

FALL 2024 MENU



Dates: _____

WEEK 1

Ages
3-5

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Cold Cereal	Hot Cereal	WGR Muffin & Fruit	English Muffins & Peaches	French Toast & Bananas
Milk	3/4 cup	1% Low-fat Milk*	1% Low-fat Milk*	1% Low-fat Milk*	1% Low-fat Milk*	1% Low-fat Milk*
Grains or Meat/MA	1/2 oz eq	WGR Kix Cereal	WGR Cinnamon Oatmeal	WGR Muffin	WGR English Muffins	WGR French Toast
Vegetable and/or Fruit	1/2 cup	Oranges	Mixed Berries	Mixed Fruit	Peaches	Bananas
<i>Substitute:</i>				WGR Toast		WGR Toast
LUNCH		Mac & Cheese	Oven Roasted Turkey	Dominican Pollo Guisado 	Tuna Salad Sandwich	Roast Pork
Milk	3/4 cup	1% Low-fat Milk*	1% Lowfat Milk	1% Low-fat Milk*	1% Milk	1% Milk
Meat/Meat Alternate	1.5 oz	LF Cheese (Mac & Cheese)	Roasted Turkey	Pollo Guisado (Braised Chicken Stew)**	Tuna Salad	Lean Roasted Pork
Breads/Grains	1/2 oz eq	WGR Elbow Pasta	WGR Polenta	WGR Brown Rice	WGR Bun	WGR Quinoa Pilaf**
Vegetable	1/4 cup	Broccoli	Seasoned Mixed Vegetables	Potatoes, Sofrito	Carrots	Chopped Green Salad
Fruit	1/4 cup	Mango	Apple Wedges	Diced Pineapples	Tropical Fruit	Apple Slices
<i>Substitute:</i>		Macaroni and chicken	Eggs	Beans	Veggie Burger	Tofu
SNACK		Avocado Toast	DIY Parfait	Hummus & Carrots	Fruit & Cheese Kabobs	Pretzels & Pears
Milk	1/2 cup					
Meat/Meat Alternate	1/2 oz		LF Yogurt	Hummus	LF Cheese Cubes	
Breads/Grains	1/2 oz eq	WGR Toast	Granola			Unsalted Pretzels
Vegetable	1/2 cup	Avocado		Carrot sticks		
Fruit	1/2 cup				Diced Fruit for Kabobs	Sliced Pears
<i>Substitute:</i>			Fresh Fruit	Ritz Crackers	WGR Crackers	Triscots

**= Recipe Provided



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

* Unflavored whole milk must be served to 1 year olds
* Unflavored 1% Milk is served for children aged 2 years and above.
* Water is to be made available throughout the day

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



FALL 2024 MENU



Dates: _____

WEEK 2

Ages
3-5

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

Wheaties

WGR Muffins

WGR Pancakes

Hot Eggs Breakfast

WGR Bulgur Porridge

Milk

3/4 cup

1% Low-fat Milk

1% Low-fat Milk

1% Low-fat Milk

1% Low-fat Milk

1% Low-fat Milk

Grains or Meat/MA

1/2 oz eq

WGR Wheaties Cereal

WGR Muffins

WGR Pancakes

Eggs

Bulgur Wheat Porridge

Vegetable and/or Fruit

1/2 cup

Pineapple

Applesauce

Fresh Berries

Fresh Banana

Fresh Pears

Substitute:

WGR English Muffin

WGR Roll

LUNCH

Beans and Rice

Turkey Sandwich

Ethiopian Beef Stew

Chicken Parmigiana

Cheese Pizza

Milk

3/4 cup

1% Lowfat Milk

1% Milk

1% Low-fat Milk*

1% Low-fat Milk*

1% Low-fat Milk*

Meat/Meat Alternate

1.5 oz

Bean Stew

Turkey

Ethiopian Beef Stew

Chicken Parmigiana

LF Cheese in Pizza

Breads/Grains

1/2 oz eq

WGR Brown Rice

WGR Bread

WGR Pita

WW Spaghetti

WGR Pizza Crust

Vegetable

1/4 cup

Diced Tomato Salad

Sauteed Kale/Collards

Cauliflower

Peas and Carrots

Sauteed Spinach

Fruit

1/4 cup

Strawberries

Mixed Fruit

Diced Mangoes

Apricots

Orange Wedges

Substitute:

No Cheese; Extra Chicken

LF Cheese Sandwich

Chicken Nuggets & WGR Toast

SNACK

Apples & Sunbutter

Crackers & Fruit

Crackers & White Bean Dip

Soft Pretzels & Cheese

Fruit Juice and Crackers

Milk

1/2 cup

Meat/Meat Alternate

1/2 oz

Sunflowerseed butter

White Bean Ranch Dip

LF Cheese

Breads/Grains

1/2 oz eq

WGR Crackers

Soft Pretzels

WGR Goldfish

Vegetable

1/2 cup

Ritz Crackers

Fruit

1/2 cup

Apple Slices

Sliced Peaches

100% Fruit Juice

Substitute:

WGR Crackers

WGR Crackers

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Dates: _____

WEEK 3

Ages
3-5

MONDAY

TUESDAY

WEDNESDAY


THURSDAY

FRIDAY

BREAKFAST

		WGR Muffins	Pancakes	Cold Cereal	WGR Bagel	LF Yogurt
Milk	3/4 cup	1% Low-fat Milk*	1% Low-fat Milk*	1% Low-fat Milk*	1% Low-fat Milk*	1% Low-fat Milk*
Grains or Meat/MA	1/2 oz eq	WGR Muffin	WGR Pancakes	WGR Bran Cereal	WGR Bagel and LF Cream Cheese	LF Yogurt
Vegetable and/or Fruit	1/2 cup	Mandarin Oranges	Unsweetened Applesauce	Fresh Banana	Mixed Fruit	Fresh Pears
<i>Substitute:</i>		<i>Cold Cereal</i>	<i>WGR Toast</i>		<i>WGR Bagel</i>	

LUNCH

		Lentil Stew	Taco Tuesday	Mexican Beef Picadillo 	Vegetarian Chili	Stir Fried Ground Turkey
Milk	3/4 cup	1% Low-fat Milk*	1% Low-fat Milk*	1% Low-fat Milk*	1% Low-fat Milk*	1% Low-fat Milk*
Meat/Meat Alternate	1.5 oz	Lentil Stew	Grilled Chicken Tacos with Homemade Crema Sauce**	Lean Ground Beef in Tomato Sauce	Tofu/Kidney Beans	Stir Fried Ground Turkey**
Breads/Grains	1/2 oz eq	WW Bread	WGR Taco Shell	WGR Tortilla	WGR Roll	WGR Brown Rice
Vegetable	1/4 cup	Carrots	Shredded Lettuce	Bell Peppers	Peppers & Onions	Green Beans
Fruit	1/4 cup	Tropical Fruit	Orange Slices	Mandarin Oranges	Fresh Nectarines (seasonally)	Apple Wedges
<i>Substitute:</i>			<i>Black Beans</i>	<i>Black Beans</i>	<i>Mixed Beans</i>	<i>Crumbled Veggie Burger</i>

SNACK

		Crackers & Fruit	Berry Blast Smoothie	Cucumbers & Hummus	Cheese & Fruit	Pretzels & Fruit Juice
Milk	1/2 cup		1% Low-fat Milk*			
Meat/Meat Alternate	1/2 oz			Hummus	L.F Cheese	
Breads/Grains	1/2 oz eq	WGR Crackers				WGR Unsalted Pretzels
Vegetable	1/2 cup			Cucumbers		
Fruit	1/2 cup	Fresh Pears	Mixed Berries		Mixed Fruit	100% Fruit Juice
<i>Substitute:</i>			<i>WGR Pita Triangles & Berries</i>	<i>WGR Crackers</i>	<i>WGR Crackers</i>	

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WEEK 4

Ages
3-5

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		<i>Cold Cereal</i>	<i>Hot Cereal</i>	<i>Waffles</i>	<i>WGR Bagel</i>	<i>Eggs & Toast</i>
Milk	3/4 cup	1% Low-fat Milk*	1% Low-fat Milk*	1% Low-fat Milk*	1% Low-fat Milk*	1% Low-fat Milk*
Grains or Meat/MA	1/2 oz eq	WGR Cheerios	WGR Oatmeal	WGR Waffles	WGR Bagel with Fruit Preserves	Eggs
Vegetable and/or Fruit	1/2 cup	Mixed Berries	Tropical Mixed Fruit	Unsweetened Applesauce	Diced Pineapple	Apples
<i>Substitute:</i>				<i>WGR Toast</i>		
LUNCH		<i>Creamy Chickpea Stew</i>	<i>Beef Meatloaf</i>	<i>Korean BBQ Chicken</i> 	<i>Spaghetti & Meatballs</i>	<i>Chicken Salad</i>
Milk	3/4 cup	1% Low-fat Milk*	1% Low-fat Milk*	1% Milk	1% Low-fat Milk*	1% Low-fat Milk*
Meat/Meat Alternate	1.5 oz	Creamy Chickpea Stew**	Lean Beef Meatloaf**	BBQ Chicken**	Turkey Meatballs in Marinara Sauce	Diced Chicken Salad
Breads/Grains	1/2 oz eq	WGR Barley	WGR Dinner Roll	Pineapple Brown Rice	WGR Spaghetti	WGR Pita Triangles
Vegetable	1/4 cup	Diced Carrots	Collard Greens/Kale	Stir Fried Mixed Vegetables	Broccoli	Diced Cucumber and Tomato Salad
Fruit	1/4 cup	Apple Slices	Mandarins	Fresh Pear Slices	Fresh Banana	Peaches
<i>Substitute:</i>			<i>Veggie Burger</i>	<i>Tofu</i>	<i>Crumbled Veggie Burger</i>	<i>Bean Salad</i>
SNACK		<i>Sticks & Guac</i>	<i>Rice Cakes & Sunbutter</i>	<i>Crackers & Fruit</i>	<i>Celery & Cheese</i>	<i>Crackers & Juice</i>
Milk	1/2 cup					
Meat/Meat Alternate	1/2 oz		Sunflower Seed Butter		LF Cheese	
Breads/Grains	1/2 oz eq	WGR Breadsticks or Crackers	Rice Cakes	WGR Animal Crackers		WGR Goldfish Crackers
Vegetable	1/2 cup	Guacamole			Celery	
Fruit	1/2 cup			Fruit Salad		100% Fruit Juice
<i>Substitute:</i>			<i>Graham Crackers</i>	<i>WGR Triscuit Crackers</i>		<i>Unsalted Pretzels</i>

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