


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

+ = High in Vitamin C

July 2025

* = High in Vitamin A

Nutrition
Ed

	Monday	Tuesday	Wednesday	Thursday	Friday	
week IV		1 1/2 c Whole Milk 1/4 c +Pineapple Tidbits 1/4 c Cream of Wheat (14 gms dry)	2 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)	3 1/2 c Whole Milk 1/4 c + Cantaloupe, ripe, cut in sm pcs 1/2 c WG Cheerios, 14 gms	4 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	7 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	8 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	9 1/2 c Whole Milk 1/4 c +Kiwi, ripe, peel & slice in small pieces 1/4 c Cream of Wheat, (14 gms dry)	10 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	11 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	14 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	15 1/2 c Whole Milk 1/4 c + Cantaloupe, ripe, cut in sm pcs 1/2 c WG Oatmeal, (14 gms dry)	16 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	17 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 Whole Wheat Muffin (No Nuts)	18 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	21 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	22 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)	23 1/2 c Whole Milk 1/4 c +Pineapple Tidbits Toasted WG Bagel, 14 gms, w/1-2 Tbl. Jelly	24 1/2 c Whole Milk 1/4 c + Cantaloupe, ripe, cut in sm pcs 17 gms, WG Waffle w/ 1-2 Tbl. Syrup	25 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	28 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	29 1/2 c Whole Milk 1/4 c +Pineapple Tidbits 1/4 c Cream of Wheat (14 gms dry)	30 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)	31 1/2 c Whole Milk 1/4 c + Cantaloupe, ripe, cut in sm pcs 1/2 c WG Cheerios, 14 gms		

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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 IV		1 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	2 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	3 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	4 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	7 1/2 c Whole Milk 1 oz Salisbury Steak 1/8 c mash potato 1/8 c Green beans 14 gms WG/WW Bread, lightly buttered	8 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)	9 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 pcs warm WGWW tortilla 14 gms	10 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.	11 1/2 c Whole Milk Bean Burrito on 14 gms Warm WG WW Tortilla (1/2 c Refried beans & Sprnkl 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	14 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	15 1/2 c Whole Milk Bean Tostada w/ 1/2 c homemade Refried Beans & a Sprnkl 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	16 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	17 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	18 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	21 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 gms WG/WW Bread lightly buttered	22 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	23 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	24 1/2 c Whole Milk 1/2 Hamburger on 14 gms wwwg 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	25 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	28 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	29 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	30 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	31 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		

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YDI PM Snack 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 IV		1 1/2 c Cold Water 1/2 oz String Cheese 1/2 c Broccoli Florettes (steam & chill) 1-2 Tbl. FF Ranch Dressing	2 1/2 c Cold Water Whole Banana 11 gms WG Gold Fish Crackers	3 1/2 c Cold Water 1/2 c Applesauce Toasted Cinnamon Raisin Bagel, 14 grms, lightly buttered	4 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	7 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	8 1/2 c Whole Milk 28 gms WG Banana Whole Wheat Muffin (No nuts)	9 1/2 c Cold Water 1/2 c Applesauce 14 gms WGW English Muffins, Lightly Buttered	10 1/2 c Cold Water 1/2 c Fruit Cocktail 14 gms Graham Crackers (No Honey)- Aprox. 2 cracker squares (cut grapes in half)	11 3/4 c Peach Smoothie (1/4 c Yogurt, 1/2 c peaches) 11 gms WG Gold Fish Crackers	
week II	14 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	15 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	16 1/2 c Whole Milk Toasted WGW English Muffin, 14 gms, w/ 1-2 Tbl. Jelly	17 1/2 c Whole Milk 1/2 c WG Kix, 14 gms (corn)	18 1/2 c Cold Water 1/2 c Black Bean and Corn Salad 14 gms Seasoned Pita Crisps (crispy Baked Pita Triangles)	
week III	21 1/2 c Cold Water 1/2 c Cucumber Sticks peel and remove seeds 1 Tbl FF Ranch Drsg 11 gms WG Goldfish Crackers	22 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	23 1/2 c Whole Milk 1/2 c Peaches	24 1/2 c Whole Milk 14 gms Graham Crackers (No Honey)	25 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	28 1/2 c Cold Water 1/2 c +Pineapple 1/2c WG Kix Cereal	29 1/2 c Cold Water 1/2 oz String Cheese 1/2 c Broccoli Florettes (steam & chill) 1-2 Tbl. FF Ranch Dressing	30 1/2 c Cold Water Whole Banana 11 gms WG Gold Fish Crackers	31 1/2 c Cold Water 1/2 c Applesauce Toasted Cinnamon Raisin Bagel, 14 grms, lightly buttered		

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