OPTIONS for LEARNING
UNLOCKING THE PROMISE OF EVERY CHILD

CENTER-BASED NUTRITION PROGRAM MENU

FALL/WINTER #1 – PRESCHOOL (3-5 years)

	COMPONENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		**Cereal & Milk**	**Bagel Breakfast**	**Yogurt Parfait**	**Sausage & Pancakes**	**Cereal & Milk**
	Grain or meat/meat alternate 1/2 oz. eqv.	Rice Cereal (or other dry cereal)	WG Bagel with Cream Cheese	Yogurt	Turkey Sausage with Mini Pancakes	Corn Cereal (or other dry cereal)
	Fruit/vegetable 1/2 cup	Apple Slices (or other seasonal fruit)	Cantaloupe (or other seasonal fruit)	Peach (or other seasonal fruit)	Mixed Fruit (or other seasonal fruit)	Banana (or other seasonal fruit)
	Milk 3/4 cup	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
LUNCH/DINNER		**Meatless Monday**	**Taquitos w/ Avocado**	**Beef Lasagna**	**Mini Corndogs & Fries**	**Turkey & Cheese Melt**
	Meat/meat alternate 1 ½ oz. eqv.	Bean & Cheese Tostada	Chicken Taquitos	Ground Beef and Shredded Cheese	WG Chicken Mini Corndogs	Sliced Turkey and Cheddar Cheese
	Vegetable 1/4 cup	Corn	Cucumber	with Tomato Sauce	French Fries	Tomato Soup
	Fruit 1/4 cup	Orange (or other seasonal fruit)	Strawberries (or other seasonal fruit)	Mandarin Orange (or other seasonal fruit)	Pear (or other seasonal fruit)	Green Apple (or other seasonal fruit)
	Grain 1/2 oz. eqv.	WG Tostada	WG Tortilla	WG Bread	WG Corndog Wrap	WG Bread
	Milk 3/4 cup	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
SNACK	**Meat/meat alternate** 1/2 oz. eqv.				Cheese Cubes	
	Vegetable 1/2 cup				Celery Sticks	
	Fruit 1/2 cup	Applesauce (or other seasonal fruit)		Apple Juice (or other fruit juice)		
	Grain 1/2 oz. eqv.	WG Crackers	WG Banana Muffin (or other muffin)	WG Sun Chips		WG Animal Crackers
	Milk 1/2 cup		1% Non-Flavored Milk			1% Non-Flavored Milk

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OPTIONS for LEARNING
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CENTER-BASED NUTRITION PROGRAM MENU

FALL/WINTER #2 – PRESCHOOL (3-5 years)

	COMPONENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		**Cereal and Milk**	**Sausage & Hashbrowns**	**Bagel Breakfast**	**English Muffin**	**Cereal & Milk**
	Grain or meat/meat alternate 1/2 oz. eqv.	Corn Cereal (or other dry cereal)	Turkey Sausage	WG Bagel with Cream Cheese	1/2 WG English Muffin	Oat Cereal (or other dry cereal)
	Fruit/vegetable 1/2 cup	Peach (or other seasonal fruit)	Hashbrowns (or other seasonal fruit)	Cantaloupe (or other seasonal fruit)	Mixed Fruit (or other seasonal fruit)	Banana (or other seasonal fruit)
	Milk 3/4 cup	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
LUNCH/DINNER		**Meatless Monday**	**Teriyaki Chicken**	**Meatloaf**	**Chicken Tostada**	**Chicken & Waffles**
	Meat/meat alternate 1 ½ oz. eqv.	Quesadilla with Shredded Cheese	Diced Chicken	Beef Meatloaf	Shredded Chicken	Chicken Nuggets
	Vegetable 1/4 cup	Corn	Broccoli	Mashed Potatoes with Gravy	Lettuce and Tomato	Celery Sticks
	Fruit 1/4 cup	Kiwi (or other seasonal fruit)	Pear (or other seasonal fruit)	Green Apple (or other seasonal fruit)	Orange (or other seasonal fruit)	Plum (or other seasonal fruit)
	Grain 1/2 oz. eqv.	WG Flour Tortilla	Rice	Dinner Roll	WG Tostada	WG Waffles
	Milk 3/4 cup	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
SNACK	**Meat/meat alternate** 1/2 oz. eqv.		Yogurt	Turkey Slices	String Cheese	
	Vegetable 1/2 cup				Carrot Sticks	
	Fruit 1/2 cup	Apple (or other seasonal fruit)	Banana (or other seasonal fruit)			
	Grain 1/2 oz. eqv.	WG Sun Chips		WG Tortilla		WG Blueberry Muffin (or other muffin)
	Milk 1/2 cup					1% Non-Flavored Milk

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OPTIONS for LEARNING
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CENTER-BASED NUTRITION PROGRAM MENU

FALL/WINTER #3 – PRESCHOOL (3-5 years)

	COMPONENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		**Cereal & Milk**	**English Muffin**	**Muffin & Fruit**	**Oatmeal**	**Cereal & Milk**
	Grain or meat/meat alternate 1/2 oz. eqv.	Oat Cereal (or other dry cereal)	1/2 WG English Muffin	WG Bran Muffin (or other muffin)	WG Oatmeal	Corn Cereal (or other dry cereal)
	Fruit/vegetable 1/2 cup	Pear (or other seasonal fruit)	Mixed Fruit (or other seasonal fruit)	Mandarin Oranges (or other seasonal fruit)	Apples (or other seasonal fruit)	Banana (or other seasonal fruit)
	Milk 3/4 cup	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
LUNCH/DINNER		**Burrito**	**Chicken Alfredo**	**Chicken Tacos**	**Breakfast for Lunch**	**Chicken Nuggets**
	Meat/meat alternate 1 ½ oz. eqv.	Bean & Cheese Burrito	Chicken Alfredo with Cheese	Diced Chicken	Turkey Sausage	WG Chicken Nuggets
	Vegetable 1/4 cup	Green Beans	Broccoli	Lettuce and Tomato	Hashbrowns	Green Salad
	Fruit 1/4 cup	Orange (or other seasonal fruit)	Apple Slices (or other seasonal fruit)	Kiwi (or other seasonal fruit)	Honeydew Melon (or other seasonal fruit)	Plum (or other seasonal fruit)
	Grain 1/2 oz. eqv.	WG Tortilla	Pasta	WG Taco Shell	WG Pancakes	WG Macaroni & Cheese
	Milk 3/4 cup	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
SNACK	**Meat/meat alternate** 1/2 oz. eqv.			Cheese Cubes		
	Vegetable 1/2 cup					
	Fruit 1/2 cup	Peach (or other seasonal fruit)	Banana (or other seasonal fruit)	Pineapple (or other seasonal fruit)	Oranges (or other seasonal fruit)	
	Grain 1/2 oz. eqv.	WG Crackers	WG Graham Crackers		WG Crackers	WG Animal Crackers
	Milk 1/2 cup					1% Non-Flavored Milk

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CENTER-BASED NUTRITION PROGRAM MENU

FALL/WINTER #4 – PRESCHOOL (3-5 years)

	COMPONENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		**Cereal & Milk**	**Waffles & Sausage**	**Muffin & Fruit**	**Yogurt Parfait**	**Cereal & Milk**
	Grain or meat/meat alternate 1/2 oz. eqv.	Corn Cereal (or other dry cereal)	WG Waffles and Turkey Sausage	WG Bran Muffin (or other muffin)	Yogurt	Rice Cereal (or other dry cereal)
	Fruit/vegetable 1/2 cup	Cantaloupe (or other seasonal fruit)	Hashbrowns (or other seasonal fruit)	Mixed Fruit (or other seasonal fruit)	Peach (or other seasonal fruit)	Banana (or other seasonal fruit)
	Milk 3/4 cup	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
LUNCH/DINNER		**Meatless Monday**	**BBQ Beef Sandwich**	**Meatball Pocket**	**Chicken Sandwich**	**Soup & Sandwich**
	Meat/meat alternate 1 ½ oz. eqv.	WG Cheese Pizza	BBQ Beef Rib	Turkey Meatballs with Sweet & Sour Sauce	Chicken Patty	Turkey Slices
	Vegetable 1/4 cup	Carrot Sticks	Green Beans	Cucumber	Shredded Lettuce and Tomato	Minestrone Soup
	Fruit 1/4 cup	Orange (or other seasonal fruit)	Pear (or other seasonal fruit)	Kiwi (or other seasonal fruit)	Strawberry (or other seasonal fruit)	Apple (or other seasonal fruit)
	Grain 1/2 oz. eqv.	WG Pizza Crust	WG Bread	WG Pita	WG Bun	WG Bread
	Milk 3/4 cup	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
SNACK	**Meat/meat alternate** 1/2 oz. eqv.			String Cheese		
	Vegetable 1/2 cup					
	Fruit 1/2 cup	Apples (or other seasonal fruit)	Grape Juice (or other fruit juice)	Apricot (or other seasonal fruit)	Oranges (or other seasonal fruit)	
	Grain 1/2 oz. eqv.	WG Crackers	WG Cheese Crackers		Pretzels	WG Blueberry Muffin (or other muffin)
	Milk 1/2 cup					1% Non-Flavored Milk

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