

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

+ = High in Vitamin C

July 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 +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	4	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	5	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)	6	1/2 c Whole Milk 1/4 c +Pineapple Tidbits Toasted WG Bagel, 14 gms, w/ 1-2 Tbl. Jelly	7	1/2 c Whole Milk 1/4 c + Cantaloupe, ripe, cut in sm pcs 17 gms, WG Waffle w/ 1-2 Tbl. Syrup	8	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	11	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	12	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)	13	1/2 c Whole Milk 1/4 c +Pineapple Tidbits 28 gms WG Banana Bread Square (No nuts)	14	1/2 c Whole Milk 1/4 c + Cantaloupe, ripe, cut in sm pcs 1/2 c WG Cheerios, 14 gms	15	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	18	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	19	1/2 c Whole Milk 1/4 c + Mandarin Oranges 17 gms WG/WW Pancakes w/ 1-2 Tbl. Syrup	20	1/2 c Whole Milk 1/4 c +Kiwi, ripe, peel & slice in small pieces 1/4 c Cream of Wheat, (14 gms dry)	21	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	22	1/2 c Whole Milk 1/4 c + Pineapple Tidbits 14 gms Pita Bread w/ 1/2 oz Melted Cheddar Cheese, x-tra
week II	25	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	26	1/2 c Whole Milk 1/4 c +Pineapple Tidbits 1/2 c WG Oatmeal, (14 gms dry)	27	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	28	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)	29	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

** 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 an equal opportunity provider and employer.

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

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	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
week II					1/2 c Whole Milk 1 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	4 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	5 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	6 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	7 1/2 c Whole Milk 1/2 Hamburger on 14 gms wwvg 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	8 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	11 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	12 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)	13 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	14 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	15 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	18 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)	19 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)	20 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	21 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/ Sautéed onion extra 1/8 c Sliced Apples (Dip in +PA Juice-x-tra) remove skin, Steam, Chill, peel & cut in small pcs.	22 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
week II	25 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	26 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 (14gms) No Lettuce & Tomato 2 Tbl. *Tomato Salsa, x-tra 1/8 c Green Beans w/ Onions, x-tra 1/8 c Applesauce	27 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	28 1/2 c Whole Milk 3/4 c Beefaroni (1 oz grnd beef 1/2 oz Grnd Beef, 1/4 c 1/4 c WG 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 jcc) remove skin, steam, chill, cut in small pcs	29 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

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

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	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
week II					<p>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</p>
week III	<p>Dippers & Salsa 4 1/2 c Cold Water 1/2 c Cucumber Rounds peel w/ 1 Tbl FF Ranch Drsg 11 gms WW Crackers</p>	<p>Apples and Cheese 5 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</p>	<p>Milk & Fruit 6 1/2 c Whole Milk 1/2 c Peaches</p>	<p>Milk & Toast 7 1/2 c Whole Milk 14 gms Cinnamon Toast</p>	<p>Banana and Yogurt Dip 8 1/2 c Cold Water 1/2 c Banana 1/4 c Vanilla Yogurt Dip Topped with a Sprinkling of WG Cherrios, x-tra</p>
week IV	<p>Fruit & Cracker 11 1/2 c Cold Water 1/2 c +Pineapple 11 gms WW Crackers</p>	<p>Veges & Cheese 12 1/2 c Cold Water 1/2 oz String Cheese 1/2 c Broccoli Florettes 1-2 Tbl. FF Ranch Dressing</p>	<p>Banana & Crackers 13 1/2 c Cold Water Whole Banana 11 gms WG Gold Fish Crackers</p>	<p>Fruit & Yogurt Dip 14 1/2 c Cold Water 1/4 c Sliced Apple 1/4 c Diced +Strawberries mixed w/ 1/2 c Plain Yogurt</p>	<p>Vegetable,dip and Pita Crisps 15 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)</p>
week I	<p>Veges & Cheese 18 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</p>	<p>Bread n' Milk 19 1/2 c Whole Milk 28 gms WG Banana Whole Wheat Muffin (No nuts)</p>	<p>Applesauce & Engl. Muffin 20 1/2 c Cold Water 1/2 c Applesauce 14 gms WG/WW English Muffins, Lightly Buttered</p>	<p>Fruit & Toast 21 1/2 c Cold Water 1/2 c Fruit Cocktail 14 gms Cinnamon Toast</p>	<p>Smoothie & crackers 22 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>
week II	<p>Fruit & Cheese 25 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</p>	<p>Crackers & Fruit 26 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)</p>	<p>Milk & English Muffin 27 1/2 c Whole Milk Toasted WG/WW English Muffin, 14 gms, w/ 1-2 Tbl. Jelly</p>	<p>Milk & Cereal 28 1/2 c Whole Milk 1/2 c Kix, 14 gms</p>	<p>Cheese and Veggie Wrap 29 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</p>

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