



WINTER MENU

2024-2025
WEEK 1



Dates: _____

Age Group

(3-5)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

Waffles & Pears

English Breakfast Muffin

Oatmeal & Bananas

Pancakes & Berries

French Toast

Milk

3/4 cup

1% Lowfat Milk

1% Lowfat Milk

1% Lowfat Milk

1% Lowfat Milk

1% Lowfat Milk

Grains or Meat/MA

1/2 oz eq

WGR Waffles

WGR English Muffin with LF Cream Cheese

Warm Oatmeal

WGR Pancakes

WGR French Toast

Vegetable and/or Fruit

1/2 cup

Pears

Apple Slices

Fresh Bananas

Warm Berry Compote

Unsweetened Applesauce

Substitute:

WGR Toast

Grits

English Muffins

Toast

LUNCH

Lentil Soup

Oven-Roasted Turkey

Hungarian Beef Goulash

White Chili Soup**

Baked Fish

Milk

3/4 cup

1% Low-fat Milk

1% Lowfat Milk

1% Lowfat Milk

1% Low-fat Milk

1% Low-fat Milk

Meat/Meat Alternate

1.5 oz

Lentil Soup

Oven-Roasted Turkey

Diced Lean Beef

Diced Chicken Breast in Soup

Oven Baked Fish

Breads/Grains

1/2 oz eq

WGR Roll

WGR Quinoa

WW Egg Noodles

WGR Pita Bread

WGR Biscuit

Vegetable

1/4 cup

Beets

Winter squash

Spinach

Beans in Chili

Broccoli

Fruit

1/4 cup

Sliced Peaches

Strawberries

Pineapple Chunks

Tropical fruit cup

Sliced Apricots

Substitute:

Tofu

Beans

No chix-Xtra beans

Veggie Burger

SNACK

Fruit and Yogurt

Baby Carrots & Crackers

Rice Cakes and Applesauce

Cheese and Crackers

Animal Crackers

Milk

1/2 cup

1% Lowfat Milk

Meat/Meat Alternate

1/2 oz

LF Yogurt

LF Cheese Stick

Breads/Grains

1/2 oz eq

WGR Graham Crackers

WGR Rice Cakes

WGR Triscuits

WGR Animal Crackers

Vegetable

1/2 cup

Baby Carrots

Fruit

1/2 cup

Mandarin Oranges

Unsweetened Applesauce

Substitute:

Triscuits crackers

Fresh Fruit

**= Recipe Provided



* WGR - Whole Grain Rich
* LF - Low Fat
* LS - Low Sodium

* Water is freely available throughout the day
* Unflavored 1% Milk is served for children aged 2 years and above.

* Substitutions are made for children with food allergies, dietary restrictions, or religious exemptions.
* Milk Alternatives: Lactaid and Soy Milk



WINTER MENU

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WEEK 2



Dates: _____

Age Group
(3-5)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

Muffin & Orange

Warm Oatmeal

Corn Chex Cereal

Farina

Hot Breakfast

Milk

3/4 cup

1% Lowfat Milk

1% Lowfat Milk

1% Lowfat Milk

1% Lowfat Milk

1% Lowfat Milk

Grains or Meat/MA

1/2 oz eq

WGR Bran Muffin

WGR Oatmeal

Corn Chex Cereal

Warm Farina

Grits

Vegetable and/or Fruit

1/2 cup

Orange Wedges

Mango Chunks

Kiwi Slices

Bananas

Pear Slices

Substitute:

Cream of Wheat

LUNCH

Macaroni and Cheese

Chicken & Rice

Italian Pasta
Fazool**

Chicken Sandwich

Beef Stir Fry

Milk

3/4 cup

1% Lowfat Milk

1% Low-fat Milk

1% Low-fat Milk

1% Lowfat Milk

1% Lowfat Milk

Meat/Meat Alternate

1.5 oz

LF Cheese

Diced Chicken Breast

Cannellini beans in Pasta
Fazool

Chicken Patty

Beef Stir-Fry

Breads/Grains

1/2 oz eq

WGR Pasta

WGR Brown Rice

WGR Elbow Macaroni in
Pasta Fazool

WGR Hamburger buns

WGR Brown Rice

Vegetable

1/4 cup

Stewed Tomatoes

Steamed Broccoli

Sauteed Kale

Fresh Green Salad

Stir Fry Vegetables

Fruit

1/4 cup

Diced Peaches

Tropical Fruit Cup

Blueberries

Apricots

Mandarin Oranges

Substitute:

Pasta & Chicken

Tofu

Veggie Burger

Tofu

SNACK

Juice & Crackers

Pretzels and Hummus

Cheese and Pears

WW Triscuits & Fruit

Apples & Sunbutter

Milk

1/2 cup

Meat/Meat Alternate

1/2 oz

Beet Hummus Dip

LF Cheese Sticks

WowButter (Soy Butter)

Breads/Grains

1/2 oz eq

Wheat Thins

Unsalted Pretzels

WW Triscuit Crackers

Vegetable

1/2 cup

Fruit

1/2 cup

100% Fruit Juice

Carrots

Mixed Fruit Cup

Apple slices

Substitute:

**= Recipe Provided



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WINTER MENU

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WEEK 3



Dates: _____

Age Group
(3-5)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

Mini Bagels

Eggs w Rolls

Warm Oatmeal

French Toast & Peaches

Cream of Wheat Cereal

Milk

3/4 cup

1% Lowfat Milk

1% Lowfat Milk

1% Lowfat Milk

1% Lowfat Milk

1% Lowfat Milk

Grains or Meat/MA

1/2 oz eq

WGR Mini Bagel with LF Cream Cheese

Eggs w WGR roll

WGR Oatmeal

WGR French Toast Sticks

Warm Farina

Vegetable and/or Fruit

1/2 cup

Citrus Salad

Pineapple Tidbits

Warm Berry Compote

Peaches

Tropical Fruit Cup

Substitute:

No egg-WGR roll only

Toast

LUNCH

Bean Stew

Turkey Meatloaf**

Beef LoMein 

Chicken Nuggets

Grilled Cheese and Tomato Soup

Milk

3/4 cup

1% Low-fat Milk

1% Lowfat Milk

1% Lowfat Milk

1% Low-fat Milk

1% Low-fat Milk

Meat/Meat Alternate

1.5 oz

Bean in Stew

Turkey Meatloaf

Lean Beef

CN-Label Chicken Nuggets

LF Cheese

Breads/Grains

1/2 oz eq

WGR Pita Bread

WGR Dinner Roll

WGR Spaghetti

WGR Quinoa/ Millet

WGR Sliced Bread

Vegetable

1/4 cup

Roasted Cauliflower

Roasted Sweet Potatoes

Stir Fry Vegetables

Winter squash or Zucchini

LS Tomato Soup

Fruit

1/4 cup

Diced Peaches

Fresh Apple Slices

Seedless Clementines

Kiwi Slices

Sliced Pears

Substitute:

Tofu

Beans

Veggie Burger Nuggets

Chicken Sandwich

SNACK

Cheese & Crackers

Wheat Thins & Juice

Yogurt & Pineapple

Goldfish and Fruit

Vegetables & Hummus

Milk

1/2 cup

LF Cheese Cubes

LF Yogurt

Hummus Dip

Breads/Grains

1/2 oz eq

WGR Graham Crackers

Wheat Thins

WGR Goldfish

Vegetable

1/2 cup

Carrot & Celery Strips

Fruit

1/2 cup

100% Juice

Pineapple Chunks

Mixed Fruit Cup

Substitute:

*Milk substitute (Lactaid or Soy)

Pita Triangles

**= Recipe Provided



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WINTER MENU

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WEEK 4



Dates: _____

	Age Group (3-5)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Cheerios	Oatmeal & Strawberries	English Muffin	Pancake	Cream of Wheat & Berries
Milk	3/4 cup	1% Lowfat Milk	1% Lowfat Milk	1% Lowfat Milk	1% Lowfat Milk	1% Lowfat Milk
Grains or Meat/MA	1/2 oz eq	WGR Cheerios Cereal	WGR Oatmeal	WGR English Muffin with Fruit Preserves	WGR Pancake	Cream of Wheat
Vegetable and/or Fruit	1/2 cup	Apricot Slices	Pears	Pineapple Chunks	Fresh Banana	Orange Wedges
<i>Substitute:</i>					<i>Kix Cereal</i>	
LUNCH		Broccoli Cheddar Soup**	Sausage & Peppers	Thai Chicken & Veg 	Roast Pork & Polenta	CN Label Cheese Pizza
Milk	3/4 cup	1% Lowfat Milk	1% Low-fat Milk	1% Low-fat Milk	1% Low-fat Milk	1% Low-fat Milk
Meat/Meat Alternate	1.5 oz	LF Cheddar	Lean Turkey Sausage	Thai Chicken	Roasted Pork	Low fat Xtra Cheese Pizza
Breads/Grains	1/2 oz eq	WGR Roll	WGR Spaghetti	WGR Brown Rice	Whole Grain Polenta	WGR Crust
Vegetable	1/4 cup	Broccoli	Bell Peppers	Asian Mixed Vegetables	Green Beans	Tossed Salad (Let & Tom)
Fruit	1/4 cup	Sliced Peaches	Strawberries	Mixed Fruit	Apple Slices	Blueberries
<i>Substitute:</i>		<i>Tofu Vegan Alfredo & Broccoli Soup</i>	<i>Veggie Burger</i>	<i>Beans</i>	<i>Tofu</i>	<i>Chicken Sandwich</i>
SNACK		Mixed Fruit & Crackers	Crackers & Milk	Rice Cake & Applesauce	Wowbutter & Pita Crackers	Juice & Crackers
Milk	1/2 cup					
Meat/Meat Alternate	1/2 oz		1% Milk		Wowbutter	
Breads/Grains	1/2 oz eq	Unsalted Mini Pretzel Twists	WGR Animal Crackers	WGR Rice Cake	Pita Crackers	Wheat Thin Crackers
Vegetable	1/2 cup					
Fruit	1/2 cup	Mixed Fruit Cup		Unsweetened Applesauce		100% Juice
<i>Substitute:</i>						

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