

Gretchen's House Child Care Centers:
Preschool and Toddler – Spring/Summer Menu 2025
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 Yogurt and Berries	Milk Apples and Cheese Slices	Milk Bagels and Cream Cheese	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 Applesauce Oat Bars	Water Trail Mix with leftover Fruit or Vegetables	Water Cucumbers or peppers with veggie cream cheese

Week of: April 7th, April 21st, May 5th, May 19th, June 2nd, June 16th, June 30th, July 14th, July 28th, August 11th, August 25th, September 8th, September 22nd,

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 2025
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
	Chex and Pears or Peaches	Waffles and Berries	Bananas and Toast	Cottage Cheese and Mandarin Oranges	Cheerios and Peaches or Pears
<u>Lunch</u> Fluid Milk; Meat and/or Alternative; Vegetables and Fruits; Bread or Grain Equivalent	Milk	Milk	Milk	Milk	Milk
	Turkey Spaghetti hidden vegetables (Spinach, and Zucchini in sauce)	Cheesy Broccoli Rice Casserole	Cheese Pizza with Pesto Sauce	Chicken and Cheese Quesadillas	Wow Butter and Jelly Sandwiches
	Whole Wheat Pasta		Whole Wheat Pita	Whole Wheat Tortilla	
	Cauliflower	Broccoli	Carrots	Green Beans	Mixed Vegetables
	Pineapple	Cantaloupe	Unsweetened Applesauce	Bananas	Watermelon
<u>PM Snack</u> (Choose 2 of 4) Milk/ Fruit/Veggie Meat/protein Whole Grains	Water	Water	Water	Water	Water
	Veggie Cream Cheese Tortilla Roll Up	Goldfish and thawed peas or blanched for toddlers	Avocado spread and whole grain crackers	Trail Mix with leftover fruit or vegetables	Apples and Cheese Slices

Week: April 14th, April 28th, May 12th, May 26th, June 9th, June 23rd, July 7th, June 21st, August 4th, August 18th, September 1st, September 15th, September 29th

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.