

Gretchen's House Child Care Centers:
Preschool and Toddler – Spring/Summer Menu 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 Chex and Pears or Peaches | Milk Bagels and Cream Cheese | Milk Apples and Cheese Slices | Milk Yogurt and Berries | Milk Cheerios and Peaches or Pears |
| <u>Lunch</u> Fluid Milk; Meat and/or Alternative; Vegetable and Fruits; Bread or Grain Equivalent | Milk Homemade Macaroni and Cheese Whole Wheat Pasta Broccoli Cantaloupe | Milk Ground Turkey or Black Bean Tacos Whole Wheat Tortilla Chopped Romaine, Diced Tomatoes, Black Beans Bananas | Milk Cheese Pizza with Hidden Vegetable Sauce Whole Wheat Pita Crust Carrots Pineapple | Milk Chicken Pasta Salad Whole Grain Pasta Tomatoes, Cucumbers, Olives Blue Berries and Bananas | Milk Cheese Sandwiches Whole Wheat Toast Broccoli Watermelon |
| <u>PM Snack</u> (Choose 2 of 4) Milk Fruit/Veggie Meat/protein Whole Grains | Water Cheese and Whole Grain Crackers | Water Goldfish and thawed peas or blanched for toddlers | Water Fruit Dip and Berries/Pineapple/Apples | Water Trail Mix with leftover Fruit or Vegetables | Water Greek Yogurt Ranch Dip and Peppers or Cucumbers |

Week of: April 1st, April 15th, April 29th, May 6th, May 20th, June 3rd, June 17th, July 1st, July 15th, July 29th, August 12th, August 26th, September 9th, September 23rd, October 7th, October 21st

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

Cereal: Cheerios, Kix, Rice Chex

Fruit: Fresh, frozen, or canned. Serve fresh organic fruits whenever possible. If canned is used, must be in juice, not in syrup.

Trail Mix: A Mix of cereal and crackers

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:
Preschool and Toddler –Spring/Summer Menu 2024
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 Chex and Pears or Peaches | Milk Bananas and Toast | Milk Waffles and Berries | Milk Cottage Cheese and Mandarin Oranges | Milk Cheerios and Peaches or Pears |
| <u>Lunch</u> Fluid Milk; Meat and/or Alternative; Vegetables and Fruits; Bread or Grain Equivalent | Milk Turkey Spaghetti hidden vegetables (Spinach, and Zucchini in sauce) Whole Wheat Pasta Cauliflower Pineapple | Milk Rice, beans and Cheese Bake Brown Rice Broccoli Cantaloupe | Milk Cheese Pizza with Pesto Sauce Whole Wheat Pita Carrots Unsweetened Applesauce | Milk Chicken and Cheese Quesadillas Whole Wheat Tortilla Green Beans Bananas | Milk Wow Butter and Mashed Banana Sandwich Whole Wheat Toast Mixed Vegetables Watermelon |
| <u>PM Snack</u> (Choose 2 of 4) Milk/ Fruit/Veggie Meat/protein Whole Grains | Water Veggie Cream Cheese Tortilla Roll Up | Water Goldfish and thawed peas or blanched for toddlers | Water Avocado spread and whole grain crackers | Water Trail Mix with leftover fruit or vegetables | Water Apples and Cheese Slices |

Week: April 8th, April 22nd, May 13th, May 27th, June 10th, June 24th, July 8th, July 22nd, August 5th, August 19th, September 2nd, September 16th, September 30th,
October 14th, October 28th

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

Cereal: Cheerios, Kix, Rice Chex

Fruit: Fresh, frozen, or canned. Serve fresh organic fruits whenever possible. If canned is used, must be in juice, not in syrup.

Trail Mix: A Mix of cereal and crackers

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