

Gretchen's House Child Care Centers
 Young 5, Preschool and Toddler - Spring/Summer Menu 2019
 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 Multigrain Cheerios and Peaches	Milk Whole grain waffles, and berries or seasonal fruit	Milk Yogurt w/ Granola topping (no nut)	Milk Bagels w/cream cheese and black olives	Milk Cottage cheese and Mandarin Oranges
<u>Lunch</u> Fluid Milk; Meat and/or Alternative; Vegetable and Fruits; Bread or Grain Equivalent	Milk Quinoa Salad	Milk Individual cheese pizza w/hidden vegetable pizza sauce	Milk Chicken Stir Fry	Milk Lean Turkey / Refried beans and cheese tacos	Milk "Wow" Butter and 100% fruit spread Sandwiches *toasted for toddlers*
	Quinoa	Whole wheat Pita Bread	Brown rice/Quinoa mix	Whole Grain Soft Taco Shells	100% Whole Wheat Bread
	Broccoli	Green Beans	Mixed vegetables	Lettuce, Tomato	Cauliflower
	Pears	Bananas	Melon or Seasonal Fruit	Unsweetened Applesauce	Seasonal fruit
<u>PM Snack</u> (Choose 2 of 4) Milk Fruit/Veggie Meat/protein Whole Grains	Water Goldfish and thawed peas or blanched for toddlers	Water Apple slices and wow butter	Water Whole Grain Crackers and fresh cucumbers/peppers or blanched veggies for toddlers	Water Graham Crackers and pumpkin dip	Water Trail Mix: Cereal, Crackers & Raisins/Dried Fruit

Week of: April 29 May 27 June 24 July 2 July 29 Aug 26 Sept 23

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 Applesauce and Graham crackers	Milk Whole Grain Waffles w/Berries	Milk Whole grain Bagels w/ Avocado	Milk Yogurt with Granola topping (nut free)	Milk Kix Cereal w/Bananas
<u>Lunch</u> Fluid Milk; Meat and/or Alternative; Vegetables and Fruits; Bread or Grain Equivalent	Milk Homemade Macaroni/Cheese w/natural cheese only Whole Grain Noodles Brussel Sprouts Apple Slices	Milk Cheese Sandwiches 100% Whole Wheat Bread Tomatoes, Corn and Black Beans Melon or seasonal fruit	Milk Mini Lean Turkey Hamburgers or Kidney Beans burgers/Whole Wheat Bun 100% Whole wheat hamburger buns Roasted Sweet Potato Peaches	Milk Chicken and Cheese Quesadillas 100%Whole Wheat Tortillas Mixed vegetables Bananas	Milk Broccoli and Natural Cheese w/Brown Basmati Rice & Quinoa Brown Basmati Rice/Quinoa mix Cauliflower Seasonal fruit
<u>PM Snack</u> (Choose 2 of 4) Milk/ Fruit/Veggie Meat/protein Whole Grains	Water Trail Mix: cereal, crackers & raisins/dried fruit	Water Life cereal and Pears	Water Whole Grain Crackers w/ sliced,peppers,cucumbers /blanched veggies for toddlers	Water Gold Fish crackers with thawed or blanched peas	Water Graham Crackers and "Wow" Butter spread/ leftover fruits/ vegetables

Week of: May 6 June 3 July 1 Aug 5 Sept 2

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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.

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 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 Whole Grain Cereal
<u>Breakfast/AM Snack</u> (Choose 2 of 4) Milk/ Fruit/Veggie Meat/protein Whole Grains	Milk Whole grain waffles and blueberries	Milk Strawberries and yogurt	Milk Graham Crackers and Applesauce	Milk Cheerios and mandarin oranges	Milk Whole Wheat Toast with a sprinkle of cinnamon and bananas
<u>Lunch</u> Fluid Milk; Meat and/or Alternative; Vegetables and Fruits; Bread or Grain Equivalent	Milk Whole Grain Spaghetti w/hidden vegetable tomato sauce Whole Wheat Pasta Zucchini and or Summer Squash Bananas	Milk Pasta Salad with Chicken or White Beans Whole Grain Pita Bread Peas No Sugar Added Applesauce	Milk Pizza w/hidden spinach 100% Whole Wheat Pita Bread Quartered Cherry Tomatoes and Fresh Basil Seasonal Fruit	Milk "Wow" Butter and 100% fruit spread Sandwiches *toasted for toddlers* 100% Whole Wheat Bread Broccoli Pears	Milk Black Bean and Quinoa Quesadilla Whole Grain Tortillas Cauliflower Melon or Seasonal Fruit
<u>PM Snack</u> (Choose 2 of 4) Milk/ Fruit/Veggie Meat/protein Whole Grains	Water Sliced Apples & Natural Cheese Slices	Water Melon slices and whole grain crackers	Water Whole Grain or Whole Wheat bagels with cream cheese	Water Goldfish and Cucumbers and or green peppers	Water Corn Chex and leftover fruit and vegetables

Week of: May 13 June 10 July 15 Aug 12 Sep 9 Oct 7

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 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.

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 Week D

	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 Kix and raisins or dried berries	Milk Low Fat Yogurt, Granola Cereal (no nuts)	Milk and 100% Juice Tortilla Cream Cheese and Fruit Spread roll ups	Milk Graham Crackers and bananas	Milk Whole Grain Waffles, and fresh Berries or seasonal fruit
<u>Lunch</u> Fluid Milk; Meat and/or Alternative; Vegetables and Fruits; Bread or Grain Equivalent	Milk Chicken Strips	Milk Lean Turkey Sloppy Joes	Milk Italian Cheese pockets w/ dipping sauce	Milk Cheese Sandwiches	Milk Homemade Macaroni/Cheese w/natural cheese
	Pita Bread	Whole Wheat or grain hamburger bun	Whole Wheat Pita Pockets	100% Whole Wheat Bread	Whole Grain Noodles
	Sweet Potato	Vegetarian Baked Beans	Broccoli	Tomatoes, Corn, and Black Beans	Green Beans
	No Sugar Applesauce	Pears	Seasonal fruit	Apple Slices	Bananas
<u>PM Snack</u> (Choose 2 of 4) Milk/ Fruit/Veggie Meat/protein Whole Grains	Water Natural Cheese slices and whole grain crackers	Water Whole Grain crackers w/Fresh pepper/cucumber slices or blanched vegetables for toddlers	Water Chex cereal and oranges	Water Melon slices and goldfish crackers	Water Trail Mix: cereal, crackers & raisins/dried fruit and leftover fruits and vegetables

Week of: May 20 June 17 July 22 Aug 19 Sept 16

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.