

Revised: 10/11/2011

**Gretchen's House Child Care Centers
Young Fives, Preschool and Toddler -Fall/Winter Menu 2011-2012
Week A**

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk and Cereal	Milk and Cereal	Milk and Cereal	Milk and Cereal	Milk and Cereal
AM Snack (Choose 2 of 4) Milk/Juice Fruit/Veggie Meat/protein Whole Grains	Milk 100% Whole wheat toast and Bananas	Milk Whole grain waffles, vanilla yogurt and berries	Milk Low fat yogurt and granola cereal (no nut)	Milk Cottage cheese and pineapple	Milk 100% whole wheat or grain bagels w/cream cheese and raisins or leftover fresh vegetable cream cheese spread
Lunch Fluid Milk; Meat and/or Alternative; 2 Vegetables and/or Fruits; Bread or Grain Equivalent	Milk Baked Ziti Whole Grain Noodles Broccoli Pears	Milk Chicken Stir Fry Brown Rice Mixed Vegetables Apples	Milk Ground Turkey 100% Whole Grain Bread Green beans & Mashed Potato Peaches	Milk Black Bean and Rice Quesadillas Whole Grain Tortillas Carrots Seasonal Fruit	Milk Tomato Soup w/Grilled Cheese 100% Whole Wheat Bread Peas Bananas
PM Snack (Choose 2 of 4) Milk/Juice Fruit/Veggie Meat/protein Whole Grains	Water Trail Mix: cereal, crackers & raisins/dried fruit and frozen peas or blanched vegetables	Water Natural cheese slices and whole grain crackers	Water Whole grain or whole wheat tortillas with salsa and black olives	Water Whole wheat/grain crackers with fresh vegetable cream cheese spread	Water Goldfish with leftover fruits and vegetables

These weeks: Nov 7 Dec 5 Jan 2 Jan 30 Feb 27 March 26 April 23

PLEASE NOTE THAT CEREAL WILL BE AVAILBLE FOR CHILDREN WITH EARLY ARRIVALS

Unsweetened Dry Cereal: Cheerios, Original Wheaties, Rice or Corn Chex, Kix, and Original Life Cereal (DO NOT SERVE: Wheaties Fuel)

Lightly Sweetened Dry Cereal: Cinnamon Life, Fruity Cheerios, Cinnamon Toast Crunch and Honey Kix

Fruit: Fresh, canned, frozen, or dried fruits. Serve fresh fruits whenever possible

Trail Mix: A Mix of unsweetened, lightly sweetened cereals, crackers, raisins and other dried fruit.

Leftover fruits and vegetables should be served w/in 48 hours and can be added to breakfast, snacks or lunch.

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**Gretchen's House Child Care Centers
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Week B**

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u>	Milk and Cereal	Milk and Cereal	Milk and Cereal	Milk and Cereal	Milk and Cereal
<u>Breakfast/AM Snack</u> (Choose 2 of 4) Milk/Juice Fruit/Veggie Meat/protein Whole Grains	Milk & Orange Juice	Milk	Milk	Milk	Milk
	Oatmeal and apple slices	Cottage cheese and fresh or blanched vegetables	English muffins pizza: Whole wheat English muffin, mozzarella and fresh shredded or blanched vegetables	100% Whole wheat or grain bagels w/cream cheese and raisins or leftover bean dip	Bran flakes, raisins and bananas
<u>Lunch</u> Fluid Milk; Meat and/or Alternative; 2 Vegetables and/or Fruits; Bread or Grain Equivalent	Milk	Milk	Milk	Milk	Milk
	Cheese Pizza	Lean Turkey Spaghetti w/marinara sauce	Homemade Chicken Noodle Soup	Lean Beef or Bean Sloppy Joes	Homemade Macaroni & Cheese w/natural cheese
	Whole Wheat Pita Bread	Whole Grain Noodles	Wide noodles	Whole Grain Hamburger Buns	Whole Grain Noodles
	Black Olives, Carrots	Romaine Salad/fresh Veggies	Carrots/Celery/Onion	Peas	Green Beans
	Peaches	Pears	Unsweetened Applesauce	Bananas	Apples
<u>PM Snack</u> (Choose 2 of 4) Milk/Juice Fruit/Veggie Meat/protein Whole Grains	Water	Water	Water	Water	Water
	Yogurt and Kix Cereal	Trail Mix: cereal, crackers & raisins/dried fruit	Whole wheat pita bread w/homemade bean dip	Whole wheat/grain crackers with fresh vegetables or blanched veggies	Whole grain corn tortillas w/salsa and leftover vegetables

These weeks: Nov 14 Dec 12 Jan 9 Feb 6 March 5 April 2

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Unsweetened Dry Cereal: Cheerios, Original Wheaties, Rice or Corn Chex, Kix, and Original Life Cereal (DO NOT SERVE: Wheaties Fuel)

Lightly Sweetened Dry Cereal: Cinnamon Life, Fruity Cheerios, Cinnamon Toast Crunch and Honey Kix

Fruit: Fresh, canned, frozen, or dried fruits. Serve fresh fruits whenever possible

Trail Mix: A Mix of unsweetened, lightly sweetened cereals, crackers, raisins and other dried fruit.

Leftover fruits and vegetables should be served w/in 48 hours and can be added to breakfast, snacks or lunch.

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**Gretchen's House Child Care Centers
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Week C**

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u>	Milk and Cereal	Milk and Cereal	Milk and Cereal	Milk and Cereal	Milk and Cereal
<u>AM Snack</u> (Choose 2 of 4) Milk/Juice Fruit/Veggie Meat/protein Whole Grains	Milk Fruit tortilla- Whole wheat tortilla, cream cheese, strawberry jam and fresh or frozen berries	Milk Gold fish crackers and frozen peas or blanched veggies	Milk 100% Whole wheat or grain bagels w/cream cheese and shredded veggies (fresh or blanched)	Milk English muffins, mozzarella and black olives	Milk 100% Whole wheat toast and bananas
<u>Lunch</u> Fluid Milk; Meat and/or Alternative; 2 Vegetables and/or Fruits; Bread or Grain Equivalent	Milk Lean Beef or Bean Chili Cornbread Green Beans Pears	Milk High Protein Pancakes, made with oatmeal/cottage cheese Oatmeal Carrots Strawberry sauce and Banana Slices	Milk Baked Ziti Whole Grain Noodles Broccoli Pears	Milk Chicken Stir Fry Brown Rice Mixed Vegetables Apples	Milk Black Bean and Rice Quesadillas Whole Grain Tortillas Carrots Seasonal Fruit
<u>PM Snack</u> (Choose 2 of 4) Milk/Juice Fruit/Veggie Meat/protein Whole Grains	Water Whole wheat/grain crackers with fresh vegetable cream cheese spread	Water Whole grain or whole wheat tortillas with salsa or leftover cream cheese spread	Water Trail Mix: Cereal, Crackers & Raisins/dried fruit	Water Whole wheat/grain crackers and natural cheese slices	Water Low fat yogurt and granola cereal-(no nut), leftover fruit and vegetables

These weeks Nov 21 Dec 19 Jan 16 Feb 13 March 12 April 9

PLEASE NOTE THAT CEREAL WILL BE AVAILBLE FOR CHILDREN WITH EARLY ARRIVALS
 Unsweetened Dry Cereal: Cheerios, Original Wheaties, Rice or Corn Chex, Kix, and Original Life Cereal (DO NOT SERVE: Wheaties Fuel)
 Lightly Sweetened Dry Cereal: Cinnamon Life, Fruity Cheerios, Cinnamon Toast Crunch and Honey Kix
 Fruit: Fresh, canned, frozen, or dried fruits. Serve fresh fruits whenever possible
 Trail Mix: A Mix of unsweetened, lightly sweetened cereals, crackers, raisins and other dried fruit.
 Leftover fruits and vegetables should be served w/in 48 hours and can be added to breakfast, snacks or lunch.

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**Gretchen's House Child Care Centers
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Week D**

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk and Cereal	Milk and Cereal	Milk and Cereal	Milk and Cereal	Milk and Cereal
Breakfast/AM Snack (Choose 2 of 4) Milk/Juice Fruit/Veggie Meat/protein Whole Grains	Milk	Milk	Milk and 100% Juice	Milk	Milk
	Low fat yogurt, granola cereal (no nuts) and raisins	Cheerios and bananas	Oatmeal, raisins and fruit	100% Whole wheat or grain bagels w/cream cheese and raisins or leftover fresh vegetable cream cheese spread	Whole grain waffles, vanilla yogurt and berries
Lunch Fluid Milk; Meat and/or Alternative; 2 Vegetables and/or Fruits; Bread or Grain Equivalent	Milk	Milk	Milk	Milk	Milk
	Italian Cheese Pockets	Chicken and Cheese Quesadilla	Lean Turkey Spaghetti w/marinara sauce	Mock Hamburgers (Kidney beans)	Homemade Macaroni/Cheese w/natural cheese
	Whole Wheat Pita Bread	Whole Wheat Tortillas	Whole Grain Noodles	Whole Grain Bun	Whole Grain Noodles
	Broccoli	Green Beans	Mixed Vegetables	Carrots	Peas
	Apples	Peaches	Pears	Unsweetened Applesauce	Seasonal Fruit
PM Snack (Choose 2 of 4) Milk/Juice Fruit/Veggie Meat/protein Whole Grains	Water	Water	Water	Water	Water
	Gold fish crackers and frozen peas or blanched veggies	Cottage cheese, frozen peas or blanched vegetables	Whole wheat/grain crackers with fresh vegetable cream cheese spread	Trail Mix: Cereal, crackers & raisins/dried fruit	Bran flakes and leftover fruits and vegetables

These Weeks: Nov 28 Jan 23 Feb 20 March 19 April 16

PLEASE NOTE THAT CEREAL WILL BE AVAILBLE FOR CHILDREN WITH EARLY ARRIVALS

Unsweetened Dry Cereal: Cheerios, Original Wheaties, Rice or Corn Chex, Kix, and Original Life Cereal (DO NOT SERVE: Wheaties Fuel)

Lightly Sweetened Dry Cereal: Cinnamon Life, Fruity Cheerios, Cinnamon Toast Crunch and Honey Kix

Fruit: Fresh, canned, frozen, or dried fruits. Serve fresh fruits whenever possible

Trail Mix: A Mix of unsweetened, lightly sweetened cereals, crackers, raisins and other dried fruit.

Leftover fruits and vegetables should be served w/in 48 hours and can be added to breakfast, snacks or lunch.