

Gretchen's House Child Care Centers
 Fall/Winter Menu 2017-2018
 Week A

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Early arrival snack</u>	Milk and Whole Grain Cereal	Milk and Whole Grain Cereal	Milk and Whole Grain Cereal	Milk and Whole Grain Cereal	Milk and Whole Grain Cereal
<u>Breakfast/AM Snack</u> (Choose 2 of 4) Milk Fruit/Veggie Meat/protein Whole Grains	Milk Gold Fish and Thawed Peas or Blanched Veggies for Toddlers	Milk Wow Butter and Fruit Spread Roll Up with Tortilla	Milk Whole Grain Waffles and Berries or Fresh Seasonal Fruit	Milk Whole Wheat Bagels w/ Leftover Fresh Veggie Spread or Cream Cheese	Milk Yogurt w/ Granola Topping (no nut)
<u>Lunch</u> Fluid Milk; Meat and/or Alternative; Vegetables, Fruits, Bread or Grain Equivalent	Milk Baked Ziti Whole Grain Pasta Cauliflower Seasonal Fruit	Milk Pumpkin Pancakes Yogurt Peas Peaches	Milk Chicken Stir Fry Basmati Rice and Quinoa Mixed Vegetables Apple Slices	Milk Grilled Cheese Tomato Soup Whole Wheat Bread Carrots Bananas	Milk Black Bean and Brown Rice/Quinoa Quesadilla Basmati Rice &/or Quinoa Broccoli Pears
<u>PM Snack</u> (Choose 2 of 4) Milk Fruit/Veggie Meat/protein Whole Grains	Water Graham Crackers and Bananas	Water Whole Grain Crackers w/ Natural Cheese Slices	Water Whole Wheat Pita & Fresh Vegetable Cream Cheese Spread	Water Trail Mix: Cereal, Crackers & Raisins/Dried Fruit	Water Whole Grain English Muffins and 100% Fruit Spread and Leftover Veggies and Fruit

Week of: Nov. 6th Dec. 4th Jan. 1st Jan. 29th Feb. 26th Mar. 26th Apr. 23nd

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

Unsweetened Dry Cereal: Cheerios, Bran Flakes, 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.

Gretchen's House Child Care Centers
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 Week B

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Early arrival snack</u>	Milk and Whole Grain Cereal	Milk and Whole Grain Cereal	Milk and Whole Grain Cereal	Milk and Whole Grain Cereal	Milk and Whole Grain Cereal
<u>Breakfast/AM Snack</u> (Choose 2 of 4) Milk Fruit/Veggie Meat/protein Whole Grains	Milk Life Cereal w/ Pears	Milk Yogurt with Granola Topping (nut free)	Milk Whole Grain Bagels w/ Cream Cheese and or Leftover Pumpkin Dip	Milk Whole Grain Waffles w/ Berries or Fresh Seasonal Fruit	Milk Carrots (blanched for toddlers) w/ Raisins
<u>Lunch</u> Fluid Milk; Meat and/or Alternative; Vegetables, Fruits, Bread or Grain Equivalent	Milk "Wow" Butter and 100% Fruit Spread Sandwiches *toasted for toddlers Whole Wheat Bread Carrots Apple Slices	Milk Homemade Chicken Noddle Soup Whole Grain Pasta / Whole Wheat Crackers Carrots/Celery/Onions Peaches	Milk Lean Turkey Spaghetti Whole Grain Pasta Cauliflower Pears	Milk White Cheese Pizza w/ Hidden Vegetable Whole Wheat Pita Bread Green Beans Melon or Seasonal Fruit	Milk Homemade Macaroni & Cheese W/ Natural Cheese Whole Grain Pasta Broccoli Bananas
<u>PM Snack</u> (Choose 2 of 4) Milk Fruit/Veggie Meat/protein Whole Grains	Water Trail Mix: Cereal, Crackers & Raisins / Dried Fruit	Water Whole Grain English Muffins w/ Homemade Pumpkin Dip	Water Apple and Cheese Slices	Water Gold Fish Crackers w/ Thawed or Blanched Peas	Water Graham Crackers w/ Leftover Fruit and Veggies

Week of: Nov 13th Dec 11th Jan 8th Feb 5th Mar 5th April 2nd

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

Unsweetened Dry Cereal: Cheerios, Bran Flakes, 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.

Revised: 10/5/16

Gretchen's House Child Care Centers
 Fall/Winter Menu 2016-2017
 Week C

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Early arrival snack</u>	Milk and Whole Grain Cereal	Milk and Whole Grain Cereal	Milk and Whole Grain Cereal	Milk and Whole Grain Cereal Milk and Cereal	Milk and Whole Grain Cereal
<u>Breakfast/AM Snack</u> (Choose 2 of 4) Milk Fruit/Veggie Meat/protein Whole Grains	Milk Whole Grain Waffles w/ Seasonal Fresh Fruit	Milk Whole Wheat Bagels w/ Cream Cheese	Milk Whole Wheat Toast w/ a Sprinkle of Cinnamon and Bananas	Milk Cottage Cheese and Pineapple	Milk Yogurt and Cereal
<u>Lunch</u> Fluid Milk; Meat and/or Alternative Vegetables, Fruits, Bread or Grain Equivalent	Milk Scrambled Eggs and Turkey Sausage Whole Grain Toast Broccoli Pears	Milk Mini Lean Turkey or Bean Hamburgers Whole Grain Bun Whole Grain Hamburger Buns Vegetarian Baked Beans Apple Slices	Milk Minestrone Soup with Beans Whole Grain Pasta/Whole wheat Saltines Mixed Vegetables Oranges	Milk French Toast w/Yogurt Topping 100% Whole Wheat Bread Sweet Potato Seasonal fruit	Milk Chicken and Cheese Quesadillas Whole Wheat Tortilla Green Beans Peaches
<u>PM Snack</u> (Choose 2 of 4) Milk/Fruit/Veg Meat/protein Whole Grains	Water Whole Grain Crackers w/ Natural Cheese Slices	Water Graham Crackers w/ Wow Butter	Water Gold Fish Crackers and Leftover Fruit and Vegetables	Water Whole Grain or Whole Wheat Pita Bread Veg. Cream Cheese and Black Olives	Water Trail Mix: Cereal, Crackers & Raisins / Dried Fruit

Week of: Nov 20th Dec 18th Jan 15th Feb 12th Mar 12th Apr 9th

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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.

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Revised: 10/5/16

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Week D

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<u>Early arrival snack</u>	Milk and Whole Grain Cereal	Milk and Whole Grain Cereal	Milk and Whole Grain Cereal	Milk and Whole Grain Cereal	Milk and Whole Grain Cereal	
<u>Breakfast/AM Snack</u> (Choose 2 of 4) Milk Fruit/Veggie Meat/protein Whole Grains	Milk Goldfish Crackers w/ Black Olives	Milk Whole Grain Waffles, and Berries	Milk and 100% Juice Life w/ Dried Fruit	Milk Whole Wheat English Muffins w Leftover Pumpkin Dip or 100% Fruit Spread	Milk 100% Whole Wheat Toast with a Sprinkle of Cinnamon and Bananas	
<u>Lunch</u> Fluid Milk; Meat and/or Alternative, Vegetables, Fruits, Bread or Grain Equivalent	Milk "Wow" Butter and 100% Fruit Spread Sandwiches *toasted for toddlers* Whole Wheat Bread Cauliflower Melon or Seasonal Fruit	Milk Lean Turkey/Bean Tacos 100% Whole Grain Tortillas Tomatoes and Lettuce Pears	Milk Cheese Pizza w/ Hidden Vegetable Whole Wheat Pita Bread Brussel Sprouts Bananas	Milk Turkey/Bean Chili and Corn Bread Corn Bread Green Beans Peaches	Milk Homemade Macaroni & Cheese w/ Natural Cheese Whole Grain Pasta Green Beans Apple Slices	
<u>PM Snack</u> (Choose 2 of 4) Milk/Fruit/Veg Meat/protein Whole Grains	Water Yogurt & Granola Cereal (no nuts)	Water Whole Grain crackers w/ Fresh Veg Slices Blanched Vegetables for Toddlers	Water Graham Crackers w/ Homemade Pumpkin Dip	Water Whole Grain Crackers w/ Natural Cheese Slices	Water Trail Mix: Cereal, Crackers & Raisins / Dried Fruit and Leftover Fruits and Vegetables	
Week of:	Nov 27 th	Dec 25 th	Jan 22 nd	Feb 19 th	Mar 19 th	Apr 16 th

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

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