

YDI Breakfast Menu (Age 24mos-5yrs)

+ = High in Vitamin C

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 3/4 c 1% Milk 1/4 c +Orange Slices & 1/4 c Banana Slices 1/4 c WG Oatmeal, (14 gms dry)	2 3/4 c 1% Milk 1/2 c +Pineapple Tidbits Toasted WG Bagel,14 gms, w/ 1-2 Tbl. Jelly	3 3/4 c 1% Milk 1/2 c + Cantaloupe 17 gms, WG Waffle w/ 1-2 Tbl. Syrup	4 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)	Let's Get Cooking Spinach Lasagna
week IV	7 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 WWWG Tortilla	8 3/4 c 1% Milk 1/2 c +Pineapple Tidbits 1/4 c Cream of Wheat, (14 gms dry)	9 3/4 c 1% Milk 1/2 c +Orange Slices 28 gms WG Banana Whole Wheat Muffin (No nuts)	10 3/4 c 1% Milk 1/2 c +Cantaloupe 1/2 c WG Cheerios, 14 gms	11 3/4 c 1% Milk 1/2 c +Mandarin Oranges Mc Head Start Muffin (Toasted WGW English Muffin,14 gms w/ 1/4 c Scrambled Egg-x-tra & Sprinkling of Cheese-x-tra)	Food Detectives Apples
week I	14 3/4 c 1% Milk 1/2 c + Mandarin Oranges 1/4 c Scrambled Egg, x-tra w/ 2 Tbl. Ketchup Warm WWWG Tortilla, 14 gms	15 3/4 c 1% Milk 1/2 c + Honeydew 17 gms WG/WW Pancakes w/ 1-2 Tbl. Syrup	16 3/4 c 1% Milk 1/2 c + Kiwi, peel & cut 1/ 4 c Cream of Wheat, (14 gms dry)	17 3/4 c 1% Milk 1/2 c +Orange Wedges 14 gms WG/WW Biscuit w/ 1-2 Tbl Jelly	18 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 Apples
week II	21 3/4 c 1% Milk 1/2 c +Pineapple Tidbits 35 gms WG/WW French Toast Sticks w/ 2 Tbl Warm Cinnamon Applesauce, x-tra	22 3/4 c 1% Milk 1/2 c + Cantaloupe 1/4 c WG Oatmeal (14 gms dry)	23 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	24 3/4 c 1% Milk 1/2 c +Fresh Orange Wedges 28 gms WG Banana whole wheat muffins (No Nuts)	25 3/4 c 1% Milk 1/2 c +Strawberries 3/4 c Vegetable Skillet Frittata (1.5 oz meat 1/4 vegetables) 1/2 Sl., 14 gms WG/WW toast, Lightly buttered	Let's Get Cooking Apple/Bann Dippers
week III	28 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	29 3/4 c 1% Milk 1/4 c +Orange Slices & 1/4 c Banana Slices 1/4 c WG Oatmeal, (14 gms dry)	30 3/4 c 1% Milk 1/2 c +Pineapple Tidbits Toasted WG Bagel,14 gms, w/ 1-2 Tbl. Jelly			Let's Get Cooking Applesauce

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YDI Lunch Menu (Age 24mos-5yrs)

+ = High in Vitamin C		April 2025				* = High in Vitamin A		Nutrition
		Monday	Tuesday	Wednesday	Thursday	Friday	Ed	
week III			1	2	3	4		
		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 Pork Burrito 1 1/2 oz Shredded Pork, & 1/2c * vegetable on warm 6" wgwv tortilla 1/4 c Fruit Cocktail (Cut grapes in half)	3/4 c 1% Milk 1/2 Hamburger on 14 gms WGWW Bun (1 1/2 oz Meat, Pickles, extra, ketchup, mustard) 1/4 c *baked sweet potato fries 1/4 c +Honeydew or Watermelon (In Season)	3/4 c 1% Milk 1 c Macaroni and cheese w/ Tuna (1 oz cheddar cheese, 1/2 oz Tuna 1/4 c WG Rotini Pasta 1/4 c* Peas & Carrots, 1/4 c +Strawberries	Let's Get Cooking Spinach Lasagna		
week IV		7	8	9	10	11		
		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, plus bell pepper & *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 *WG Penne Pasta w/Three Cheese (1 1/2 cheddar, Mozzarella, shredded Parmesan and sauce, extra) 1/2 c *Sautéed Spinach w/ Onion-x-tra 1/4 c +Honeydew 14 gms WG Bread Stick w/ garlic butter	Food Detectives Apples	
week I		14	15	16	17	18		
		3/4 c 1% Milk 1.75 oz. Salisbury Steak 1/4C Mashed Potaotes 1/4C Green Beans 14 grms WWWG Bread, lightly buttered	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 3/4 Green Chili Stew w/ 1 1/2 oz Diced Pork Loin w/(1/8 c pork Tomato and Green Chili to taste) xtra 1/4 c Calabacitas w/ (peppers and onions) xtra 1/4 c +Cantaloupe 14 grms warm wwwg tortilla	3/4 c 1% Milk Pizza Pup-1 1/2 oz Grnd Beef on 14 gm WWWG Bun w/a Sprinkling of mozzarella cheese extra & *Sauce, x-tra (see recipe) 1/2 c Tossed Salad w/ *Dark Grens & 1 Tbl LF 1000 Island Drsg. 1/4 c Apple Wedges (Dip in PA jce xtra)	3/4 c 1% Milk Bean Burrito on 14 gms warm WG tortilla (1/2 c Refried Beans & Sprinkle of of Monterey jack cheese extra) 2 Tbl. * tomato salsa, x-tra 1/4 c *Lettuce & 1/8 c *Tomato 1/4 c +Strawberries	Taste Testers Apples	
week II		21	22	23	24	25		
		3/4 c 1% Milk Sloppy Joe on a 14 gms WWWG 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 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 1% Milk 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 cucumbe 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 lightly buttered	Let's Get Cooking Apple/Bann Dippers	
week III		28	29	30				
		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 lightly buttered	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 Pork Burrito 1 1/2 oz Shredded Pork, & 1/2c * vegetable on warm 6" wgwv tortilla 1/4 c Fruit Cocktail (Cut grapes in half)			Let's Get Cooking Applesauce	

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YDI Snack Menu (Age 24mos-5yrs)

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		Monday	Tuesday	Wednesday	Thursday	Friday	Nutrition		Ed		
week	III		1	2	3	4			Let's Get Cooking Spinach Lasagna		
			1/2 c Cold Water 1/2 c Apple Slices, (Dip in +PA juice, xtra) 1/2 oz Mozz String Cheese	1/2 c 1% Milk 1/2 c Peaches	1/2 c 1% Milk 14 gms Graham Crackers (No Honey)	1/2 c Cold Water 1/2 c Banana 1/4 c Vanilla Yogurt Dip Topped with Sprinkling of WG Cheerios-x-tra					
	IV	7	8	9	10	11			Food Detectives Apples		
		1/2 c Cold Water 1/2 c +Pineapple Tidbits 11 gms WG Wheat Thin Crackers	1/2 c Cold Water 1/2 oz Mozz String Cheese 1/2 c Broccoli Florettes 1-2 Tbl. FF Ranch Drsg	1/2 c Cold Water Whole Banana (1/2 c) 11 gms WG Gold Fish Crackers	1/2 c Cold Water 1/2 c Applesauce Toasted cinnamon Raisin Bagel 14 gms lightly buttered	1/2 c Cold Water 1/8 c/2 T Bean Dip, (hummus) 1/2 c Cucumber Slices 14 gms Pita Crisps (crispy Baked Pita triasngles)					
	I	14	15	16	17	18			Taste Testers Apples		
week		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	1/2 c 1% Milk 28 gms WG Banana Whole Wheat Muffins (No nuts)	1/2 c Cold Water 1/2 c Applesauce 14 gms WGWW English Muffin, Lightly Buttered	1/2 c Cold Water 1/2 c Fruit Cocktail 14 gms Graham Crackers- No Honey-Approx. 2 Cracker Squares (Cut grapes in half)	3/4 c Peach Smoothie 1/4 cYogurt, 1/2 cPeaches 11 gms WG Gold Fish Crackers					
	II	21	22	23	24	25			Let's Get Cooking Apple/Bann Dippers		
		1/2 c Cold Water 1/2 c +Stawberries 1/2 oz Mozz String Cheese	1/2 c Cold Water 11 gms Wheat Thins 1/2 c Apple, +Orange, Banana Salad made w/ OJ Concentrate (see recipe)	1/2 c 1% Milk Toasted WGWW English Muffin, 14 gms, w/ 1-2 Tbl. Jelly	1/2 c 1% Milk 1/2 c WG Kix, 14 gms	1/2 c Cold Water 1/2 c Black Bean and Corn Salad 14 grms Baked Pita Crisps (crispy Baked Pita Triangles)					
	III	28	29	30					Let's Get Cooking Applesauce		
		1/2 c Cold Water 1/2 c Cucumber Rounds 1 tbl FF Ranch Drsg 11 gms Wheat Thins Crackers	1/2 c Cold Water 1/2 c Apple Slices, (Dip in +PA juice, xtra) 1/2 oz Mozz String Cheese	1/2 c 1% Milk 1/2 c Peaches							

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