



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

+ = High in Vitamin C

June 2022

* = High in Vitamin A

		<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Nutrition Ed</i>
week II	1			1 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	2 3/4 c 1% Milk 1/2 c +Fresh Orange Wedges 28 gms WG Banana Bread Square(No Nuts)	3 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	Sweet potato a look inside
week III	6	6 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	7 3/4 c 1% Milk 1/4 c +Orange Slices & 1/4 c Banana Slices 1/4 c WG Oatmeal, (14 gms dry)	8 3/4 c 1% Milk 1/2 c +Pineapple Tidbits Toasted WG Bagel,14 gms, w/ 1-2 Tbl. Jelly	9 3/4 c 1% Milk 1/2 c + Cantaloupe 17 gms, WG Waffle w/ 1-2 Tbl. Syrup	10 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)	Mashed sweet potato
week IV	13	13 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	14 3/4 c 1% Milk 1/2 c +Orange Slices 1/4 c Cream of Wheat, (14 gms dry)	15 3/4 c 1% Milk 1/2 c +Pineapple Tidbits 28 gms WG Banana Bread Square (No nuts)	16 3/4 c 1% Milk 1/2 c +Cantaloupe 1/2 c WG Cheerios, 14 gms	17 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)	Sweet potato...where do you come from?
week I	20	20 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	21 3/4 c 1% Milk 1/2 c + Mandarin Oranges 17 gms WG/WW Pancakes w/ 1-2 Tbl. Syrup	22 3/4 c 1% Milk 1/2 c + Kiwi, peel & cut 1/ 4 c Cream of Wheat, (14 gms dry)	23 3/4 c 1% Milk 1/2 c +Orange Wedges 14 gms WG/WW Biscuit w/ 1-2 Tbl Jelly	24 3/4 c 1% Milk 1/2 c + Pineapple Tidbits 14 gms Pita Bread w/ 1/2 oz Melted Cheddar Cheese, x-tra	Start a sweet potato slip
week II	27	27 3/4 c 1% Milk 1/2 c + Cantaloupe 3/4 c Vegetable Skillet Frittata (1/4 c Egg w/vegetables, estra) 1/2 Sl., 14 gms WG/WW English Muffin, Lightly Buttered	28 3/4 c 1% Milk 1/2 c +Pineapple Tidbits 1/4 c Oatmeal (14 gms dry)	29 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	30 3/4 c 1% Milk 1/2 c +Fresh Orange Wedges 28 gms WG Banana Bread Square(No Nuts)		Make a pretend sweet potato hill

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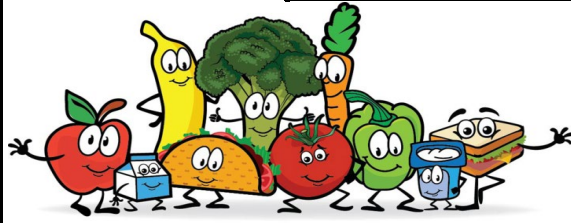

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YDI Pre School Lunch Menu (Age 24mos-5yrs)

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		Monday	Tuesday	Wednesday	Thursday	Friday	Nutrition Ed		
week II	1	2	3	4	5	6	Sweet potato a look inside		
									
				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	3/4 c 1% Milk 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	3/4 c 1% Milk 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			
week III	6	7	8	9	10	11	Mashed sweet potato		
		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	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)	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)	3/4 c 1% Milk 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)	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)			
week IV	12	13	14	15	16	17	Sweet potato...where do you come from?		
		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	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)	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	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	3/4 c 1% Milk 3/4 c *WG Penne Pasta w/Three Cheese (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			
week I	18	19	20	21	22	23	Start a sweet potato slip		
		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)	3/4 c 1% Milk 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)	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	3/4 c 1% Milk 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 jce xtra)	3/4 c 1% Milk Bean Burrito on 14 gms warm WW tortill (1/2 c Refried Beans & Sprinkle of 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)			
week II	24	25	26	27	28	29	30	31	Make a pretend sweet potato hill
		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	3/4 c 1% Milk 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	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	3/4 c 1% Milk 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				

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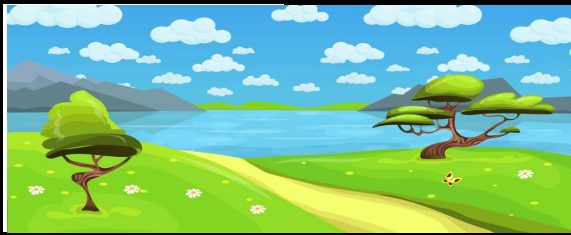

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YDI Pre School PM Snack Menu (Age 24mos-5yrs)

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		<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Nutrition Ed</i>
week II				1 Milk & English Muffin 1/2 c 1% Milk Toasted WG/WW English Muffin, 14 gms, w/ 1-2 Tbl. Jelly	2 Milk & Cereal 1/2 c 1% Milk 1/2 c Kix, 14 gms	3 Cheese and Veggie Wrap 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)	Sweet potato a look inside
week III		6 Dippers & Salsa 1/2 c Cold Water 1/2 c Cucumber Rounds 1 tbl FF Ranch Drsg 11 gms WW Crackers	7 Apples and Cheese 1/2 c Cold Water 1/2 c Apple Slices 1/2 oz Mozz String Cheese	8 Milk & Fruit 1/2 c 1% Milk 1/2 c Peaches	9 Milk & Crackers 1/2 c 1% Milk 14 gms Graham Crackers (No Honey)	10 Banana and Yogurt Dip 1/2 c Cold Water 1/2 c Banana 1/4 c Vanilla Yogurt Dip Topped with Sprinkling of WG Cheerios-x-tra	Mashed sweet potato
week IV		13 Fruit & Crackers 1/2 c Cold Water 1/2 c +Pineapple 11 gms WW Crackers	14 Veges & Cheese 1/2 c Cold Water 1/2 oz Mozz String Cheese 1/2 c Broccoli Florettes 1-2 Tbl. FF Ranch Drsg	15 Banana & Crackers 1/2 c Cold Water Whole Banana (1/2 c) 11 gms WG Gold Fish Crackers	16 Fruit & Yogurt Dip 1/2 c Cold Water 1/4 c Sliced Apple 1/4 c Diced +Straw- berries Mixed w/ 1/4 c PlainYogurt	17 Vegetables, Dip, & Pita Crisps 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 triangles)	Sweet potato...where do you come from?
week I		20 Veges & Cheese 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	21 Bread n' Milk 1/2 c 1% Milk 28 gms WG Banana Whole Wheat Muffins (No nuts)	22 Applesauce & Engl. Muffin 1/2 c Cold Water 1/2 c Applesauce 14 gms WG/ WW English Muffin, Lightly Buttered	23 Fruit & Grahams 1/2 c Cold Water 1/2 c Fruit Cocktail 14 gms Graham Crackers- No Honey-Approx. 2 Cracker Squares (Cut grapes in half)	24 Smoothie & Crackers 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	Start a sweet potato slip
week II		27 Fruit & Cheese 1/2 c Cold Water 1/2 c +Stawberries (Fresh in Season) 1/2 oz Mozz String Cheese	28 Crackers & Fruit 1/2 c Cold Water 11 gms WW Crackers 1/2 c Apple, +Orange, Banana Salad made w/ OJ Concentrate (1/8 c each)	29 Milk & English Muffin 1/2 c 1% Milk Toasted WG/WW English Muffin, 14 gms, w/ 1-2 Tbl. Jelly	30 Milk & Cereal 1/2 c 1% Milk 1/2 c Kix, 14 gms		Make a pretend sweet potato hill

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