDS ★

MENU A FOR THE WEEK OF: 3/31-4/4, 4/28-5/2, 5/26-5/30, 6/23-6/27/2025

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 *Under 2 Canned Apples	Applesauce	Fresh Fruit *Under 2 Canned Pears	Mango	Bananas
Grain/Meat*	1/2 oz eq	1/2 oz eq	WG Kix	WGR Cornbread	WG Cheerios	WW Bagels & Cream Cheese	WG Rich Cakes & Sun Butter

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

Lunch

			Turkey & Cheese Wrap	Ground Turkey & Egg Noodles	Pancakes & Eggs	Chicken & Wild Rice	Ham & Cheese Sandwich & Tomato Soup
Milk	1/2 Cup	3/4 Cup	Milk	Milk	Milk	Milk	Milk
Vegetable	1/8 Cup	1/4 Cup	Peas	Carrots	Broccoli	Sliced Cucumbers	Tomato Soup
Fruit	1/8 Cup	1/4 Cup	Fresh Fruit *Under 2 Canned Pears	Fresh Fruit *Under 2 Bananas	Blueberries	Fresh Fruit *Under 2 Canned Mixed Fruit	Fresh Fruit *Under 2 Canned Pears
Grain	1/2 oz eq	1/2 oz eq	Soft Tortilla	Egg Noodles	Pancakes	Wild Rice	Bread
Meat/Meat Alt	1 oz eq	1.5 oz eq	Turkey & American Cheese	Ground Turkey	Egg Patties	Chicken	Ham & Cheese

*Lunch includes all 5 components above

Snack

Fruit	1/2 Cup	1/2 Cup	Strawberries	Orange Slices	Fresh Fruit *Under 2 Bananas	Applesauce	Fresh Fruit *Under 2 Canned Peaches
Vegetable	1/2 Cup	1/2 Cup					Carrots with Dip *Under 3 Cucumbers
Grain	1/2 oz eq	1/2 oz eq	Granola	Oatmeal Bars	Tortilla Chips & Salsa Under 3: Pita Bread	Graham Crackers	
Meat/Meat Alt	1/2 oz eq	1/2 oz eq		American Cheese Slice			
Yogurt	1/4 Cup	1/2 Cup	Dannon Light & Fit				

*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.

WG = Whole Grain

WGR = Whole Grain Rich

WW = Whole Wheat

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MENU B FOR THE WEEK OF: 4/7-4/11, 5/5-5/9, 6/2-6/6/2025

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 *Under 2 Canned Peaches	Applesauce	Bananas	Blueberries	Fresh Fruit *Under 2 Canned Pears
Grain/Meat*	1/2 oz eq	1/2 oz eq	WG Frosted Mini Wheats	WGR Biscuits	WG Cheerios	WGR Muffin Squares	WG Kix

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

Lunch

			Shepherd's Pie	Ham Mac & Cheese Pasta	Waffles & Eggs	Sun Butter & Jelly Sandwich	Turkey & Rice
Milk	1/2 Cup	3/4 Cup	Milk	Milk	Milk	Milk	Milk
Vegetable	1/8 Cup	1/4 Cup	Mashed Potatoes & Corn	Cauliflower	Peas	Mixed Vegetables	Broccoli
Fruit	1/8 Cup	1/4 Cup	Fresh Fruit *Under 2 Canned Apples	Tropical Fruit	Sliced Strawberries	Mixed Fruit	Fresh Fruit *Under 2 Canned Apples
Grain	1/2 oz eq	1/2 oz eq	Bread	Pasta	Waffle	Bread	Rice
Meat/Meat Alt	1 oz eq	1.5 oz eq	Ground Turkey	Ham & Cheese	Egg Patties	Provolone Slices	Turkey

*Lunch includes all 5 components above

Snack

Fruit	1/2 Cup	1/2 Cup		Fresh Fruit *Under 2 Canned Mixed Fruit		Orange Slices	Fresh Fruit *Under 2 Bananas
Vegetable	1/2 Cup	1/2 Cup					
Grain	1/2 oz eq	1/2 oz eq	Chex Snack Mix Under 3: Chex Mixed Cereal	Animal Crackers	Ritz Crackers	Smartfood Popcorn *Under 3 Graham Crackers	Goldfish
Meat/Meat Alt	1/2 oz eq	1/2 oz eq	Cheese Stick		American Cheese Slices		
Yogurt	1/4 Cup	1/2 Cup					

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MENU C FOR THE WEEK OF: 4/14-4/18, 5/12-5/16, 6/9-6/13/2025

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 *Under 2 Canned Pears	Bananas	Fresh Fruit *Under 2 Canned Mixed Fruit	Mango	Strawberries
Grain/Meat*	1/2 oz eq	1/2 oz eq	WG Life Cereal	WGR Cinnamon Rasin Bread	WG Bran Flakes	WW Bagel with Cream Cheese	WG Rice Cakes with Sun Butter

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

Lunch

			Turkey & Cheese Sandwich	Chicken Nuggets & Wild Rice	Pancakes & Eggs	American Chop Suey	Chicken Fajitas
Milk	1/2 Cup	3/4 Cup	Milk	Milk	Milk	Milk	Milk
Vegetable	1/8 Cup	1/4 Cup	Green Beans	Peas	Cauliflower	Mixed Vegetables	Corn
Fruit	1/8 Cup	1/4 Cup	Fresh Fruit *Under 2 Canned Peaches	Fresh Fruit *Under 2 Canned Apples	Blueberries	Bananas	Pineapple
Grain	1/2 oz eq	1/2 oz eq	Bread	Wild Rice	Pancakes	Pasta	Tortillas
Meat/Meat Alt	1 oz eq	1.5 oz eq	Turkey & Cheese	Chicken	Egg Patties	Ground Turkey	Chicken

*Lunch includes all 5 components above

Snack

Fruit	1/2 Cup	1/2 Cup			Fresh Fruit *Under 2 Canned Apples		Blueberries
Vegetable	1/2 Cup	1/2 Cup				Cucumber Slices	
Grain	1/2 oz eq	1/2 oz eq	Ritz Crackers	Goldfish	Animal Crackers	Hard Pretzels with Dip Under 3: Saltines	Granola
Meat/Meat Alt	1/2 oz eq	1/2 oz eq	American Cheese	String Cheese			
Yogurt	1/4 Cup	1/2 Cup					Dannon Light & Fit

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MENU D FOR THE WEEK OF: 4/21-4/25, 5/19-5/23, 6/16-6/20/2025

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 *Under 2 Canned Pears	Bananas	Fresh Fruit *Under 2 Canned Peaches	Blueberries	Fresh Fruit *Under 2 Canned Peaches
Grain/Meat*	1/2 oz eq	1/2 oz eq	WG Kix	WW Wheat Bread & Jelly	WG Frosted Mini Wheats	WGR Muffin Squares	WG Cheerios

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

Lunch

			Sweet & Sour Meatballs	Turkey Stroganoff	Waffles & Eggs	Chicken & Bean Burritos	BBQ Chicken
Milk	1/2 Cup	3/4 Cup	Milk	Milk	Milk	Milk	Milk
Vegetable	1/8 Cup	1/4 Cup	Mixed Vegetables	Carrots	Peas	Corn	String Beans
Fruit	1/8 Cup	1/4 Cup	Fresh Fruit *Under 2 Canned Apples	Fresh Fruit *Under 2 Canned Pears	Strawberries	Tropical Fruit	Applesauce
Grain	1/2 oz eq	1/2 oz eq	Rice	Egg Noodles	Waffles	Tortillas	Roll
Meat/Meat Alt	1 oz eq	1.5 oz eq	Turkey Meatballs	Ground Turkey	Egg Patties	Chicken & Beans	Chicken

*Lunch includes all 5 components above

Snack

Fruit	1/2 Cup	1/2 Cup	Fresh Fruit *Under 2 Canned Peaches		Applesauce	Fresh Fruit *Under 2 Canned Mixed Fruit	Fresh Fruit *Under 2 Bananas
Vegetable	1/2 Cup	1/2 Cup					
Grain	1/2 oz eq	1/2 oz eq	Biscuits	Ritz Crackers	Cornbread	WG Cheddar Sun Chips	Soft Pretzels
Meat/Meat Alt	1/2 oz eq	1/2 oz eq		American Cheese			
Yogurt	1/4 Cup	1/2 Cup					

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