


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

+ = High in Vitamin C

October 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 IV	3	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)	
	10	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	
	17	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 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	
	24	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 develop- mentally 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)	
	31	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	 <p style="font-size: small; text-align: center;">This Photo by Unknown Author is licensed under <a href="https://creativecommons.org/licenses/by-sa/4.0/">CC BY-SA</a></p>				

\*\* 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 Lunch Menu (Age 1 up to 2nd Birthday)

+ = High in Vitamin C

October 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 I	3	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	4	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	5	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)	6	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	7	1/2 c Whole Milk 3/4 c *WG Penne Pasta w/ three cheeses (1 1/2 oz Cheddar, Mozzarella, shredded Parmesan & *Sauce extra) 1/4 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	
	10	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)	11	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)	12	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	13	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.	14	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 tomatoes 1/8 c Spinach w/ Onion-x-tra 1/8 c +Strawberries (Fresh in Season) ripe, remove stems, cut in sm pcs	
	17	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	18	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	19	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	20	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 * Sautéed Spinach w/ onion extra 1/8 c Sliced Apples (Dip in + PA jce) remove skin, steam, chill, cut in small pcs	21	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	
	24	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 gms	25	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	26	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	27	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	28	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	
31	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	 <p style="font-size: small; text-align: center;">This Photo by Unknown Author is licensed under CC BY-SA</p>									

\*\* 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

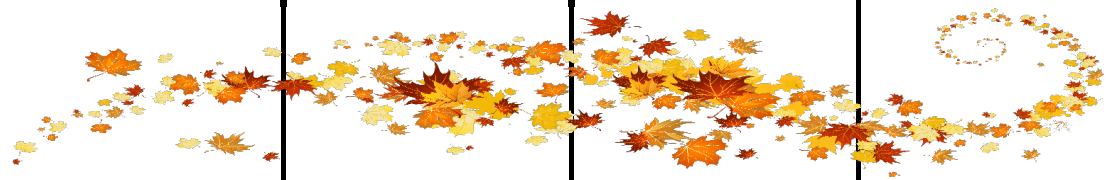
**Non-Discrimination Statement:** This explains what to do if you believe you have been treated unfairly. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. 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 PM Snack Menu (Age 1 up to 2nd Birthday)

+ = High in Vitamin C

October 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 IV	3	<b>Fruit &amp; Cracker</b> 1/2 c Cold Water 1/2 c +Pineapple 11 gms WW Crackers	4	<b>Vegetables &amp; Cheese</b> 1/2 c Cold Water 1/2 oz String Cheese 1/2 c Broccoli Florettes 1-2 Tbl. FF Ranch Dressing	5	<b>Banana &amp; Crackers</b> 1/2 c Cold Water Whole Banana 11 gms WG Gold Fish Crackers	6	<b>Fruit &amp; Yogurt Dip</b> 1/2 c Cold Water 1/4 c Sliced Apple 1/4 c Diced +Strawberries mixed w/ 1/2 c Plain Yogurt	7	<b>Vegetable, dip and Pita Crisps</b> 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)	
	10	<b>Vegetables &amp; Cheese</b> 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	11	<b>Bread n' Milk</b> 1/2 c Whole Milk 28 gms WG Banana Whole Wheat Muffin (No nuts)	12	<b>Applesauce &amp; Engl. Muffin</b> 1/2 c Cold Water 1/2 c Applesauce 14 gms WW English Muffins, Lightly Buttered	13	<b>Fruit &amp; Toast</b> 1/2 c Cold Water 1/2 c Fruit Cocktail 14 gms WGWW Cinnamon Toast	14	<b>Smoothie &amp; crackers</b> 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	
	17	<b>Fruit &amp; Cheese</b> 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	18	<b>Crackers &amp; Fruit</b> 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)	19	<b>Milk &amp; English Muffin</b> 1/2 c Whole Milk Toasted WW English Muffin, 14 gms, w/ 1-2 Tbl. Jelly	20	<b>Milk &amp; Cereal</b> 1/2 c Whole Milk 1/2 c Kix, 14 gms	21	<b>Cheese and Veggie Wrap</b> 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	
	24	<b>Dippers &amp; Salsa</b> 1/2 c Cold Water 1/2 c Cucumber Rounds peel w/ 1 Tbl FF Ranch Drsg 11 gms WW Crackers	25	<b>Apples and Cheese</b> 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	26	<b>Milk &amp; Fruit</b> 1/2 c Whole Milk 1/2 c Peaches	27	<b>Milk &amp; Toast</b> 1/2 c Whole Milk 14 gms Cinnamon Toast	28	<b>Banana and Yogurt Dip</b> 1/2 c Cold Water 1/2 c Banana 1/4 c Vanilla Yogurt Dip Topped with a Sprinkling of WG Cherrios, x-tra	
	31	<b>Fruit &amp; Cracker</b> 1/2 c Cold Water 1/2 c +Pineapple 11 gms WW Crackers	 <p style="font-size: small; text-align: center;">This Photo by Unknown Author is licensed under <a href="https://creativecommons.org/licenses/by-nc/4.0/">CC BY-NC</a></p>								

\*\* 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.