

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

+ = High in Vitamin C

Sept 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	2
					1/2 c Whole Milk 1/4 c + Cantaloupe, ripe, cut in sm pcs 17 gms, WG Waffle w/ 1-2 Tbl. 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)	Toothbrushing
		5	6	7	8	9	
		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 +Pineapple Tidbits 28 gms WG Banana Bread Square (No nuts)	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 + 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)	
		12	13	14	15	16	
	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		
	19	20	21	22	23		
	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 bread toasted and 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		
	26	27	28	29	30		
	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 developmentally 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/1-2 Tbl. Jelly	1/2 c Whole Milk 1/4 c + Cantaloupe, ripe, cut in sm pcs 17 gms, WG Waffle w/ 1-2 Tbl. 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)		

** 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 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>	<i>Nutrition Ed</i>
week III					1/2 c Whole Milk 1 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	1/2 c Whole Milk 2 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	Toothbrushing
		5	6	7	8	9	
	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 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 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 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	3/4 c *WG Penne Pasta w/ three cheeses (1 1/2 oz Cheddar, Mozzarella, shredded Parmesan & *Sauce extra) 1/4 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	
	week I	15	16	17	18	19	
	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 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	Pizza Pup-1 1/2 oz Grnd Beef on 14 grnd 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.	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 tomatoes 1/8 c Spinach w/ Onion-x-tra 1/8 c +Strawberries (Fresh in Season) ripe, remove stems, cut in sm pcs		
week II	22	23	24	25	26		
1/2 c Whole Milk Sloppy Joe on a 14 gms 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	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	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	3/4 c Beefaroni (1 oz grnd beef, 1/4 c 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 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	29	30	31	4	5		
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 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 oz Shredded BBQ Pork Wrap on 14 grms warm WW tortilla 1/4 c *steamed cabbage & bell pepper 1/8 c Fruit Cocktail, cut grapes in half	1/2 c Whole Milk 4 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	1/2 c Whole Milk 5 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			

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

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week III					1 Milk & Toast 1/2 c Whole Milk 14 gms Cinnamon Toast	2 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	Toothbrushing
week IV		5 Fruit & Cracker 1/2 c Cold Water 1/2 c +Pineapple 11 gms WW Crackers	6 Vegetables & Cheese 1/2 c Cold Water 1/2 oz String Cheese 1/2 c Broccoli Florettes 1-2 Tbl. FF Ranch Dressing	7 Banana & Crackers 1/2 c Cold Water Whole Banana 11 gms WG Gold Fish Crackers	8 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	9 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		12 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	13 Bread n' Milk 1/2 c Whole Milk 28 gms WG Banana Whole Wheat Muffin (No nuts)	14 Applesauce & Engl. Muffin 1/2 c Cold Water 1/2 c Applesauce 14 gms WW English Muffins, Lightly Buttered	15 Fruit & Toast 1/2 c Cold Water 1/2 c Fruit Cocktail 14 gms WGWW Cinnamon Toast	16 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		19 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	20 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)	21 Milk & English Muffin 1/2 c Whole Milk Toasted WW English Muffin, 14 gms, w/ 1-2 Tbl. Jelly	22 Milk & Cereal 1/2 c Whole Milk 1/2 c Kix, 14 gms	23 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		26 Dippers & Salsa 1/2 c Cold Water 1/2 c Cucumber Rounds peel w/ 1 Tbl FF Ranch Drsg 11 gms WW Crackers	27 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	28 Milk & Fruit 1/2 c Whole Milk 1/2 c Peaches	29 Milk & Toast 1/2 c Whole Milk 14 gms Cinnamon Toast	30 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	

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