

Gretchen's House Child Care Centers
 Fall/Winter Menu 2020-2021
 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	Milk Graham crackers and Bananas	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 Cottage Cheese Peas Peaches	Milk Chicken Stir Fry Basmati Rice 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 Wow Butter and Fruit Spread Roll Up with Tortilla	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: Oct 5th Nov 2nd Nov 30th Jan 4th Feb 1st Mar 1st Mar 29th

Unsweetened Dry Cereal: Cheerios, Rice or Corn Chex, Kix, and Original Life Cereal
 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
 Fall/Winter Menu 2020-2021
 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 Whole Grain Bagels w/ Cream Cheese	Milk Yogurt w/ Granola Topping (no nut	Milk Whole Grain Waffles w/ Berries or Fresh Seasonal Fruit	Milk Kix cereal and 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	Milk Homemade Chicken Noddle Soup	Milk Lean Turkey Spaghetti	Milk White Cheese Pizza w/ Hidden Vegetable	Milk Homemade Macaroni & Cheese W/ Natural Cheese
	Whole Wheat Bread	Whole Grain Pasta / Whole Wheat Crackers	Whole Grain Pasta	Whole Wheat Pita Bread	Whole Grain Pasta
	Sweet potatoes	Carrots/Celery/Onions	Cauliflower	Green Beans	Broccoli
	Apple Slices	Peaches	Pears	Oranges	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 Graham Crackers w/ Homemade Pumpkin Dip	Water Apple and Cheese Slices	Water Gold Fish Crackers w/ Thawed or Blanched Peas	Water Wheat Crackers w/ Leftover Fruit and Veggies

Week of: Oct 12th Nov 9th Dec 7th Jan 11th Feb 8th Mar 8th

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Unsweetened Dry Cereal: Cheerios, Rice or Corn Chex, Kix, and Original Life Cereal
 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.

Fall/Winter Menu 2020-2021

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 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 Baked Ziti	Milk Mini Lean Turkey or Bean Hamburgers Whole Grain Bun	Milk Minestrone Soup with Beans	Milk French Toast w/ Yogurt Topping	Milk Chicken and Cheese Quesadillas
	Whole Grain Pasta	Whole Grain Hamburger Buns	Whole Grain Pasta/Whole wheat Saltines	100% Whole Wheat Bread	Whole Wheat Tortilla
	Broccoli	Vegetarian Baked Beans	Mixed Vegetables	Carrots	Green Beans
	Pears	Oranges	Apple Slices	Seasonal fruit	Peaches
<u>PM Snack</u> (Choose 2 of 4) Milk/Fruit/VegMeat/protein Whole Grains	Water Whole Grain Crackers w/ Natural Cheese Slices	Water Banana Wow Butter Tortilla roll ups	Water Gold Fish Crackers and Leftover Fruit and Vegetables	Water Whole Grain Ritz Crackers Veg. Cream Cheese and Black Olives	Water Trail Mix: Cereal, Crackers & Raisins / Dried Fruit

Week of: Oct 19th Nov 16th Dec 14th Jan 18th Feb 15th Mar 15th

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Unsweetened Dry Cereal: Cheerios, Rice or Corn Chex, Kix, and Original Life Cereal

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.

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 Whole Grain Waffles, and Berries	Milk Yogurt and cereal	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 broccoli Bananas	Milk Homemade Chicken Noodle Soup Whole Wheat Pasta/Whole Grain Crackers Carrots Celery and Onions 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 Goldfish Crackers w/ black olives	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: Oct 26th Nov 23rd Dec 21st Jan 25th Feb 22nd Mar 22nd

Unsweetened Dry Cereal: Cheerios, Rice or Corn Chex, Kix, and Original Life Cereal

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.