

★ GREAT BAY KIDS ★

MENU A FOR THE WEEK OF: 6/23-6/27, 7/21-7/25, 8/18-8/22, 9/15-9/19/25

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	*Assorted Fresh Fruit Under 2 years Applesauce	*Assorted Fresh Fruit Under 2 years Canned Peaches	*Assorted Fresh Fruit Under 2 years Bananas	*Assorted Fresh Fruit Under 2 years Canned Pineapple	*Assorted Fresh Fruit Under 2 years Canned Peaches
Grain/Meat*	1/2 oz eq	1/2 oz eq	WGR Cheerios	Chex Cereal	WGR Life Cereal	WG Rice Cakes with Sunbutter	WGR Kix Cereal

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

Lunch

			Waffle & Sausage	Grilled Chicken & Pasta	Turkey & American Cheese Wrap	Sloppy Joes	Tacos
Milk	1/2 Cup	3/4 Cup	Milk	Milk	Milk	Milk	Milk
Vegetable	1/8 Cup	1/4 Cup	Broccoli	Peas	Cauliflower	Corn	Lettuce & Tomatoes
Fruit	1/8 Cup	1/4 Cup	Blueberries	*Assorted Fresh Fruit Under 2 years Canned Apples	*Assorted Fresh Fruit Under 2 years Canned Pears	*Assorted Fresh Fruit Under 2 years Canned Apples	*Assorted Fresh Fruit Under 2 years Canned Peaches
Grain	1/2 oz eq	1/2 oz eq	Waffle	Pasta	Wrap	Roll	Tortilla
Meat/Meat Alt	1 oz eq	1.5 oz eq	Sausage	Grilled Chicken	Turkey & Cheese	Ground Turkey	Ground Hamburger

*Lunch includes all 5 components above

Snack

Fruit	1/2 Cup	1/2 Cup		Sliced Strawberries	Watermelon	Bananas	*Assorted Fresh Fruit Under 2 Bananas
Vegetable	1/2 Cup	1/2 Cup					
Grain	1/2 oz eq	1/2 oz eq	WGR Wheat Thins	WGR Biscuits	WGR Animal Crackers	Oatmeal Bar	Graham Crackers
Meat/Meat Alt	1/2 oz eq	1/2 oz eq	American Cheese			Cheese Stick	
Yogurt	1/4 Cup	1/2 Cup					

*Snack Includes 2 different components

*Fresh Fruit includes Apples, Bananas, Nectarines, 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

4+ = Classrooms with 4 yrs & Older

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MENU B FOR THE WEEK OF: 6/30-7/4, 7/28-8/1. 8/25-8/29, 9/22-9/26/25

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	*Assorted Fresh Fruit Under 2 years Canned Peaches	Blueberries	Mango	*Assorted Fresh Fruit Under 2 years Canned Pineapple	Applesauce
Grain/Meat*	1/2 oz eq	1/2 oz eq	WGR Kix Cereal	WGR Cheerios	WGR Life Cereal	WGR Corn Flakes	WGR Biscuits

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

Lunch

			Ham & Cheese Roll Up	Ham Mac & Cheese	Diced Chicken & Pasta	Pancakes & Eggs	Turkey & Cheese Sandwiches
Milk	1/2 Cup	3/4 Cup	Milk	Milk	Milk	Milk	Milk
Vegetable	1/8 Cup	1/4 Cup	Peas & Carrots	Broccoli	Green Beans	Carrots	Cucumber
Fruit	1/8 Cup	1/4 Cup	*Assorted Fresh Fruit Under 2 years Canned Pears	*Assorted Fresh Fruit Under 2 years Canned Apples	*Assorted Fresh Fruit Under 2 years Bananas	Sliced Strawberries	*Assorted Fresh Fruit Under 2 years Applesauce
Grain	1/2 oz eq	1/2 oz eq	Tortilla	Pasta	Pasta	Pancakes	Bread
Meat/Meat Alt	1 oz eq	1.5 oz eq	American Cheese	Ham & Cheese	Chicken	Egg Patties	Turkey & Cheese

*Lunch includes all 5 components above

Snack

Fruit	1/2 Cup	1/2 Cup		*Assorted Fresh Fruit Under 2 years Canned Pears	*Assorted Fresh Fruit 3 & Up	*Assorted Fresh Fruit Under 2 years Bananas	*Assorted Fresh Fruit Canned Peaches
Vegetable	1/2 Cup	1/2 Cup	Cucumbers with Dip				
Grain	1/2 oz eq	1/2 oz eq	WGR Crackers	Graham Crackers	4+ WGR Tortilla Chips with Salsa 3 & Under Soft Tortillas & Sliced Cheese	Nutri-Grain Bars	4+ Smartfood Popcorn 3 & Under Animal Crackers
Meat/Meat Alt	1/2 oz eq	1/2 oz eq				Cheese Stick	

*Snack Includes 2 different components

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

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MENU C FOR THE WEEK OF: 7/17-7/11, 8/4-8/8, 9/1-9/5, 9/29-10/3/25

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	*Assorted Fresh Fruit Under 2 years Canned Peaches	*Assorted Fresh Fruit Under 2 years Applesauce	Bananas	*Assorted Fresh Fruit Under 2 years Canned Mixed Fruit	*Assorted Fresh Fruit Under 2 years Canned Pineapple
Grain/Meat*	1/2 oz eq	1/2 oz eq	WGR Life Cereal	WG Rice Cakes with Sunbutter	Whole Wheat Bagels with Cream Cheese	Wheat Cinnamon Bread	WGR Cheerios

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

Lunch

			Ham & Cheese Sandwich	Cheese & Pepperoni Pizza Roll Up	Chicken Nuggets	Turkey & Cheese Sandwich	Waffle & Egg Patty
Milk	1/2 Cup	3/4 Cup	Milk	Milk	Milk	Milk	Milk
Vegetable	1/8 Cup	1/4 Cup	Broccoli	Corn	Peas	Tomato & Cucumber	Cauliflower
Fruit	1/8 Cup	1/4 Cup	*Assorted Fresh Fruit Under 2 years Canned Pears	*Assorted Fresh Fruit Under 2 years Canned Pears	*Assorted Fresh Fruit Under 2 years Bananas	*Assorted Fresh Fruit Under 2 years Canned Peaches	Sliced Strawberries
Grain	1/2 oz eq	1/2 oz eq	Bread	Tortilla	Roll	Bread	Waffle
Meat/Meat Alt	1 oz eq	1.5 oz eq	Ham & Cheese	Cheese & Pepperoni	Chicken	Turkey & Cheese	Egg Patty

*Lunch includes all 5 components above

Snack

Fruit	1/2 Cup	1/2 Cup	Watermelon	*Assorted Fresh Fruit Under 2 years Canned Apples	*Assorted Fresh Fruit Under 2 years Bananas		*Assorted Fresh Fruit Under 2 years Applesauce
Vegetable	1/2 Cup	1/2 Cup					
Grain	1/2 oz eq	1/2 oz eq	WGR Graham Cracker	WG Chocolate Rice Cakes	4+ Hard Pretzels with Dip 3 & Under Goldfish	WGR Ritz Crackers	Veggie Straws
Meat/Meat Alt	1/2 oz eq	1/2 oz eq				American Cheese	String Cheese

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MENU D FOR THE WEEK OF: 7/14-18, 8/11-8/1, 9/8-9/12/25

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	*Assorted Fresh Fruit Under 2 years Canned Pears	*Assorted Fresh Fruit Under 2 years Canned Peaches	*Assorted Fresh Fruit Under 2 years Applesauce	Mango	Blueberries
Grain/Meat*	1/2 oz eq	1/2 oz eq	WGR Kix Cereal	WGR Life Cereal	WG Corn Flakes	WGR Cheerios	WGR Biscuits

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

Lunch

			Turkey & American Cheese Sandwich	Pancakes & Sausage	Turkey Meatballs	Grilled Chicken Mac & Cheese	Sunbutter & Jelly Sandwich
Milk	1/2 Cup	3/4 Cup	Milk	Milk	Milk	Milk	Milk
Vegetable	1/8 Cup	1/4 Cup	Broccoli	Green Beans	Carrots	Peas & Carrots	Green Beans
Fruit	1/8 Cup	1/4 Cup	*Assorted Fresh Fruit Under 2 years Applesauce	Sliced Strawberries	*Assorted Fresh Fruit Under 2 years Mixed Fruit	*Assorted Fresh Fruit Under 2 years Canned Pears	*Assorted Fresh Fruit Under 2 years Canned Pineapple
Grain	1/2 oz eq	1/2 oz eq	Bread	Pancakes	Roll	Pasta	Bread
Meat/Meat Alt	1 oz eq	1.5 oz eq	Turkey & American Cheese	Sausage	Turkey Meatballs	Chicken & Cheese	Cheese Sticks

*Lunch includes all 5 components above

Snack

Fruit	1/2 Cup	1/2 Cup		*Assorted Fresh Fruit Under 2 years Bananas	*Assorted Fresh Fruit Under 2 years Canned Pears	*Assorted Fresh Fruit Under 2 years Canned Apples	*Assorted Fresh Fruit Under 2 years Canned Peaches
Vegetable	1/2 Cup	1/2 Cup	Cucumbers with Dip				
Grain	1/2 oz eq	1/2 oz eq	WGR Goldfish	4+ WG Smartfood Popcorn 3 & Under WG Rice Cakes	4+ WGR Cheddar Sun Chips 3 & Under WG Wheat Crackers	WGR Animal Crackers	4+ WGR Chex Mix 3 & Under Chex Cereal Mix

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