Municipal Child Care Menu

Week 1 – Fall/Winter

Meal or Snack	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack *Include at least 2 food groups, one of which is Vegetables & Fruit*	Cereal (G) Berries (VF) Milk (P)	Scrambled eggs (P) Toast (G) Fruit (VF) Milk (P)	Banana Pancakes (G)(VF) Fruit (VF) Milk (P)	English Muffin (G) Cheese (P) Fruit (VF) Milk (P)	Greek Yogurt (P) Mixed fruit (VF) Granola (G) Milk (P)
Mains & Sides *Include at least:* *2 Vegetables & Fruit* *1 Whole Grain* *1 Protein Food*	Spanish Omelet (P)(VF) Roasted Peppers (VF) Whole grain roll (G) Fruit (VF) Milk (P)	Honey garlic salmon (P) Quinoa (G)(P) Corn (VF) Fruit (VF) Milk (P)	Turkish Chicken Soup (P)(VF) Grilled Cheese (P)(G) Fruit (VF) Milk (P)	Beef meatballs (P) Rice (G) Broccoli (VF) Fruit (VF) Milk (P)	Vegetable pizza (G)(VF) Mixed bean salad (P) Fruit (VF) Milk (P)
Protein Alternative	N/A	Honey garlic tofu (P)	Turkish bean soup (P)	Soy meatballs (P)	N/A
Lunch **Finger food*	Vegetable (VF)	Vegetable (VF)	Vegetable (VF)	Vegetable (VF)	Vegetable (VF)
PM Snack *Include at least 2 food groups, one of which is Vegetables & Fruit*	Cheese (P) Crackers (G) Pears (VF)	Carrot apple loaf (G)(VF) Fruit (VF) Milk (P)	Homemade tortilla crisps (G) Guacamole (VF) Raw vegetables (VF)	Cranberry/Date oatmeal bars (G)(VF) Fruit (VF) Milk (P)	Falafel with tzatziki (P)(VF) Pita bread (G) Milk (P)

Water is offered at all meals and snacks

(P) – Protein foods (VF) – Vegetables and Fruit (G) – Whole Grains

Municipal Child Care Menu

Week 2 – Fall/Winter

Meal or Snack	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack *Include at least 2 food groups, one of which is Vegetables & Fruit*	Bagel (G) Cheese (P) Fruit (VF) Milk (P)	Oatmeal (G) Fruit (VF) Milk (P)	Egg burrito (G)(P) (VF) Fruit (VF) Milk (P)	Pancakes/crepes (G)(P) Fruit (VF) Milk (P)	Cereal (G) Mixed fruit (VF) Milk (P)
Mains & Sides *Include at least:* *2 Vegetables & Fruit* *1 Whole Grain* *1 Protein Food*	Moroccan couscous with chickpeas (G)(P) Roasted butternut squash (VF) Fruit (VF) Milk (VF)	Baked breaded fish (P) Mashed potatoes (VF) Coleslaw (VF) Fruit (VF) Milk (P)	BBQ chicken (P) Jollof rice (G)(VF) Green beans (VF) Fruit (VF) Milk (P)	Spaghetti with beef sauce (P)(G) Caesar salad (VF) Fruit (VF) Milk (P)	Vegetable chili (VF)(P) Rice (G) Cauliflower (VF) Fruit (VF) Milk (P)
Protein Alternative	N/A	Baked breaded tofu (P)	BBQ baked beans (P)(G)	Black bean sauce (P)	N/A
Lunch **Finger food*	Vegetable (VF)	Vegetable (VF)	Vegetable (VF)	Vegetable (VF)	Vegetable (VF)
PM Snack *Include at least 2 food groups, one of which is Vegetables & Fruit*	Cereal Mix (G) Grapes (VF) Cheese (P)	Cheese scones (P)(G) Fruit (VF) Milk (P)	Fruit crisp (VF) (G) Fruit (VF) Milk (P)	Hummus (P) Naan bread (G) Raw vegetables (VF)	Egg slices (P) Crackers (G) Raw vegetables (VF)

Water is offered at all meals and snacks

(P) – Protein foods (VF) – Vegetables and Fruit (G) – Whole Grains

Municipal Child Care Menu

Week 3 – Fall/Winter

Meal or Snack	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack *Include at least 2 food groups, one of which is Vegetables & Fruit*	Greek Yogurt parfait (P)(G) Berries (VF) Milk (P)	Scrambled eggs (P) Cottage cheese (P) Toast (G) Fruit (VF)	Oatmeal pancakes (G) Mixed berry compote (VF) Fruit (VF) Milk (P)	Cereal (G) Fruit (VF) Milk (P)	Blueberry Muffins (G) (VF) Mixed fruit (VF) Milk (P)
Mains & Sides *Include at least:* *2 Vegetables & Fruit* *1 Whole Grain* *1 Protein Food*	Masala pasta with tofu (G)(P) Ginger carrots (VF) Fruit (VF) Milk (P)	Fish chowder (P)(VF) Crostini (G) Cheese (P) Fruit (VF) Milk (P)	Chicken shawarma casserole (P)(VF)) Beets (VF) Fruit (VF) Milk (P)	Korean beef sloppy joes on a bun (P)(G) Roasted potatoes (VF) Salad (VF) Fruit (VF) Milk (P)	Egg fried rice (P)(G) Corn salad (VF) Broccoli (VF) Fruit (VF) Milk (P)
Protein Alternative	N/A	Chickpea chowder (P)	Tofu shawarma casserole (P)	Korean black bean sloppy joes (P)	N/A
Lunch **Finger food*	Vegetable (VF)	Vegetable (VF)	Vegetable (VF)	Vegetable (VF)	Vegetable (VF)
PM Snack *Include at least 2 food groups, one of which is Vegetables & Fruit*	Raw vegetables (VF) Spinach dip (P)(VF) Crackers (G)	Pumpkin loaf (VF)(G) Fruit (VF) Milk (P)	Corn bread muffins (G) Cheese (P) Fruit (VF)	Greek pita “nachos” (G) Raw vegetables (VF) Milk (P)	Italian grilled cheese (G)(P) Homemade Pickles (VF) Milk (P)

Water is offered at all meals and snacks

(P) – Protein foods (VF) – Vegetables and Fruit (G) – Whole Grains

Municipal Child Care Menu

Week 4 – Fall/Winter

Meal or Snack	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack *Include at least 2 food groups, one of which is Vegetables & Fruit*	English muffin egg sandwich (G) (P) Fruit (VF) Milk (P)	Bagel (G) Cheese ((P) Fruit (VF) Milk (P)	Breakfast tofu hash (G)(P) Fruit (VF) Milk (P)	Oatmeal (G) Fruit (VF) Milk (P)	French toast (P)(G) Mixed fruit (VF) Milk (P)
Mains & Sides *Include at least:* *2 Vegetables & Fruit* *1 Whole Grain* *1 Protein Food*	Macaroni and cheese (P)(G) Roasted zucchini (VF) BBQ beans (P) Fruit (VF) Milk (P)	Tuna cakes (G)(P) Sweet potato fries (VF) Green peas (VF) Fruit (VF) Milk (VF)	Butter chicken (P) Rice (G) Naan Bread (G) Salad (VF) Fruit (VF) Milk (P)	Shepherd's pie (P)(VF) Garlic toast (G) Green beans (VF) Fruit (VF) Milk (P)	Cream of vegetable soup (VF) Boiled eggs (P) Whole grain bun (G) Fruit (VF) Milk (P)
Protein Alternative	N/A	Bean cakes (P)(G)	Butter tofu (P)	Bean shepherd's pie (P)(VF)	N/A
Lunch **Finger food*	Vegetable (VF)	Vegetable (VF)	Vegetable (VF)	Vegetable (VF)	Vegetable (VF)
PM Snack *Include at least 2 food groups, one of which is Vegetables & Fruit*	Greek yogurt (P) Berries (VF) Granola (G)	Blueberry scones (G)(VF) Fruit (VF) Milk (P)	Berry strata (G)(VF) Fruit (VF) Milk (P)	Pita bread (G) Moroccan Carrot Dip(VF) Cucumber (VF) Milk (P)	Cranberry orange muffins (G)(VF) Cottage cheese (P) Fruit (VF)

Water is offered at all meals and snacks

(P) – Protein foods (VF) – Vegetables and Fruit (G) – Whole Grains