

Gretchen's House Child Care Centers  
Young 5, Preschool and Toddler - Fall/Winter Menu 2023-2024  
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 Kixs and Fruit	Milk Yogurt with Cinnamon and Apple Slices	Milk Cinnamon or Regular Cheerios and Fruit	Milk Rice Chex and Fruit	Milk Fruit Salad and Life Cereal
<u>Lunch</u> Fluid Milk; Meat and/or Alternative; Vegetable and Fruits; Bread or Grain Equivalent	Milk Baked Ziti	Milk Black Beans/Turkey and Cheese Tacos	Milk Chicken Noodle Soup	Milk Pumpkin Pancakes with Yogurt	Milk Cheese Pizza with Hidden Vegetable Sauce
	Whole Wheat Pasta	Whole Grain Soft Taco Shells	Whole Grain Pasta / Whole Wheat Crackers	Whole Grain Bread	Whole Wheat Pita Bread
	Broccoli	Lettuce/Tomatoes	Carrots/Celery/Onions	Carrots	Green Beans
	Berries	Seasonal Fruit	Unsweetened Applesauce	Seasonal Fruit	Bananas
<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 Cucumber and Whole Grain Ritz Crackers	Water Saltines and Cheese	Water Goldfish and Olives	Water Trail Mix: Chex, Cheerios, Goldfish, Kix

Week of: Nov. 6<sup>th</sup>, Nov. 20<sup>th</sup>, Dec. 4<sup>th</sup>, Dec. 18<sup>th</sup>, Jan. 8<sup>th</sup>, Jan. 22<sup>nd</sup>, Feb. 5<sup>th</sup>, Feb. 19<sup>th</sup>, March 4<sup>th</sup>, March 18<sup>th</sup>, April 1<sup>st</sup>, April 15<sup>th</sup>, April 29<sup>th</sup>

Gretchen's House Child Care Centers

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

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

Fruit: Fresh, Frozen or Canned fruit. Serve fresh fruits whenever possible

Trail Mix: A Mix of unsweetened cereals (Rice Chex, Kix, Cheerios) and Goldfish

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	Milk	Milk	Milk	Milk
	Rice Chex and Fruit	Cheerios and Fruit	Chex and Fruit	Cheese Slices and Ritz Crackers	Kix Cereal and Fruit
<u>Lunch</u> Fluid Milk; Meat and/or Alternative; Vegetables and Fruits; Bread or Grain Equivalent	Milk	Milk	Milk	Milk	Milk
	Homemade Macaroni and Cheese	Chicken and Cheese Quesadillas	Turkey Spaghetti with Hidden Vegetable Sauce	Chicken Stir-Fry	Tomato Soup and Grilled Cheese
	Whole Wheat Pasta	Whole Wheat Tortillas	Whole Grain Noodles	Brown Rice/Quinoa Mix	100% Sour Dough Bread
	Mixed Veggies	Broccoli	Green Beans	Mixed Vegetables	Cauliflower
	Apples	Seasonal Fruit	Applesauce	Bananas	Seasonal fruit
<u>PM Snack</u> (Choose 2 of 4) Milk/ Fruit/Veggie Meat/protein Whole Grains	Water	Water	Water	Water	Water
	Goldfish and Olives	Whole Grain Crackers w/ Peppers, Cucumbers	Apples, Cheese, and Whole Grain Ritz	Goldfish and Peas	Trail Mix: Chex, Cheerios, Kix, and Goldfish

Week: Nov. 13<sup>th</sup>, Nov. 27<sup>th</sup>, Dec. 11<sup>th</sup>, Jan. 2<sup>nd</sup>, Jan.15<sup>th</sup>, Jan. 29<sup>th</sup>, Feb. 12<sup>th</sup>, Feb. 26<sup>th</sup>, March 11<sup>th</sup>, March 25<sup>th</sup>, April 8<sup>th</sup>, April 22<sup>nd</sup>

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

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

Fruit: Fresh, Frozen or Canned fruit. Serve fresh fruits whenever possible

Trail Mix: A Mix of unsweetened cereals (Rice Chex, Kix, Cheerios) and Goldfish

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