


## YDI Toddler Breakfast Menu (Age 1 up to 2nd Birthday)

+ = High in Vitamin C

April 2022

\* = High in Vitamin A

	Monday	Tuesday	Wednesday	Thursday	Friday
week I					1
week II	4	5	6	7	8
	1/2 c Whole Milk 1/4 c + Cantaloupe, ripe, cut in sm pcs 3/4 c Vegetable Skillet Frittata (1/4 c Egg & w/ Vegetables-x-tra) 1/2 Sl., 14 gms WG/WW English Muffin, Lightly Buttered	1/2 c Whole Milk 1/4 c +Pineapple Tidbits 1/2 c WG Oatmeal, ( 14 gms dry)	1/2 c Whole Milk 1/4 c +Kiwi, ripe, peel & cut in sm pcs 14 gms WG Toasted Bagel w/1/2 oz Melted Mozzarella Cheese, x-tra	1/2 c Whole Milk 1/4 c +Fresh Orange Sections, peel & cut in small pieces, remove membranes to prevent choking when developmentally appropriate 28 gms WG Banana Bread Squares (No Nuts)	1/2 c Whole Milk 1/4 c +Strawberries (Fresh in Season) ripe, remove stems, cut in sm pcs 35 gms WG/WW French Toast Sticks w/ 2 Tbl warm cinnamon Applesauce, x-tra
week III	11	12	13	14	15
	1/2 c Whole Milk 1/4 c +Strawberries (Fresh in Season) ripe, remove stems, cut in sm pcs Scrambled Egg (1/4 c), x-tra Sandwich on WG/WW Biscuit,14 gms	1/2 c Whole Milk 1/8 c +Orange Slices & 1/8 c banana slices, peel & cut in sm pcs remove membranes to prevent choking when develop- mentally appropriate 1/4 c WG Oatmeal, (14 gms dry)	1/2 c Whole Milk 1/4 c +Pineapple Tidbits Toasted WG Bagel,14 gms, w/1-2Tbl. Jelly	1/2 c Whole Milk 1/4 c + Cantaloupe, ripe, cut in sm pcs 17 gms, WG Waffle w/ 1-2Tbl. Syrup	1/2 c Whole Milk 1/4 c +Mandarin Oranges 1/2 Sl., 14 gms Warm Cheese Pita (1/2 oz Melted Cheddar Cheese- x-tra, on Pita Bread)
week IV	18	19	20	21	22
	1/2 c Whole Milk 1/8 c +Strawberries & 1/8 c Blueberries (Fresh in Season) ripe, remove stems, cut 1/4 c Scrambled Egg w/ Ketchup 14 gms Warm WW Tortilla	1/2 c Whole Milk 1/4 c +Fresh Orange Sections, peel & cut in small pieces, remove membranes to prevent choking when developmentally appropriate 1/4 c Cream of Wheat (14 gms dry)	1/2 c Whole Milk 1/4 c +Pineapple Tidbits 28 gms WG Banana Bread Square (No nuts)	1/2 c Whole Milk 1/4 c + Cantaloupe, ripe, cut in sm pcs 1/2 c WG Cheerios, 14 gms	1/2 c Whole Milk 1/4 c +Mandarin Oranges Mc Head Start Muffin (Toasted WG/ WW English Muffin,14 gms w/ 1/4 c Scrambled Egg-xtra & Sprinkling of Cheese-x-tra)
week I	25	26	27	28	29
	1/2 c Whole Milk 1/4 c +Honedew, ripe, peel & cut in small pieces 1/4 c Scrambled Egg, x-tra w/ 2 Tbl. Ketchup Warm WW Tortilla, 14 gms	1/2 c Whole Milk 1/4 c + Mandarin Oranges 17 gms WG/WW Pancakes w/ 1-2 Tbl. Syrup	1/2 c Whole Milk 1/4 c +Kiwi, ripe, peel & slice in small pieces 1/4 c Cream of Wheat, (14 gms dry)	1/2 c Whole Milk 1/4 c +Fresh Orange Sections, peel & cut in small pieces, remove membranes to prevent choking when developmentally appropriate 14 gms WG/WW Biscuit w/ 1-2 Tbl. Jelly	1/2 c Whole Milk 1/4 c + Pineapple Tidbits 14 gms Pita Bread w/ 1/2 oz Melted Cheddar Cheese, x-tra

\*\* 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. 8/1/2019


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## YDI Toddler Lunch Menu (Age 1 up to 2nd Birthday)

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	Monday	Tuesday	Wednesday	Thursday	Friday
week I					1/2 c Whole Milk 1 Bean Burrito on 14 gms Warm WW Tortilla (1/2 c Refried beans & Sprinkl of Monterey jack cheese extra) 2 Tbl. * Tomato Salsa, x-tra no lett or tom 1/8 c Spinach w/ Onion-x-tra 1/8 c +Strawberries (Fresh in Season) ripe, remove stems, cut in sm pcs
week II	4 1/2 c Whole Milk Sloppy Joe on a 14 gms WG/WW Bun (1/3 c Meat Mixture= 2 oz) 1/8 *Fresh Steamed Broccoli, cut in sm pcs & well cooked 1/8 c +Mandarin Oranges	5 1/2 c Whole Milk Bean Tostada w/ 1/2 c homemade Refried Beans & a Sprinkl of cheddar Cheese, x-tra on WG tostada shell (14grms) No Lettuce & Tomato 2 Tbl. *Tomato Salsa, x-tra 1/8 c Green Beans w/ Onions, x-tra 1/8 c Applesauce	6 1/2 c Whole Milk 1 oz Oven Baked Parmesan chicken (Thigh Meat) 1/8 c Zucchini w/ onion, extra 1/8 c Fruit Cocktail, cut grapes in half 1/2 Sl., 14 gms WG/WW Bread	7 1/2 c Whole Milk 3/4 c Beefaroni (1 oz grnd beef oz Grnd Beef, 1/4 c 1/4 cWG Elbow Macaroni, & 1/4 c Tomato Jc, tomato, corn. Onion 1/8 c * Sautéed Spinach w/ onion extra 1/8 c Sliced Apples (Dip in +PA jce) remove skin, steam, chill, cut in small pcs ext	8 1/2 c Whole Milk 1 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) 1/8 c +Honeydew, ripe, cut in sm pcs 14 gms WG/WW Dinner Roll
week III	11 1/2 c Whole Milk 1/6 Cottage Pie (1 1/2 oz grnd beef 1/4 c mash potato lf gravy 1/8 c * Steamed Broccoli, cut in small pcs & well cooked 1/2 Sl. WG/WW Bread, 14 grms	12 1/2 c Whole Milk 1 oz Shredded BBQ Pork Sandwich on 14 gms WG/WW Bun 1/8 c *Carrot Sticks, Steam & chill 1/8 c Fruit Cocktail, cut grapes in half	13 1/2 Chicken Enchilada (1 1/2 oz Chicken & Cheese, 14 gms WG Corn Tortilla & Mild Green Chile) 1/8 c *Zucchini w/ Onions, x-tra 1/8 c Pears (Fresh in season) ripe, peel & cut in sm pcs	14 1/2 Hamburger on 14 gms wwg bun (1 1/2 oz Meat, Pickles, onions x-tra, Ketchup, Mustard) 1/8 c Whole Kernal Corn 1/8 c +Honeydew or Watermelon (In Season) ripe, peel & cut in sm pcs	15 1 c Tuna Casserole (1 1/2 oz Tuna, 1/4 c* peas & carrots, 1/4 c WG Roitini Pasta Bread Crumbs, x-tra & Sauce) 1/8 c +Strawberries (Fresh in Season) ripe, remove stems, cut in sm pcs
week IV	18 1/2 c Whole Milk 1/2 c Beef & Spaghetti Casserole (1 1/2 oz meat, 1/4 c *Sauce, and 1/4 c WG Spaghetti Noodles) 1/8 c Pears	19 1/2 c Whole Milk 1 oz BBQ Chicken (8 pc) 1/8 c * Green Beans, cut in small pcs & well cooked 1/8 c Diced Peaches 1/2 Sl., 14 gms, WW/WG Bread, Lightly Buttered (if desired)	20 1/2 c Whole Milk 3/4 c Chile Con Carne (1 1/2 oz Ground Turkey, 1/4 c Red Beans & *Sauce) 1/8 c +Kiwi, ripe, peel & cut 17 gms Corn Bread	21 1/2 c Whole Milk 1 oz Beef Pot Roast 1/8 c Oven Baked Potatoes 1/8 c * Steamed Carrots, cut in small pcs, well cooked 1/2 Sl., 14 gms WG/WW Bread	22 1/2 c Whole Milk 3/4 c *WG Penne Pasta w/ three cheeses (1 1/2 oz Cheddar, Mozzarella, shredded Parmesan & *Sauce extra) 1/8 c Sautéed Spinach w/ Onion-x-tra 1/8 c Honeydew, ripe, peel & cut in sm pcs 14 gms WG Bread Stick w/ garlic butter Vegetable, Dip & Tortilla
week I	25 1/2 c Whole Milk 1/2 c Spanish Rice and Beef (1 1/2 oz grnd beef WG brown Rice and 1/4 c *vegetable) 1/8 c Calabacitas w/ onion, x-tra 1/8 c *Diced Peaches (See recipes for amounts)	26 1 oz Teriyaki Chicken (8 pc) well cooked & deboned 1/2 c Broccoli & Stir Fry Noodles (1/4 c WG spaghetti noodles stir Fried w/ 1/4 c * Broccoli, cut up in sm pcs, cook until soft & green onions x-tra 1/8 c Banana Chunks (Dip in PA juice)	27 1/2 c Whole Milk 1 oz Pork Loin, cook til tender cut in sm pcs 1/8 c Peas 1/8 c +Cantaloupe, ripe, cut in sm pcs 1/2 Sl., 14 gms, WG/WW Bread	28 Pizza Pup-1 1/2 oz Grnd Beef on 14 grms Bun w/ a Sprinkling of mozzarella Cheese, x-tra & *sauce extra (see recipe) 1/8 c Green Beans w/ Sautéed onion extra 1/8 c Sliced Apples (Dip in +PA Juice-x-tra) remove skin, Steam, Chill, peel & cut in small pcs.	29 1/2 c Whole Milk Bean Burrito on 14 gms Warm WW Tortilla (1/2 c Refried beans & Sprinkl of Monterey jack cheese extra) 2 Tbl. * Tomato Salsa, x-tra no lett or tom 1/8 c Spinach w/ Onion-x-tra 1/8 c +Strawberries (Fresh in Season) ripe, remove stems, cut in sm pcs

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## YDI Toddler PM Snack Menu (Age 1 up to 2nd Birthday)

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	Monday	Tuesday	Wednesday	Thursday	Friday
week I					1
					<b>Smoothie &amp; crackers</b> 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
week II	4	5	6	7	8
	<b>Fruit &amp; Cheese</b> 1/2 c Cold Water 1/2 c *Strawberries, ripe, remove stems, cut in sm pcs (Fresh in Season) 1/2 oz Mozz String Cheese	<b>Crackers &amp; Fruit</b> 1/2 c Cold Water 11 gms WW Crackers 1/2 c Apple, +Orange, Banana Salad, peel & cut in sm pcs, remove membrane from oranges w/ OJ Con (1/8 c each)	<b>Milk &amp; English Muffin</b> 1/2 c Whole Milk Toasted WG/WW English Muffin, 14 gms, w/ 1-2 Tbl. Jelly	<b>Milk &amp; Cereal</b> 1/2 c Whole Milk 1/2 c Kix, 14 gms	<b>Cheese and Veggie Wrap</b> 1/2 c Cold Water Warm Veggie Wrap made w/ 1/2 WW Tortilla, 14 gms & 1/2 oz Melted Cheddar Cheese & a Sprinkling of *Diced Bell Pepper-x-tra
week III	11	12	13	14	15
	<b>Dippers &amp; Salsa</b> 1/2 c Cold Water 1/2 c Cucumber Rounds peel w/ 1 Tbl FF Ranch Drsg 11 gms WW Crackers	<b>Apples and Cheese</b> 1/2 c Cold Water 1/2 c Apple Slices, remove skin, steam, chill, peel & cut in small pcs. (Dip in +PA Juice, x-tra) 1/2 oz Mozz. String Cheese	<b>Milk &amp; Fruit</b> 1/2 c Whole Milk 1/2 c Peaches	<b>Milk &amp; Toast</b> 1/2 c Whole Milk 14 gms Cinnamon Toast	<b>Banana and Yogurt Dip</b> 1/2 c Cold Water 1/2 c Banana 1/4 c Vanilla Yogurt Dip Topped with a Sprinkling of WG Cherrios, x-tra
week IV	18	19	20	21	22
	<b>Fruit &amp; Cracker</b> 1/2 c Cold Water 1/2 c +Pineapple 11 gms WW Crackers	<b>Veges &amp; Cheese</b> 1/2 c Cold Water 1/2 oz String Cheese 1/2 c Broccoli Florettes 1-2 Tbl. FF Ranch Dressing	<b>Banana &amp; Crackers</b> 1/2 c Cold Water Whole Banana 11 gms WG Gold Fish Crackers	<b>Fruit &amp; Yogurt Dip</b> 1/2 c Cold Water 1/4 c Sliced Apple 1/4 c Diced +Strawberries mixed w/ 1/2 c Plain Yogurt	<b>Vegetable,dip and Pita Crisps</b> 1/2 c Cold Water 1/8 c / 2 Tbl Hummus Dip, x-tra 1/4 c Cucumber Slices 1/4 c *Bell Pepper Slices 14 gms Pita Crisps (Crispy baked pita triangles)
week I	25	26	27	28	29
	<b>Veges &amp; Cheese</b> 1/2 c Cold Water 1/4 c *Carrot Sticks, Steam & Chill 1/4 c Cucumber Rounds w/ 1-2 Tbl FF Ranch Drsg. 1/2 oz Cheddar Cheese Cubes	<b>Bread n' Milk</b> 1/2 c Whole Milk 28 gms WG Banana Whole Wheat Muffin (No nuts)	<b>Applesauce &amp; Engl. Muffin</b> 1/2 c Cold Water 1/2 c Applesauce 14 gms WG/WW English Muffins, Lightly Buttered	<b>Fruit &amp; Toast</b> 1/2 c Cold Water 1/2 c Fruit Cocktail 14 gms Cinnamon Toast	<b>Smoothie &amp; crackers</b> 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

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