

## 2025-2026 YDI Master Menu Ages 1 yr - up to 2nd Birthday

+ = High in Vitamin C

Week I

WG = Whole Grain

\* = High in Vitamin A

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Break-fast</b>	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	1/2 c Whole Milk 1/4 c +Cantaloupe, ripe, peel & cut in small pieces 17 gms WG/WW Pancakes w/ 1-2 Tbl. Syrup	1/2 c Whole Milk 1/4 c + Pineapple Tidbits 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 +Kiwi, ripe, peel & slice in small pieces 14 gms Pita Bread w/ 1/2 oz Melted Cheddar Cheese, x-tra
<b>Lunch</b>	1/2 c Whole Milk 1 oz Salisbury Steak 1/8 c Mashed Potatoes 1/8 c Green Beans 14 gms WG/WW Bread, Lightly Buttered  (See recipes for amounts)	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 in sm pcs, cook until soft & Green Onions-x-tra) 1/8 c Pears	1/2 c Whole Milk 1 c Lentil and Sweet Potato Soup (3/8 c Lentils, *1/8 c Sweet Potato, & *1/8 c Carrot) 1/8 c +Honeydew, ripe, peel & cut in small pieces 14 gms Warm Toasted Pita Bread, Lightly Buttered	1/2 c Whole Milk Pizza Bowl-1 1/2 oz Grnd Beef w/ 3 Tbl Pizza Sauce, 1/8 c 1/8 c *Bell Peppers & Sprinkling of Mozzarella Cheese (Cheese x-tra) 14 gms WG Bread Stick w/ Garlic Butter 1/8 c Banana Chunks (Dip in +PA Juice, x-tra)	1/2 c Whole Milk Bean Burrito on 14 gms Warm WW Tortilla (1/2 c Refried Beans & Sprinkling of Monterey Jack Cheese-x-tra) 2 Tbl. *Tomato Salsa, x-tra No Lettuce & Tomato 1/8 c *Sautéed Spinach w/Onion-x-tra 1/8 c +Strawberries ripe, remove stems, cut in small pcs
<b>PM Snack</b>	Vegetables & Cheese 1/2 c Cold Water 1/4 c *Carrot Sticks, Steam & Chill 1/4 c Cucumber Sticks, peel & remove seeds w/ 1-2 Tbl FF Ranch Drsg. 1/2 oz Cheddar Cheese Cubes	Fruit & English Muffin 1/2 c Cold Water 1/2 c Fruit Cocktail 14 gms WG/WW English Muffin, Lightly Buttered (Cut grapes in half)	Milk & Muffin 1/2 c Whole Milk 28 gms WG Banana Whole Wheat Muffin (No nuts)	Fruit & Grahams 1/2 c Cold Water 1/2 c Applesauce 14 gms WG Graham Crackers- No Honey-Approx. 2 Cracker Squares	Smoothie & Crackers 3/4 c Peach Smoothie (1/4 c Yogurt, 1/2 c Peaches) 11 gms WG Gold Fish Crackers

\*\*Subject to Availability\*\*

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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.

6/27/2025

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Week II

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	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Break-fast</b>	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	1/2 c Whole Milk 1/4 c + Cantaloupe, ripe, cut in sm pcs 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 developmentally appropriate 28 gms WG Banana Whole Wheat Muffins (No Nuts)	1/2 c Whole Milk 1/4 c +Strawberries, ripe, remove stems, cut in sm pcs Baked Frittata-x-tra (1 Egg w/ *Spinach, Onion & Cheese) 14 gms WG/WW Toast, Lightly Buttered
<b>Lunch</b>	1/2 c Whole Milk 3/4 c Chicken Penne Casserole (1/2 oz Chicken Thigh, 1/2 oz Cheddar Cheese, 1/2 oz Mozzarella Cheese, 1/4 c *Broccoli & 1/4 c WG Penne Pasta) 1/8 c +Mandarin Oranges 14 gms WG Bread Stick w/ Garlic Butter	1/2 c Whole Milk Sloppy Joe on a 14 gms WG/ WW Bun (1/3 c Meat Mixture= 2 oz) 1/8 *Fresh Steamed Carrot Sticks, cut in thin sticks & cook til soft & firm; Chill & Serve w/ 1 Tbl FF Ranch Drsg 1/8 c Applesauce w/ Cinnamon	1/2 c Whole Milk 1 1/4 oz Oven Baked Parmesan Chicken (Thigh Meat) 1/8 c Zucchini w/ Onion, x-tra 1/8 c Fruit Cocktail, cut grapes in half 14 gms WG/WW Bread, Lightly Buttered	1/2 c Whole Milk 3/4 c Beefaroni (1 1/2 oz Grnd Beef, 1/4 c WG Elbow Macaroni, & 1/4 c Tomato Jc, Tomato, Corn & Onion) 1/4 c * Sautéed Spinach w/ Onion, x-tra 1/8 c Sliced Apples (Dip in +PA Juice) remove skin, steam, Chill, peel & cut in small pcs, x-tra	1/2 c Whole 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) 1/8 c +Honeydew, ripe, cut in sm pcs 14 gms WG/WW Dinner Roll, Lightly Buttered
<b>PM Snack</b>	Fruit & Cheese 1/2 c Cold Water 1/2 c +Strawberries, ripe, remove stems, cut in sm pcs 1/2 oz Mozz String Cheese	Toast & Fruit 1/2 c Cold Water 14 gms WG/WW 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	Milk & English Muffin 1/2 c Whole Milk Toasted WG/WW English Muffin, 14 gms, w/ 1-2 Tbl. Jelly	Milk & Cereal 1/2 c Whole Milk 1/2 c WG Kix, 14 gms (Corn)	Dip, Veggies, & Pita Crisps 1/2 c Cold Water 1/8 c / 2 Tbl Bean Dip, (Hummus) 1/2 c Cucumber Slices 14 gms Seasoned Pita Crisps (Crispy Baked Pita Triangles)

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Week III

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	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Break-fast</b>	1/2 c Whole Milk 1/4 c +Strawberries 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 14 gms Warm Cheese Pita (1/2 oz Melted Cheddar Cheese- x-tra, on Pita Bread)
<b>Lunch</b>	1/2 c Whole Milk 1/6 Cottage Pie (1 1/2 oz Ground Beef, 1/4 c Mashed Potatoes, LF Gravy) 1/8 c * Peas & Carrots, well cooked 14 gms WG/WW Bread, Lightly Buttered	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	1/2 c Whole Milk 1/2 Hamburger on 14 gms WG/WW 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	1/2 c Whole Milk Pork Burrito ( 1 1/2 oz Shredded Pork, & 1/2 c *vegetable) on Warm 6" WG/WW Tortilla 1/8 c Fruit Cocktail, cut grapes in half	1/2 c Whole Milk 1 c Macaroni & Cheese with Tuna (1 oz Cheddar Cheese, 1/2 oz Tuna, 1/4 c WG Elbow Macaroni) 1/8 c *Fresh Broccoli Florets w/ 1 Tbl. FF Ranch Drsg. (Steam & chill) 1/8 c +Strawberries ripe, remove stems, cut in sm pcs
<b>PM Snack</b>	Dippers & Crackers 1/2 c Cold Water 1/2 c Cucumber Sticks, peel & remove seeds, serve w/ 1 Tbl. FF Ranch Drsg 11 gms WG Gold Fish Crackers	Milk & Fruit 1/2 c Whole Milk 1/2 c Peaches	Fruit & Cheese 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	Milk & Crackers 1/2 c Whole Milk 14 gms WG Graham Crackers (No Honey)	Banana and Yogurt Dip 1/2 c Cold Water 1/2 c Banana 1/4 c Vanilla Yogurt Dip Topped with a Sprinkling of WG Cherrios, x-tra

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## 2024-2025 YDI Master Menu Ages 1 yr - up to 2nd Birthday

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Week IV

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	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Break-fast</b>	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 +Honeydew 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 28 gms WG Banana Whole Wheat Muffins (No nuts)	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 WW English Muffin, 14 gms w/ 1/4 c Scrambled Egg-xtra & Sprinkling of Cheese-x-tra)
<b>Lunch</b>	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	1/2 c Whole Milk 3/4 c Chile Con Carne ( 1 1/2 oz Ground Turkey, 1/4 c Red Beans, plus Bell Pepper & *Sauce 1/8 c +Kiwi, ripe, peel & cut 17 gms WG Corn Bread	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, WG/WW Bread, Lightly Buttered	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 WG/WW Bread, Lightly Buttered	1/2 c Whole Milk Bean Tostada w/ 1/2 c Homemade Refried Beans & a Sprinkling of Cheddar Cheese, x-tra on a WG Tostada Shell (14 gms) No Lettuce & Tomato 2 Tbl. *Tomato Salsa, x-tra 1/8 c Sautéed Spinach w/ Onions, x-tra 1/8 c Banana Chunks (Dip in +PA Juice, x-tra)
<b>PM Snack</b>	Fruit & Cereal  1/2 c Cold Water 1/2 c +Pineapple Tidbits 1/2 c WG Kix Cereal	Cheese & Vegetables  1/2 c Cold Water 1/2 oz Mozz String Cheese 1/2 c *Broccoli Florets (Steam & Chill) 1-2 Tbl. FF Ranch Dressing	Fruit & Crackers  1/2 c Cold Water 1/2 c Fruit Cocktail-(Cut Grapes in Half) 11 gms WG Gold Fish Crackers	Fruit & Toast  1/2 c Cold Water 1/2 c Applesauce 1/2 Sl. Toasted Cinnamon Raisin Bread, 14 gms, Lightly Buttered	Sandwich & Fruit  1/2 c Cold Water 1/4 Tuna Sandwich w/ Mayo (14 gms WG/WW Bread, 1/2 oz Tuna, 3/4 tsp Mayo) 1/2 c Apple Slices, (Dip in + PA Juice, x-tra)

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