

★ GREAT BAY KIDS ★

MENU A FOR THE WEEK OF: 10/6-10/10, 11/3-11/7, 12/1-12/5/2025

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	Mango	Assorted Fresh Fruit *Under 2: Canned Pears	Assorted Fresh Fruit *Under 2: Canned Mixed Fruit	Assorted Fresh Fruit *Under 2: Canned Apples	Applesauce
Grain/Meat*	1/2 oz eq	1/2 oz eq	WGR Kix Cereal	WW Bagel with Cream Cheese	WGR Cheerios	WGR Life Cereal	WGR Biscuits

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

Lunch

			Chicken & Rice	Chicken Nuggets	Pancakes & Sausage	Stroganoff	Turkey & Pasta
Milk	1/2 Cup	3/4 Cup	Milk	Milk	Milk	Milk	Milk
Vegetable	1/8 Cup	1/4 Cup	Broccoli	Corn	Peas	Carrots	Green Beans
Fruit	1/8 Cup	1/4 Cup	Assorted Fresh Fruit *Under 2: Canned Peaches	Assorted Fresh Fruit *Under 2: Applesauce	Blueberries	Pineapple	Assorted Fresh Fruit *Under 2: Peaches
Grain	1/2 oz eq	1/2 oz eq	Rice	Roll	Pancakes	Roll	Pasta
Meat/Meat Alt	1 oz eq	1.5 oz eq	Chicken	Chicken Nuggets	Sausage	Turkey	Turkey

*Lunch includes all 5 components above

Snack

Fruit	1/2 Cup	1/2 Cup		Assorted Fresh Fruit *Under 2: Bananas		Oranges	Assorted Fresh Fruit *Under 2: Canned Pears
Vegetable	1/2 Cup	1/2 Cup					
Grain	1/2 oz eq	1/2 oz eq	Graham Crackers	Nutrigrain Bars	Soft Pretzels	Animal Crackers	WGR Ritz Crackers
Meat/Meat Alt	1/2 oz eq	1/2 oz eq		Cheese Sticks	American Cheese		
Yogurt	1/4 Cup	1/2 Cup	Low Fat Yogurt				

*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

WW = Whole Wheat

WGR = Whole Grain Rich

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MENU B FOR THE WEEK OF: 10/13-10/17, 11/10-11/14, 12/8-12/12/2025

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	Strawberries	Assorted Fresh Fruit *Under 2: Canned Peaches	Bananas	Assorted Fresh Fruit *Under 2: Canned Pears	Assorted Fresh Fruit *Under 2: Bananas
Grain/Meat*	1/2 oz eq	1/2 oz eq	WGR Life Cereal	WW Bread with Jelly	WGR Kix Cereal	WGR Cheerios Cereal	Muffin Squares

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

Lunch

			Mac & Cheese With Ham	Turkey Dogs	Waffles & Egg Patties	English Muffin Pizza	Ham & Cheese Sandwich
Milk	1/2 Cup	3/4 Cup	Milk	Milk	Milk	Milk	Milk
Vegetable	1/8 Cup	1/4 Cup	Peas	Carrots	Sweet Potato	Corn	Tater Tots
Fruit	1/8 Cup	1/4 Cup	Assorted Fresh Fruit *Under 2: Canned Pears	Assorted Fresh Fruit *Under 2: Bananas	Strawberries	Assorted Fresh Fruit *Under 2: Canned Pineapple	Assorted Fresh Fruit *Under 2: Canned Mix Fruit
Grain	1/2 oz eq	1/2 oz eq	Pasta	Roll	Waffles	English Muffin	Bread
Meat/Meat Alt	1 oz eq	1.5 oz eq	Ham	Turkey Hot Dogs	Egg Patty	Cheese & pepperoni	Ham & Cheese

*Lunch includes all 5 components above

Snack

Fruit	1/2 Cup	1/2 Cup	Assorted Fresh Fruit *Under 2: Applesauce	Assorted Fresh Fruit *Under 2: Pears	Assorted Fresh Fruit *Under 2: Peaches		Assorted Fresh Fruit *Under 2: Applesauce
Vegetable	1/2 Cup	1/2 Cup				Sliced Cucumber with Dip	
Grain	1/2 oz eq	1/2 oz eq	Veggie Straws	Graham Crackers	Oatmeal Bars	Animal Crackers	Goldfish
Meat/Meat Alt	1/2 oz eq	1/2 oz eq	Cheese Sticks		American Cheese		

*Snack Includes 2 different components

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MENU C FOR THE WEEK OF: 10/20-10/24, 11/17-11/21, 12/15-12/19/202

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	Strawberries	Applesauce	Assorted Fresh Fruit *Under 2: Canned Pears	Bananas	Assorted Fresh Fruit *Under 2: Canned Apples
Grain/Meat*	1/2 oz eq	1/2 oz eq	WGR Chex Cereal	WGR Biscuits	WGR Frosted Mini Wheats Cereal	WGR Kix Cereal	WW Bagel with Cream Cheese

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

Lunch

			Sweet & Sour Meatballs	Shepherd's Pie	Pancakes & Egg Patties	Chicken a la King	American Chop Suey
Milk	1/2 Cup	3/4 Cup	Milk	Milk	Milk	Milk	Milk
Vegetable	1/8 Cup	1/4 Cup	Cauliflower	Corn & Potatoes	Green Beans	Peas	Broccoli
Fruit	1/8 Cup	1/4 Cup	Assorted Fresh Fruit *Under 2: Bananas	Assorted Fresh Fruit *Under 2: Canned Peaches	Blueberries	Assorted Fresh Fruit *Under 2: Canned Pears	Assorted Fresh Fruit *Under 2: Canned Pineapple
Grain	1/2 oz eq	1/2 oz eq	Rice	Roll	Pancakes	Pasta	Pasta
Meat/Meat Alt	1 oz eq	1.5 oz eq	Meatballs	Ground Turkey	Egg Patty	Chicken	Ground Turkey

*Lunch includes all 5 components above

Snack

Fruit	1/2 Cup	1/2 Cup	Assorted Fresh Fruit *Under 2: Canned Mixed Fruit			Assorted Fresh Fruit *Under 2: Applesauce	Assorted Fresh Fruit *Under 2: Canned Peaches
Vegetable	1/2 Cup	1/2 Cup					
Grain	1/2 oz eq	1/2 oz eq	Graham Crackers	WGR Ritz Crackers	Animal Crackers	Rice Cakes	Nutri-grain Bars
Meat/Meat Alt	1/2 oz eq	1/2 oz eq		American Cheese			American Cheese
Yogurt	1/4 Cup	1/2 Cup			Low Fat Yogurt		

*Snack Includes 2 different components

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

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MENU D FOR THE WEEK OF: 10/27-10/31, 11/24-11/28, 12/22-12/26/25

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	Mango	Assorted Fresh Fruit *Under 2: Applesauce	Bananas	Canned Pears	Assorted Fresh Fruit *Under 2: Bananas
Grain/Meat*	1/2 oz eq	1/2 oz eq	WGR Cheerios	WG Raisin Toast	WGR Chex Cereal	WGR Frosted Mini Wheats Cereal	Muffin Squares

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

Lunch

			Grilled Chicken Mac & Cheese	Soft Tacos	Waffles & Sausage	Meatballs & Pasta	Turkey & Cheese Rollup
Milk	1/2 Cup	3/4 Cup	Milk	Milk	Milk	Milk	Milk
Vegetable	1/8 Cup	1/4 Cup	Peas	Corn	Carrots	Green Beans	Cauliflower
Fruit	1/8 Cup	1/4 Cup	Assorted Fresh Fruit *Under 2: Canned Peaches	Assorted Fresh Fruit *Under 2: Canned Pineapple	Strawberries	Assorted Fresh Fruit *Under 2: Applesauce	Assorted Fresh Fruit *Under 2: Canned Apples
Grain	1/2 oz eq	1/2 oz eq	Pasta	Tortilla	Waffles	Pasta	Tortilla
Meat/Meat Alt	1 oz eq	1.5 oz eq	Chicken & Cheese	Ground Turkey	Sausage	Meatballs	Turkey & Cheese

*Lunch includes all 5 components above

Snack

Fruit	1/2 Cup	1/2 Cup	Assorted Fresh Fruit *Under 2: Canned Tropical Mixed Fruit	Oranges	Assorted Fresh Fruit *Under 2: Canned Mixed Fruit		
Vegetable	1/2 Cup	1/2 Cup				Carrots with Dip Under 2: Softened Carrots	
Grain	1/2 oz eq	1/2 oz eq	Oatmeal Bars	Graham Crackers	Veggie Straws	Animal Crackers	WGR Ritz Crackers
Meat/Meat Alt	1/2 oz eq	1/2 oz eq	American Cheese		Cheese Sticks		American Cheese

*Snack Includes 2 different components

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

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