

Menu A

Weekly Menu for the Week of: 1/5-1/9

| Meal | Component | Ages 1-2 | Ages 3-5 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|-----------------|-----------|-----------|-----------------------------|-------------------------------|----------------------------------|--------------------------|-------------------------------|
| BREAKFAST | 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 | Frozen Blueberries | Peaches in Natural Juice | Applesauce |
| | Grain/Meat* | 1/2 oz eq | 1/2 oz eq | Kix Whole Grain Rich Cereal | Whole Wheat Bagels | Cheerios Whole Grain Rich Cereal | Corn Chex Cereal | Whole Wheat Toast with Butter |
| | Yogurt | 1/4 cup | 1/2 cup | | | | | |

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

| | | | Chicken & Broccoli Pesto Pasta | Beef Stroganoff | Ham & Cheese Sandwich | American Chop Suey | Turkey & Rice Casserole |
|-------|-----------------------|-----------|--------------------------------|-------------------------------------|----------------------------|-------------------------------|---|
| LUNCH | Milk | 1/2 cup | 3/4 cup | Milk | Milk | Milk | Milk |
| | Vegetable | 1/8 cup | 1/4 cup | Broccoli | Frozen Peas | Green Beans | Frozen Carrots |
| | Fruit | 1/8 cup | 1/4 cup | *Fresh Apples Under 2 Canned Apples | Pineapple in Natural Juice | *Fresh Fruit Under 2 Mandarin | *Fresh Fruit Under 2 Pears in Natural Juice |
| | Grain | 1/2 oz eq | 1/2 oz eq | Pasta | Egg Noodles | Bread | Pasta |
| | Meat/Meat Alternative | 1 oz | 1 1/2 oz | Chicken | Beef | Ham & Cheese | Beef |
| | | | | | | | Turkey |

*Lunch includes all 5 components above

| | | | | | | | |
|-----------------------|-----------|-----------|-----------------------------------|----------------------------|------------------------------|---------------------------|-------------------------------------|
| Fruit | 1/2 cup | 1/2 cup | | | *Fresh Fruit Under 2 Bananas | | Orange Slices Under 2 Canned Apples |
| Vegetable | 1/2 cup | 1/2 cup | Carrots with Dip Under 3 Softened | | | | |
| Grain | 1/2 oz eq | 1/2 oz eq | Pita Bread | Graham Crackers | Soft Pretzels with Mustard | Whole Grain Rich Crackers | Animal Crackers |
| Meat/Meat Alternative | 1/2 oz eq | 1/2 oz eq | | | | American Cheese | |
| Yogurt | 2oz | 4 oz | | 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



Menu B

Weekly Menu for the Week of: 1/12-1/16

| Meal | Component | Ages 1-2 | Ages 3-5 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|-----------------|-----------|-----------|--|---|--|---------------------------------|---|
| BREAKFAST | 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 Mandarin Oranges | *Fresh Fruit Under 2 Peaches in Natural Juice | Mango | *Fresh Fruit Under 2 Bananas | *Fresh Fruit Under 2 Blueberries |
| | Grain/Meat* | 1/2 oz eq | 1/2 oz eq | Life Cereal Whole Grain Rich | Whole Wheat Toast with Sunbutter | Kix Cereal Whole Grain Enriched Cereal | Whole Grain Cheerios | 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

| | | | Mac & Cheese with Ham | Make Your Own Tortilla Pizza | Egg Patties & Waffles | Grilled Chicken Pasta | Turkey Meatball Subs |
|-------|-----------------------|-----------|--------------------------|---------------------------------|--|--------------------------|---|
| LUNCH | Milk | 1/2 cup | 3/4 cup | Milk | Milk | Milk | Milk |
| | Vegetable | 1/8 cup | 1/4 cup | Peas | Corn | Peas | Cauliflower |
| | Fruit | 1/8 cup | 1/4 cup | *Fresh Fruit | *Fresh Fruit Under 2 Pineapple in Natural Juices | Sliced Strawberries | *Fresh Fruit Under 2 Apples in Natural Juices |
| | Grain | 1/2 oz eq | 1/2 oz eq | Pasta | Tortilla | Waffles | Pasta |
| | Meat/Meat Alternative | 1 oz | 1 1/2 oz | Ham | Cheese & Pepperoni | Egg Patties | Grilled Chicken |
| | | | | | | | Turkey Meatballs & Cheese Stick |

*Lunch includes all 5 components above

| | | | | | | | |
|-----------------------|-----------|-----------|---|---|--|-------------------------------|---------------------------------|
| Fruit | 1/2 cup | 1/2 cup | | *Fresh Fruit Under 2 Apples in Natural Juices | *Fresh Fruit Under 2 Peaches in Natural Juices | Frozen Strawberries | *Fresh Fruit Under 2 Bananas |
| Vegetable | 1/2 cup | 1/2 cup | | | | | |
| Grain | 1/2 oz eq | 1/2 oz eq | Tortilla Chips Under 2 Soft Tortillas | Graham Crackers | Oatmeal Bars | | Goldfish |
| Meat/Meat Alternative | 1/2 oz eq | 1/2 oz eq | Cheddar Cheese | American Cheese | | Dannon Light & Fit Vanilla | |
| Yogurt | 2oz | 4 oz | | | | | |

*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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Menu C

Weekly Menu for the Week of: 1/19-1/23

| Meal | Component | Ages 1-2 | Ages 3-5 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|-----------------|-----------|-----------|---------------------------------------|---------------------------------|---|------------|-------------------------------------|
| BREAKFAST | 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 | *Fresh Fruit Under 2 Bananas | *Fresh Fruit Under 2 Pears in Natural Juices | Applesauce | Strawberries |
| | Grain/Meat* | 1/2 oz eq | 1/2 oz eq | Chex Cereal | Kix Grain Rich Cereal | Whole Wheat Toast with Sunbutter | 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

| | | | American Chop Suey | Chicken a la King | Pancakes & Egg Patty | Shepard's Pie | Baked Ham & Rice |
|-------|-----------------------|-----------|--------------------|--------------------------------|--|---------------|---|
| LUNCH | Milk | 1/2 cup | 3/4 cup | Milk | Milk | Milk | Milk |
| | Vegetable | 1/8 cup | 1/4 cup | Broccoli | Peas | Corn | Corn & Potatoes |
| | Fruit | 1/8 cup | 1/4 cup | *Fresh Fruit Under 2 Banana | *Fresh Fruit Under 2 Peaches in Natural Juice | Blueberries | *Fresh Fruit Under 2 Pineapple in Natural Juices |
| | Grain | 1/2 oz eq | 1/2 oz eq | Pasta | Biscuits | Pancakes | Wheat Rich Roll |
| | Meat/Meat Alternative | 1 oz | 1 1/2 oz | Beef | Chicken | Egg Patty | Turkey |
| | | | | | | | Ham |

*Lunch includes all 5 components above

| | | | | | | | |
|-----------------------|-----------|-----------|----------------------|--|-------------------|----------------------------|--------------|
| Fruit | 1/2 cup | 1/2 cup | | *Fresh Fruit Under 2 Mandarin Oranges | | Mango | |
| Vegetable | 1/2 cup | 1/2 cup | | | Broccoli with Dip | | |
| Grain | 1/2 oz eq | 1/2 oz eq | Whole Wheat Crackers | Banana Bread | Goldfish | | Saltines |
| Meat/Meat Alternative | 1/2 oz eq | 1/2 oz eq | American Cheese | | | | Cheese Stick |
| Yogurt | 2oz | 4 oz | | | | 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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Menu D

Weekly Menu for the Week of: 1/26 - 1/30

| Meal | Component | Ages 1-2 | Ages 3-5 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|-----------------|-----------|-----------|---------------------------------------|-----------------------------|----------------------------|-------------|---|
| BREAKFAST | 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 | Bananas | Mango | Blueberries | *Fresh Fruit Under 2 Pears in Natural Juices |
| | Grain/Meat* | 1/2 oz eq | 1/2 oz eq | Cornflakes | Raisin Toast with Sunbutter | Cheerios 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

| | | | Grilled Mac & Cheese | Soft Tacos | Waffles & Sausage | Lazy Lasagna | Sweet & Sour Chicken |
|-------|-----------------------|-----------|----------------------|---|--|---------------------|---|
| LUNCH | Milk | 1/2 cup | 3/4 cup | Milk | Milk | Milk | Milk |
| | Vegetable | 1/8 cup | 1/4 cup | Peas | Corn | Peas | Green Beans |
| | Fruit | 1/8 cup | 1/4 cup | *Fresh Fruit Under 2 Pears in Natural Juices | *Fresh Fruit Under 2 Pineapple in Natural Juice | Sliced Strawberries | *Fresh Fruit Under 2 Peaches in Natural Juices |
| | Grain | 1/2 oz eq | 1/2 oz eq | Pasta | Tortilla | Waffles | Whole Wheat Pasta |
| | Meat/Meat Alternative | 1 oz | 1 1/2 oz | Chicken & Cheese | Beef & Shredded Cheese | Sausage | Ground Turkey |

*Lunch includes all 5 components above

| | | | | | | | |
|-----------------------|-----------|-----------|--------------------------------------|--|----------|--|-------------------------------------|
| Fruit | 1/2 cup | 1/2 cup | | *Fresh Fruit Under 2 Peaches in Natural Juice | Bananas | *Fresh Fruit Under 2 Apples in Natural Juices | |
| Vegetable | 1/2 cup | 1/2 cup | | | | | *Fresh Fruit Under 2 Mixed Fruit |
| Grain | 1/2 oz eq | 1/2 oz eq | Carrots with Dip Under 3 Softened | Graham Cracker | Goldfish | Muffin Squares | |
| Meat/Meat Alternative | 1/2 oz eq | 1/2 oz eq | Wheat Crackers | | | | Cheese Stick |
| Yogurt | 2oz | 4 oz | | | | | |

*Snack includes 2 different components

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

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