


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

+ = High in Vitamin C

June 2022

* = High in Vitamin A

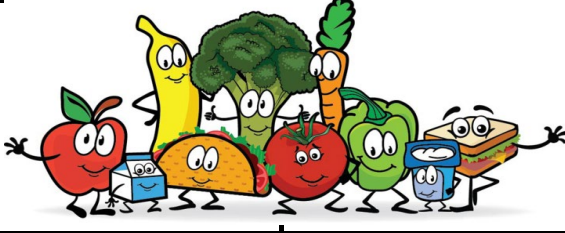

		<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
week II				1 1/2 c Whole Milk 1/4 c +Kiwi, ripe, peel & cut in sm pcs 14 gms WG Toasted Bagel w/1/2 oz Melted Mozzarella Cheese, x-tra	2 1/2 c Whole Milk 1/4 c +Fresh Orange Sections, peel & cut in small pieces, remove membranes to prevent choking when developmentally appropriate 28 gms WG Banana Bread Squares (No Nuts)	3 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
	6	7 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 developmentally appropriate 1/4 c WG Oatmeal, (14 gms dry)	8 1/2 c Whole Milk 1/4 c +Pineapple Tidbits Toasted WG Bagel,14 gms, w/1-2 Tbl. Jelly	9 1/2 c Whole Milk 1/4 c + Cantaloupe, ripe, cut in sm pcs 17 gms, WG Waffle w/ 1-2 Tbl. Syrup	10 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 III	13	14 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	15 1/2 c Whole Milk 1/4 c +Pineapple Tidbits 28 gms WG Banana Bread Square (No nuts)	16 1/2 c Whole Milk 1/4 c + Cantaloupe, ripe, cut in sm pcs 1/2 c WG Cheerios, 14 gms	17 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)	
	20	21 1/2 c Whole Milk 1/4 c + Mandarin Oranges 17 gms WG/WW Pancakes w/ 1-2 Tbl. Syrup	22 1/2 c Whole Milk 1/4 c +Kiwi, ripe, peel & slice in small pieces 1/4 c Cream of Wheat, (14 gms dry)	23 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	24 1/2 c Whole Milk 1/4 c + Pineapple Tidbits 14 gms Pita Bread w/ 1/2 oz Melted Cheddar Cheese, x-tra	
week IV	27	28 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	29 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	30 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)		

** 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

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 and equal opportunity provider and employer.

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

		+ = 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>
week I	week II			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	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 * Sauteed Spinach w/ onion extra 1/8 c Sliced Apples (Dip in + PA jce) remove skin, steam, chill, cut in small pcs	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	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	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	1/2 c Whole Milk 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	1/2 c Whole Milk 1/2 Hamburger on 14 gms wwwg 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	1/2 c Whole 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) 1/8 c +Strawberries (Fresh in Season) ripe, remove stems, cut in sm pcs
	week IV	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	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)	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	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	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 Sauteed 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	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)	1/2 c Whole Milk 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)	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	1/2 c Whole Milk Pizza Pup-1 1/2 oz Grnd Beef on 14 grm Bun w/ a Sprinkling of mozzarella Cheese, x-tra & *sauce extra (see recipe) 1/8 c Green Beans w/ Sauteed onion extra 1/8 c Sliced Apples (Dip in +PA Juice-x-tra) remove skin, Steam, Chill, peel & cut in small pcs.	1/2 c Whole Milk Bean Burrito on 14 gms Warm WW Tortilla (1/2 c Refried beans & Sprnkl 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	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	1/2 c Whole Milk Bean Tostada w/ 1/2 c homemade Refried Beans & a Sprnkl of cheddar Cheese, x-tra on WG tostada shell (14gr) No Lettuce & Tomato 2 Tbl. *Tomato Salsa, x-tra 1/8 c Green Beans w/ Onions, x-tra 1/8 c Applesauce	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	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 * Sauteed Spinach w/ onion extra 1/8 c Sliced Apples (Dip in + PA jce) remove skin, steam, chill, cut in small pcs e	

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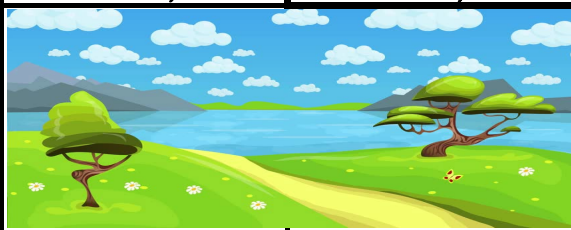

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YDI Toddler PM Snack Menu (Age 1 up to 2nd Birthday)

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June 2022

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	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
week II			1 Milk & English Muffin 1/2 c Whole Milk Toasted WG/WW English Muffin, 14 gms, w/ 1-2 Tbl. Jelly	2 Milk & Cereal 1/2 c Whole 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
week III	6 Dippers & Salsa 1/2 c Cold Water 1/2 c Cucumber Rounds peel w/ 1 Tbl FF Ranch Drsg 11 gms WW Crackers	7 Apples and Cheese 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	8 Milk & Fruit 1/2 c Whole Milk 1/2 c Peaches	9 Milk & Toast 1/2 c Whole Milk 14 gms Cinnamon Toast	10 Banana and Yogurt Dip 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	13 Fruit & Cracker 1/2 c Cold Water 1/2 c +Pineapple 11 gms WW Crackers	14 Vegetables & Cheese 1/2 c Cold Water 1/2 oz String Cheese 1/2 c Broccoli Florettes 1-2 Tbl. FF Ranch Dressing	15 Banana & Crackers 1/2 c Cold Water Whole Banana 11 gms WG Gold Fish Crackers	16 Fruit & Yogurt Dip 1/2 c Cold Water 1/4 c Sliced Apple 1/4 c Diced +Strawberries mixed w/ 1/2 c Plain Yogurt	17 Vegetable, dip and Pita Crisps 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	20 Vegetables & Cheese 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	21 Bread n' Milk 1/2 c Whole Milk 28 gms WG Banana Whole Wheat Muffin (No nuts)	22 Applesauce & Engl. Muffin 1/2 c Cold Water 1/2 c Applesauce 14 gms WG/WW English Muffins, Lightly Buttered	23 Fruit & Toast 1/2 c Cold Water 1/2 c Fruit Cocktail 14 gms Cinnamon Toast	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
week II	27 Fruit & Cheese 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	28 Crackers & Fruit 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)	29 Milk & English Muffin 1/2 c Whole Milk Toasted WG/WW English Muffin, 14 gms, w/ 1-2 Tbl. Jelly	30 Milk & Cereal 1/2 c Whole Milk 1/2 c Kix, 14 gms	

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