


YDI Breakfast Menu (Age 24mos-5yrs)

+ = High in Vitamin C

May 2025

* = High in Vitamin A

	Monday	Tuesday	Wednesday	Thursday	Friday	Nutrition Ed
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)	
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 WWWG Tortilla	6 3/4 c 1% Milk 1/2 c +Pineapple Tidbits 1/4 c Cream of Wheat, (14 gms dry)	7 3/4 c 1% Milk 1/2 c +Orange Slices 28 gms WG Banana Whole Wheat Muffin (No nuts)	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 WGW English Muffin, 14 gms w/ 1/4 c Scrambled Egg-x-tra & Sprinkling of Cheese-x-tra)	
week I	12 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	13 3/4 c 1% Milk 1/2 c + Honeydew 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	
week II	19 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	20 3/4 c 1% Milk 1/2 c + Cantaloupe 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 3/4 c Vegetable Skillet Frittata (1.5 oz meat 1/4 vegetables) 1/2 Sl., 14 gms WG/WW toast, Lightly buttered	
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)	

** 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. 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 (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 24mos-5yrs)

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	Monday	Tuesday	Wednesday	Thursday	Friday	Nutrition Ed
week III				1 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)	2 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	
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	6 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	7 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)	8 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	9 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	
week I	12 3/4 c 1% Milk 1.75 oz. Salisbury Steak 1/4C Mashed Potatoes 1/4C Green Beans 14 grms WWWG Bread, lightly buttered	13 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)	14 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	15 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 Greens & 1 Tbl LF 1000 Island Drsg. 1/4 c Apple Wedges (Dip in PA jce xtra)	16 3/4 c 1% Milk Bean Burrito on 14 gms warm WG 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	
week II	19 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	20 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	21 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	22 3/4 c 1% Milk 3/4 c Beefaroni (1 1/2 oz grnd beef 1/4 c WG Elbow Macaroni & 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)	23 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	
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 gms lightly buttered	27 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)	28 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)	29 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)	30 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	

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YDI Snack Menu (Age 24mos-5yrs)

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	Monday	Tuesday	Wednesday	Thursday	Friday	Nutrition Ed
week III				1 1/2 c 1% Milk 14 gms Graham Crackers (No Honey)	2 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	5 1/2 c Cold Water 1/2 c +Pineapple Tidbits 11 gms WG Wheat Thin Crackers	6 1/2 c Cold Water 1/2 oz Mozz String Cheese 1/2 c Broccoli Florettes 1-2 Tbl. FF Ranch Drsg	7 1/2 c Cold Water Whole Banana (1/2 c) 11 gms WG Gold Fish Crackers	8 1/2 c Cold Water 1/2 c Applesauce Toasted cinnamon Raisin Bagel 14 gms lightly buttered	9 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 triangles)	
week I	12 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	13 1/2 c 1% Milk 28 gms WG Banana Whole Wheat Muffins (No nuts)	14 1/2 c Cold Water 1/2 c Applesauce 14 gms WGWW English Muffin, Lightly Buttered	15 1/2 c Cold Water 1/2 c Fruit Cocktail 14 gms Graham Crackers- No Honey-Approx. 2 Cracker Squares (Cut grapes in half)	16 3/4 c Peach Smoothie 1/4 cYogurt, 1/2 cPeaches 11 gms WG Gold Fish Crackers	
week II	19 1/2 c Cold Water 1/2 c +Stawberries 1/2 oz Mozz String Cheese	20 1/2 c Cold Water 11 gms Wheat Thins 1/2 c Apple, +Orange, Banana Salad made w/ OJ Concentrate (see recipe)	21 1/2 c 1% Milk Toasted WGWW English Muffin, 14 gms, w/ 1-2 Tbl. Jelly	22 1/2 c 1% Milk 1/2 c WG Kix, 14 gms	23 1/2 c Cold Water 1/2 c Black Bean and Corn Salad 14 grms Baked Pita Crisps (crispy Baked Pita Triangles)	
week III	26 1/2 c Cold Water 1/2 c Cucumber Rounds 1 tbl FF Ranch Drsg 11 gms Wheat Thins Crackers	27 1/2 c Cold Water 1/2 c Apple Slices, (Dip in +PA juice, xtra) 1/2 oz Mozz String Cheese	28 1/2 c 1% Milk 1/2 c Peaches	29 1/2 c 1% Milk 14 gms Graham Crackers (No Honey)	30 1/2 c Cold Water 1/2 c Banana 1/4 c Vanilla Yogurt Dip Topped with Sprinkling of WG Cheerios-x-tra	

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