

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

+ = High in Vitamin C		April 2025				* = High in Vitamin A	Nutrition Ed
	Monday	Tuesday	Wednesday	Thursday	Friday		
week III		1 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)	2 1/2 c Whole Milk 1/4 c +Pineapple Tidbits Toasted WG Bagel,14 gms, w/1-2 Tbl. Jelly	3 1/2 c Whole Milk 1/4 c + Cantaloupe, ripe, cut in sm pcs 17 gms, WG Waffle w/ 1-2 Tbl. Syrup	4 1/2 c Whole Milk 1/4 c +Mandarin Oranges 14 gms Warm Cheese Pita (1/2 oz Melted Cheddar Cheese-x-tra, on Pita Bread)		
week IV	7 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	8 1/2 c Whole Milk 1/4 c +Pineapple Tidbits 1/4 c Cream of Wheat (14 gms dry)	9 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 Whole Wheat Muffins (No nuts)	10 1/2 c Whole Milk 1/4 c + Cantaloupe, ripe, cut in sm pcs 1/2 c WG Cheerios, 14 gms	11 1/2 c Whole Milk 1/4 c +Mandarin Oranges Mc Head Start Muffin (Toasted WW English Muffin,14 gms w/ 1/4 c Scrambled Egg-xtra & Sprinkling of Cheese-x-tra)		
week I	14 1/2 c Whole Milk 1/4 c + Mandarin Oranges 1/4 c Scrambled Egg, x-tra w/ 2 Tbl. Ketchup Warm WG/WW Tortilla, 14 gms	15 1/2 c Whole Milk 1/4 c +Honedew, ripe, peel & cut in small pieces 17 gms WG/WW Pancakes w/ 1-2 Tbl. Syrup	16 1/2 c Whole Milk 1/4 c +Kiwi, ripe, peel & slice in small pieces 1/4 c Cream of Wheat, (14 gms dry)	17 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	18 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	21 1/2 c Whole Milk 1/4 c +Pineapple Tidbits 35 gms WG/WW French Toast Sticks w/ 2 Tbl warm cinnamon Applesauce, x-tra	22 1/2 c Whole Milk 1/4 c + Cantaloupe, ripe, cut in sm pcs 1/2 c WG Oatmeal, (14 gms dry)	23 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	24 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 Whole Wheat Muffin (No Nuts)	25 1/4 c +Strawberries (Fresh in Season) ripe, remove stems, cut in sm pcs 3/4 c Vegetable Skillet Frittata (1/4 c Egg & w/ vegetables xtra) 14 gms WG/WW toast Lightly Buttered		
week III	28 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	29 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)	30 1/2 c Whole Milk 1/4 c +Pineapple Tidbits Toasted WG Bagel,14 gms, w/1-2 Tbl. Jelly				

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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. 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 (USDA) civil rights, regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation) disability, age, or reprisal or retaliation for prior civil rights activity. 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		April 2025				* = High in Vitamin A	Nutrition Ed
		Monday	Tuesday	Wednesday	Thursday	Friday	
week III			1/2 c Whole Milk 1 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	2 1/2 c Whole Milk Pork Burrito (1 1/2 oz shredded Pork, & 1/2 c * vegetable) on Warm 6" WGWW tortilla 1/8 c Fruit Cocktail, cut grapes in half	3 1/2 c Whole Milk 1/2 Hamburger on 14 gms wwvg bun (1 1/2 oz Meat, Pickles, , Ketchup, Mustard) 1/8 c *Baked Sweet Potato Fries 1/8 c +Honeydew or Watermelon (In Season) ripe, peel & cut in sm pcs	4 1/2 c Whole Milk 1 c Maccaroni and Cheese with Tuna (1 oz Cheddar Cheese, 1/2 oz Tuna 1/4 c WG Rotini Pasta 1/8 C Peas and Carrots 1/8 c +Strawberries (ripe, remove stems, cut in sm pcs)	
week IV		7 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	8 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 WG Corn Bread	9 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 14 gms, WW/WG Bread, Lightly Buttered	10 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 14 gms, WW/WG Bread, Lightly Buttered	11 1/2 c Whole Milk 3/4 c *WG Penne Pasta w/four 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	
week I		14 1/2 c Whole Milk 1 oz Salisbury Steak 1/8 c mash potato 1/8 c Green beans 14 grms WG/WW Bread, lightly buttered	15 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)	16 1/2 c Whole Milk 1/2c Green Chili Stew w/ 1 oz diced pork loin, 1/8 c Potato, Tomato & green chili to taste 1/4c Calabacitas w/ peppers & onion 1/8 c +Cantaloupe, ripe, cut in sm pc warm WGWW tortilla 14 grms	17 1/2 c Whole Milk Pizza Pup-1 1/2 oz Grnd Beef on 14 gms ww 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.	18 1/2 c Whole Milk Bean Burrito on 14 gms Warm WG WW Tortilla (1/2 c Refried beans & Sprinkl of Monterey jack cheese extra) 2 Tbl. * Tomato Salsa, x-tra no lett or tom 1/4 c Spinach w/ Onion-x-tra 1/8 c +Strawberries ripe, remove stems, cut in sm pcs)	
week II		21 1/2 c Whole Milk Sloppy Joe on a 14 gms WGWW Bun (1/3 c Meat Mixture= 2 oz) 1/8 *Fresh Steamed Broccoli, cut in sm pcs & well cooked 1/8 c +Mandarin Oranges	22 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 (14grms) No Lettuce & Tomato 2 Tbl. *Tomato Salsa, x-tra 1/8 c Green Beans w/ Onions, x-tra 1/8 c Applesauce	23 1/2 c Whole Milk 1 1/4 oz Oven Baked Parmesan Chicken (Thigh Meat) 1/8 c Zucchini w/ onion, extra 1/8 c Fruit Cocktail, cut grapes in half 14 gms WG/WW Bread	24 1/2 c Whole Milk 3/4 c Beefaroni (11/2 oz grnd beef 1/4 cWG Elbow Macaroni, & 1/4 c Tomato Jc, tomato, corn. Onion 1/4 c * Sautéed Spinach w/ onion extra 1/8 c Sliced Apples (Dip in + PA jce) remove skin, steam, chill, cut in small pcs extra	25 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		28 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 14 grms WG/WW Bread lightly buttered	29 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	30 1/2 c Whole Milk Pork Burrito (1 1/2 oz shredded Pork, & 1/2 c * vegetable) on Warm 6" WGWW tortilla 1/8 c Fruit Cocktail, cut grapes in half			

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

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April 2025

* = 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 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	2 1/2 c Whole Milk 1/2 c Peaches	3 1/2 c Whole Milk 14 gms Graham Crackers (No Honey)	4 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	7 1/2 c Cold Water 1/2 c +Pineapple 1/2c WG Kix Cereal	8 1/2 c Cold Water 1/2 oz String Cheese 1/2 c Broccoli Florettes (steam & chill) 1-2 Tbl. FF Ranch Dressing	9 1/2 c Cold Water Whole Banana 11 gms WG Gold Fish Crackers	10 1/2 c Cold Water 1/2 c Applesauce Toasted Cinnamon Raisin Bagel, 14 grms, lightly buttered	11 1/2 c Cold Water 1/8 c / 2 Tbl Hummus Dip, x-tra 1/2 c Cucumber Slices 14 gms Pita Crisps (Crispy baked pita triangles)	
week I	14 1/2 c Cold Water 1/4 c *Carrot Sticks, Steam & Chill 1/4 c Cucumber Sticks peel and remove seeds w/ 1-2 Tbl FF Ranch Drsg. 1/2 oz Cheddar Cheese Cubes	15 1/2 c Whole Milk 28 gms WG Banana Whole Wheat Muffin (No nuts)	16 1/2 c Cold Water 1/2 c Applesauce 14 gms WGWW English Muffins, Lightly Buttered	17 1/2 c Cold Water 1/2 c Fruit Cocktail 14 gms Graham Crackers (No Honey)- Aprox. 2 cracker squares (cut grapes in half)	18 3/4 c Peach Smoothie (1/4 c Yogurt, 1/2 c peaches) 11 gms WG Gold Fish Crackers	
week II	21 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	22 1/2 c Cold Water 14 gms WWWG toast lightly buttered 1/2 c Apple, +Orange, Banana Salad, peel & cut in sm pcs, remove membrane from oranges w/ OJ Con (see recipe) steam apples if needed	23 1/2 c Whole Milk Toasted WGWW English Muffin, 14 gms, w/ 1-2 Tbl. Jelly	24 1/2 c Whole Milk 1/2 c WG Kix, 14 gms (corn)	25 1/2 c Cold Water 1/2 c Black Bean and Corn Salad 14 gms Seasoned Pita Crisps (crispy Baked Pita Triangles)	
week III	28 1/2 c Cold Water 1/2 c Cucumber Sticks peel and remove seeds 1 Tbl FF Ranch Drsg 11 gms WG Goldfish Crackers	29 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	30 1/2 c Whole Milk 1/2 c Peaches			

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