


YDI Pre School Breakfast Menu (Age 24mos-5yrs)

+ = High in Vitamin C

April 2022

* = High in Vitamin A

		Monday	Tuesday	Wednesday	Thursday	Friday	Nutrition Ed				
week I	1						3/4 c 1% Milk 1/2 c + Pineapple Tidbits 14 gms Pita Bread w/ 1/2 oz Melted Cheddar Cheese, x-tra	Let's get cooking, Prepare Asparagus flower			
	4	5	6	7	8	3/4 c 1% Milk 1/2 c + Cantaloupe 3/4 c Vegetable Skillet Frittata (1/4 c Egg w/vegetables, extra) 1/2 Sl., 14 gms WG/WW English Muffin, Lightly Buttered	3/4 c 1% Milk 1/2 c +Pineapple Tidbits 1/4 c Oatmeal (14 gms dry)	3/4 c 1% Milk 1/2 c +Kiwi, peel & cut 14 gms WG Toasted Bagel w/1/2 oz Melted Mozzarella Cheese, x-tra	3/4 c 1% Milk 1/2 c +Fresh Orange Wedges 28 gms WG Banana Bread Square(No Nuts)	3/4 c 1% Milk 1/2 c +Strawberries (Fresh in Season) 35 gms WG/WW French Toast Sticks w/ 2 Tbl Warm Cinnamon Applesauce, x-tra	Food Detectives Introduce Kiwi
	11	12	13	14	15	3/4 c 1% Milk 1/2 c +Strawberries (Fresh in Season) Scrambled Egg(1/4 c), x-tra Sandwich on WG/WW Biscuit,14 gms	3/4 c 1% Milk 1/4 c +Orange Slices & 1/4 c Banana Slices 1/4 c WG Oatmeal, (14 gms dry)	3/4 c 1% Milk 1/2 c +Pineapple Tidbits Toasted WG Bagel,14 gms, w/ 1-2 Tbl. Jelly	3/4 c 1% Milk 1/2 c + Cantaloupe 17 gms, WG Waffle w/ 1-2 Tbl. Syrup	3/4 c 1% Milk 1/2 c +Mandarin Oranges 1/2 Sl., 14 gms Warm Cheese Pita (1/2 oz Melted Cheddar Cheese, x-tra, on Pita Bread)	Taste Testers, Taste test Kiwi
	18	19	20	21	22	3/4 c 1% Milk 1/4 c +Strawberries & 1/4 c Blueberries (Fresh in Season) 1/4 c Scrambled Egg, x-tra w/ Ketchup 14 gms Warm WW Tortilla	3/4 c 1% Milk 1/2 c +Orange Slices 1/4 c Cream of Wheat, (14 gms dry)	3/4 c 1% Milk 1/2 c +Pineapple Tidbits 28 gms WG Banana Bread Square (No nuts)	3/4 c 1% Milk 1/2 c +Cantaloupe 1/2 c WG Cheerios, 14 gms	3/4 c 1% Milk 1/2 c +Mandarin Oranges Mc Head Start Muffin (Toasted WG/ WW English Muffin,14 gms w/ 1/4 c Scrambled Egg-x-tra & Sprinkling of Cheese-x-tra)	Let's get cooking, Prepare kiwi and strawberry skewers
	25	26	27	28	29	3/4 c 1% Milk 1/2 c + Honeydew 1/4 c Scrambled Egg, x-tra w/ 2 Tbl. Ketchup Warm WW Tortilla, 14 gms	3/4 c 1% Milk 1/2 c + Mandarin Oranges 17 gms WG/WW Pancakes w/ 1-2 Tbl. Syrup	3/4 c 1% Milk 1/2 c + Kiwi, peel & cut 1/ 4 c Cream of Wheat, (14 gms dry)	3/4 c 1% Milk 1/2 c +Orange Wedges 14 gms WG/WW Biscuit w/ 1-2 Tbl Jelly	3/4 c 1% Milk 1/2 c + Pineapple Tidbits 14 gms Pita Bread w/ 1/2 oz Melted Cheddar Cheese, x-tra	Let's get cooking, Prepare traffic lights (strawberry, banana and kiwi)

** subject to availability** These menus were developed and approved for the sole use of Youth Development Inc. and are not for public distribution. Notes:
 1) texture will be modified for each child's developmental level. 2) YDI menus are nut free and do not permit outside food. 7/21/2021


Non-Discrimination Statement: This explains what to do if you believe you have been treated unfairly. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

YDI Pre School Lunch Menu (Age 24mos-5yrs)

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		Monday	Tuesday	Wednesday	Thursday	Friday	Nutrition Ed				
week I	1						3/4 c 1% Milk Bean Burrito on 14 gms warm WW tortilla (1/2 c Refried Beans & Sprinkle of Monterey jack cheese extra) 2 Tbl. *tomato salsa, x-tra 1/4 c *Lettuce & 1/8 c *Tomato 1/4 c +Strawberries (Fresh in season)	Let's get cooking, Prepare Asparagus flower			
	4	3/4 c 1% Milk Sloppy Joe on a 14 gms WG/WW Bun (1/3 c Meat Mixture= 2 oz) 1/4 c *Fresh Broccoli w/ 1 Tbl. FF Ranch Drsg 1/4 c +Mandarin Oranges	5	Bean Tostada w/ 1/2 c homemade refried Beans & a sprinkle of cheddar ,extra on a WG Tostada Shell (14 grms) 1/4 c *Shredded Lettuce & 1/8 c *Diced Tomato 2 Tbl. *Tomato Salsa, x-tra 1/4 c Applesauce	6	3/4 c 1% Milk 1 1/2 oz Oven Baked Parmesan Chicken (Thigh Meat) 1/4 c Zucchini w/ onion, extra 1/4 c Fruit Cocktail, cut grapes in half 1/2 SL, 14 gms WG/WW Bread	7	3/4 c Beefaroni (1 1/2 oz grnd beef 1/4 c WG Elbow Mearoni & 1/4c Tomato Jc, tomato, corn & onion) Salad w/ 1/4 c *Spinach & 1/8 c Cucumber+ 1 Tbl LF 1000 Island Drsg 1/4 c Sliced Apples	8	1 1/2 oz Baked buttered Tilapia w/ Lemon Pepper 1/4 c Roasted Vegetables (1/8 c Red/New Potato, 1/8 c *Carrot & Onion-x-tra) 1/4 c +Honeydew 14 gm WG/WW Dinner Roll	Food Detectives Introduce Kiwi
	11	3/4 c 1% Milk 1/6 Cottage Pie (1 1/2 oz Grnd Beef 1/4 c Mashed Potato LF Gravy & pie crust, x-tra) 1/4 c *Steamed Broccoli 1/2 SL WG/WW Bread, 14 grms	12	3/4 c 1% Milk 1 1/2 oz Shredded BBQ Pork Sandwich on 14 gms WG/WW Bun 1/4 c *Carrot Sticks 1/4 c Fruit Cocktail (Cut grapes in half)	13	3/4 c 1% Milk 1/2 Chicken Enchilada (1 1/2 oz Chicken & Cheese 14 gms WG Corn Tortilla Mild Green Chile (see recipe for amts) 1/4 c Zucchini w/ Sautéed Onion, extra 1/4 c Pears (Fresh in Season)	14	1/2 Hamburger on 14 gms WG/WW Bun (1 1/2 oz Meat, Pickles, Onions, extra, ketchup, mustard) 1/4 c *Lettuce & 1/8 c *Tomato 1/4 c +Honeydew or Watermelon (In Season)	15	3/4 c 1% Milk 1 c Tuna Casserole (1 1/2 oz Tuna, 1/4 c *Peas & Carrots, 1/4 c WG Rotini Pasta, Bread Crumbs, x-tra & sauce) 1/4 c +Strawberries (Fresh in Season)	Taste Testers, Taste test Kiwi
	18	3/4 c 1% Milk 1/2 c Beef & Spaghetti Casserole (1 1/2 oz Grnd Beef, 1/4 c *Sauce, and 1/4 c WG Spaghetti Noodles) 1/4 c Pears	19	3/4 c 1% Milk 1 1/2 oz BBQ Chicken (8 PC) 1/4 c Green Beans 1/4 c Peaches 1/2 SL, 14 gms, WW/WG Bread, Lightly Buttered (if desired)	20	3/4 c 1% Milk 3/4 c Chile Con Carne (1 1/2 oz Ground Turkey, 1/4 c Red Beans & *Sauce) 1/4 c +Kiwi, ripe, peel & cut 17 gms Corn Bread	21	3/4 c 1% Milk 1 1/2 oz Beef Pot Roast 1/4 c Oven Baked Potatoes 1/4 c * Steamed Carrots 1/2 SL, 14 gms WG/WW Bread	22	3/4 c *WG Penne Pasta w/Three Cheeses (1 1/2 cheddar, Mozzarella, shredded Parmesan and sauce, extra) 1/4 c *Sautéed Spinach w/ Onion-x-tra 1/4 c +Honeydew 14 gms WG Bread Stick w/ garlic butter	Let's get cooking, Prepare kiwi and strawberry skewers
	25	3/4 c 1% Milk 1/2 c Spanish Rice and Gronud Beef (1 1/2 oz beef, 1/4 c WG Brown Rice, 1/4 c *vegetable 1/4 c Calabacitas w/ onions, x-tra 1/4 c Peaches (See recipes for amounts)	26	1 1/2 oz Teriyaki Chicken (8pc) 1/2 c Broccoli & Stir Fry Noodles (1/4 c WG noodles, stir fried w/ 1/4 c * Steamed Broccoli & Green Onions-extra) 1/4 c Banana Chunks (Dip in +PA Juice, x-tra)	27	3/4 c 1% Milk 1 1/2 oz Pork Loin 1/4 c Peas 1/4 c +Cantaloupe 1/2 SL, 14 gms WG/WW Bread	28	Pizza Pup-1 1/2 oz Grnd Beef on 14 gm WG/WW Bun w/a Sprinkling of mozzarella cheese extra & *Sauce, x-tra (see recipe) 1/2 c Tossed Salad w/ *Dark Grens & 1 Tbl LF 1000 Island Drsg. 1/4 c Apple Wedges (Dip in PA jcc xtra)	29	3/4 c 1% Milk Bean Burrito on 14 gms warm WW tortilla (1/2 c Refried Beans & Sprinkle of Monterey jack cheese extra) 2 Tbl. *tomato salsa, x-tra 1/4 c *Lettuce & 1/8 c *Tomato 1/4 c +Strawberries (Fresh in season)	Let's get cooking, Prepare traffic lights (strawberry, banana and kiwi)

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YDI Pre School PM Snack Menu (Age 24mos-5yrs)

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		Monday	Tuesday	Wednesday	Thursday	Friday	Nutrition Ed
week I						1	
	week II	4	5	6	7	8	
	week III	11	12	13	14	15	
	week IV	18	19	20	21	22	
	week I	25	26	27	28	29	
		<p style="text-align: center;">Fruit & Cheese</p> <p>1/2 c Cold Water 1/2 c +Stawberries (Fresh in Season) 1/2 oz Mozz String Cheese</p>	<p style="text-align: center;">Crackers & Fruit</p> <p>1/2 c Cold Water 11 gms WW Crackers 1/2 c Apple, +Orange, Banana Salad made w/ OJ Concentrate (1/8 c each)</p>	<p style="text-align: center;">Milk & English Muffin</p> <p>1/2 c 1% Milk Toasted WG/WW English Muffin, 14 gms, w/ 1-2 Tbl. Jelly</p>	<p style="text-align: center;">Milk & Cereal</p> <p>1/2 c 1% Milk 1/2 c Kix, 14 gms</p>	<p style="text-align: center;">Smoothie & Crackers</p> <p>3/4 c Fruit Smoothie (1/4 c Yogurt, 1/4 Banana, 2 Tbl +Pineapple, & 1/4 c +Strawberries-fruit=x-tra) 11 gms WG Gold Fish Crackers</p>	<p>Let's get cooking, Prepare Asparagus flower</p>
		<p style="text-align: center;">Dippers & Salsa</p> <p>1/2 c Cold Water 1/2 c Cucumber Rounds 1 tbl FF Ranch Drsg 11 gms WW Crackers</p>	<p style="text-align: center;">Apples and Cheese</p> <p>1/2 c Cold Water 1/2 c Apple Slices 1/2 oz Mozz String Cheese</p>	<p style="text-align: center;">Milk & Fruit</p> <p>1/2 c 1% Milk 1/2 c Peaches</p>	<p style="text-align: center;">Milk & Crackers</p> <p>1/2 c 1% Milk 14 gms Graham Crackers (No Honey)</p>	<p style="text-align: center;">Banana and Yogurt Dip</p> <p>1/2 c Cold Water 1/2 c Banana 1/4 c Vanilla Yogurt Dip Topped with Sprinkling of WG Cheerios-x-tra</p>	<p>Taste Testers, Taste test Kiwi</p>
		<p style="text-align: center;">Fruit & Crackers</p> <p>1/2 c Cold Water 1/2 c +Pineapple 11 gms WW Crackers</p>	<p style="text-align: center;">Veges & Cheese</p> <p>1/2 c Cold Water 1/2 oz Mozz String Cheese 1/2 c Broccoli Florettes 1-2 Tbl. FF Ranch Drsg</p>	<p style="text-align: center;">Banana & Crackers</p> <p>1/2 c Cold Water Whole Banana (1/2 c) 11 gms WG Gold Fish Crackers</p>	<p style="text-align: center;">Fruit & Yogurt Dip</p> <p>1/2 c Cold Water 1/4 c Sliced Apple 1/4 c Diced +Strawberries Mixed w/ 1/4 c Plain Yogurt</p>	<p style="text-align: center;">Vegetables, Dip, & Pita Crisps</p> <p>1/2 c Cold Water 1/8 c/2 T Hummus Dip, x-tra 1/4 c Cucumber Slices 1/4 c *Bell Pepper Slices 14 gms Pita Crisps (crispy Baked Pita triasngles)</p>	<p>Let's get cooking, Prepare kiwi and strawberry skewers</p>
		<p style="text-align: center;">Veges & Cheese</p> <p>1/2 c Cold Water 1/4 c *Carrot Sticks 1/4 c Cucumber Rounds w/ 1-2 Tbl FF Ranch Drsg. 1/2 oz Cheddar Cheese Cubes</p>	<p style="text-align: center;">Bread n' Milk</p> <p>1/2 c 1% Milk 28 gms WG Banana Whole Wheat Muffins (No nuts)</p>	<p style="text-align: center;">Applesauce & Engl. Muffin</p> <p>1/2 c Cold Water 1/2 c Applesauce 14 gms WG/ WW English Muffin, Lightly Buttered</p>	<p style="text-align: center;">Fruit & Grahams</p> <p>1/2 c Cold Water 1/2 c Fruit Cocktail 14 gms Graham Crackers- No Honey-Approx. 2 Cracker Squares (Cut grapes in half)</p>	<p style="text-align: center;">Smoothie & Crackers</p> <p>3/4 c Fruit Smoothie (1/4 c Yogurt, 1/4 Banana, 2 Tbl +Pineapple, & 1/4 c +Strawberries-fruit=x-tra) 11 gms WG Gold Fish Crackers</p>	<p>Let's get cooking, Prepare traffic lights (strawberry, banana and kiwi)</p>

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