

Menu A
Meal

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

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	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

LUNCH

			Chicken & Broccoli Pesto Pasta	Beef Stroganoff	Ham & Cheese Sandwich	American Chop Suey	Turkey & Rice Casserole
Milk	1/2 cup	3/4 cup	Milk	Milk	Milk	Milk	Milk
Vegetable	1/8 cup	1/4 cup	Broccoli	Frozen Peas	Green Beans	Frozen Carrots	Corn
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	Bananas
Grain	1/2 oz eq	1/2 oz eq	Pasta	Egg Noodles	Bread	Pasta	Rice
Meat/Meat Alternative	1 oz	1 1/2 oz	Chicken	Beef	Ham & Cheese	Beef	Turkey

*Lunch includes all 5 components above

SNACK

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
Meal

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

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 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

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	Peas	Cauliflower	Carrots
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	*Fresh Fruit Under 2 Applesauce
Grain	1/2 oz eq	1/2 oz eq	Pasta	Tortilla	Waffles	Pasta	Hot Dog Rolls
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

SNACK

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	Cheese Stick		Amateur 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.

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Menu C
Meal

Weekly Menu for the Week of:

1/19-1/23

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	*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

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	Corn & Potatoes	Green Beans
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	*Fresh Fruit Under 2 Pears in Natural Juices
Grain	1/2 oz eq	1/2 oz eq	Pasta	Biscuits	Pancakes	Wheat Rich Roll	Rice
Meat/Meat Alternative	1 oz	1 1/2 oz	Beef	Chicken	Egg Patty	Turkey	Ham

*Lunch includes all 5 components above

SNACK

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
Meal

Weekly Menu for the Week of:

1/26 - 1/30

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	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

LUNCH

			Grilled Mac & Cheese	Soft Tacos	Waffles & Sausage	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	Peas	Green Beans	Broccoli
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	*Fresh Fruit Under 2 Mandarin Oranges
Grain	1/2 oz eq	1/2 oz eq	Pasta	Tortilla	Waffles	Whole Wheat Pasta	Rice
Meat/Meat Alternative	1 oz	1 1/2 oz	Chicken & Cheese	Beef & Shredded Cheese	Sausage	Ground Turkey	Chicken

*Lunch includes all 5 components above

SNACK

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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