

YDI Breakfast Menu (Age 24mos-5yrs)

+ = High in Vitamin C

September 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 III						1 3/4 c 1% Milk 1/2 c + Cantaloupe 17 gms, WG Waffle w/ 1-2 Tbl. Syrup	2 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)	Polite Tasting
week IV		5 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	6 3/4 c 1% Milk 1/2 c +Pineapple Tidbits 28 gms WG Banana Bread Square (No nuts)	7 3/4 c 1% Milk 1/2 c +Orange Slices 1/4 c Cream of Wheat, (14 gms dry)	8 3/4 c 1% Milk 1/2 c +Cantaloupe 1/2 c WG Cheerios, 14 gms	9 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)	food detective cantaloupe	
week I		12 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	13 3/4 c 1% Milk 1/2 c + Mandarin Oranges 17 gms WG/WW Pancakes w/ 1-2 Tbl. Syrup	14 3/4 c 1% Milk 1/2 c + Kiwi, peel & cut 1/ 4 c Cream of Wheat, (14 gms dry)	15 3/4 c 1% Milk 1/2 c +Orange Wedges 14 gms WG/WW Biscuit w/ 1-2 Tbl Jelly	16 3/4 c 1% Milk 1/2 c + Pineapple Tidbits 14 gms Pita Bread w/ 1/2 oz Melted Cheddar Cheese, x-tra	taste testers cantaloupe/ watermelon	
week II		19 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 Bread , toasted and Lightly Buttered	20 3/4 c 1% Milk 1/2 c +Pineapple Tidbits 1/4 c WG Oatmeal (14 gms dry)	21 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	22 3/4 c 1% Milk 1/2 c +Fresh Orange Wedges 28 gms WG Banana whole wheat muffins (No Nuts)	23 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	Lets get cooking watermelon drink	
week III		26 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	27 3/4 c 1% Milk 1/4 c +Orange Slices & 1/4 c Banana Slices 1/4 c WG Oatmeal, (14 gms dry)	28 3/4 c 1% Milk 1/2 c +Pineapple Tidbits Toasted WG Bagel,14 gms, w/ 1-2 Tbl. Jelly	29 3/4 c 1% Milk 1/2 c + Cantaloupe 17 gms, WG Waffle w/ 1-2 Tbl. Syrup	30 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)	lets get cooking cantaloupe salad	

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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 and equal opportunity provider and employer.

YDI Lunch Menu (Age 24mos-5yrs)

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week III	1				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)	Polite Tasting
week IV	5	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 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 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 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	food detective cantaloupe
week I	12	3/4 c 1% Milk 1/2 c Spanish Rice and Ground 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 WW Bun w/a Sprinkling of mozzarella cheese extra & *Sauce, x-tra (see recipe) 1/2 c Tossed Salad w/ *Dark Greens & 1 Tbl LF 1000 Island Drsg. 1/4 c Apple Wedges (Dip in PA juice xtra)	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)	taste testers cantaloupe/watermelon
week II	19	3/4 c 1% Milk Sloppy Joe on a 14 gms 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 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 (Dip in +PA juice, extra)	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	Lets get cooking watermelon drink
week III	26	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 1/2 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 1/2 oz Shredded BBQ Pork wrap on warm 14 grms warm ww tortilla w/ 12c *Steamed Cabbage & bell peppers 1/4 c Fruit Cocktail (Cut grapes in half)	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)	lets get cooking cantaloupe salad

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YDI Snack Menu (Age 24mos-5yrs)

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week III	1		2	3	4	5	Polite Tasting
				Milk & Crackers 1/2 c 1% Milk 14 gms Graham Crackers (No Honey)	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		
week IV	8	Fruit & Crackers 1/2 c Cold Water 1/2 c +Pineapple 11 gms WW Crackers	9	10	11	12	food detective cantaloupe
			Veges & Cheese 1/2 c Cold Water 1/2 oz Mozz String Cheese 1/2 c Broccoli Florettes 1-2 Tbl. FF Ranch Drsg	Banana & Crackers 1/2 c Cold Water Whole Banana (1/2 c) 11 gms WG Gold Fish Crackers	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	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)	
week I	15	16	17	18	19	taste testers cantaloupe/ watermelon	
		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	Bread n' Milk 1/2 c 1% Milk 28 gms WG Banana Whole Wheat Muffins (No nuts)	Applesauce & Engl. Muffin 1/2 c Cold Water 1/2 c Applesauce 14 gms WW English Muffin, Lightly Buttered	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)		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	22	23	24	25	26	Lets get cooking watermelon drink	
		Fruit & Cheese 1/2 c Cold Water 1/2 c +Stawberries (Fresh in Season) 1/2 oz Mozz String Cheese	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)	Milk & English Muffin 1/2 c 1% Milk Toasted WW English Muffin, 14 gms, w/ 1-2 Tbl. Jelly	Milk & Cereal 1/2 c 1% Milk 1/2 c Kix, 14 gms		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	29	30	31			lets get cooking cantaloupe salad	
		Dippers & Salsa 1/2 c Cold Water 1/2 c Cucumber Rounds 1 tbl FF Ranch Drsg 11 gms WW Crackers	Apples and Cheese 1/2 c Cold Water 1/2 c Apple Slices, (Dip in +PA juice, xtra) 1/2 oz Mozz String Cheese	Milk & Fruit 1/2 c 1% Milk 1/2 c Peaches			

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