

2025-2026 YDI Master Menu Ages 24 mos - 5 yrs

+ = High in Vitamin C

Week I

WG = Whole Grain

* = High in Vitamin A

	Monday	Tuesday	Wednesday	Thursday	Friday
Break-fast	3/4 c 1% Milk 1/2 c + Mandarin Oranges 1/4 c Scrambled Egg, x-tra w/ 2 Tbl. Ketchup Warm WG/WW Tortilla, 14 gms	3/4 c 1% Milk 1/2 c + Cantaloupe 17 gms WG/WW Pancakes w/ 1-2 Tbl. Syrup	3/4 c 1% Milk 1/2 c + Pineapple Tidbits 1/ 4 c Cream of Wheat, (14 gms dry)	3/4 c 1% Milk 1/2 c +Whole Orange, Cut in Wedges 14 gms WG/WW Biscuit w/ 1-2 Tbl Jelly	3/4 c 1% Milk 1/2 c + Kiwi, peel & cut 14 gms Pita Bread w/ 1/2 oz Melted Cheddar Cheese, x-tra
Lunch	3/4 c 1% Milk 1 3/4 oz Salisbury Steak 1/4 c Mashed Potatoes 1/4 c Green Beans 14 gms WG/WW Bread, Lightly Buttered	3/4 c 1% Milk 1 1/2 oz Teriyaki Chicken (8pc) 1/2 c *Broccoli & Stir Fry Noodles (1/4 c WG Spaghetti Noodles, Stir Fried w/ 1/4 c * Steamed Broccoli & Green Onions- x-tra) 1/4 c Pears	3/4 c 1% Milk 1 c Lentil and Sweet Potato Soup (3/8 c Lentils, * 1/8 c Sweet Potato, & * 1/8 c Carrot) 1/4 c + Honeydew 14gms Warm Toasted Pita Bread, Lightly Buttered	3/4 c 1% Milk Pizza Bowl-1 1/2 oz Grnd Beef w/ 3 Tbl. Pizza Sauce 1/8 c *Bell Peppers & Sprinkling of Mozzarella Cheese (Cheese x-tra) 14 gms WG Bread Stick w/ Garlic Butter 1/4 c Banana Chunks (Dip in +PA Juice, x-tra)	3/4 c 1% Milk Bean Burrito on 14 gms Warm WG/WW Tortilla (1/2 c Refried Beans & Sprinkling of Monterey Jack Cheese-x-tra) 2 Tbl. * Tomato Salsa, x-tra 1/4 c *Lettuce & 1/8 c *Tomato, 1/4 c +Strawberries
PM Snack	1/2 c Cold Water 1/4 c *Carrot Sticks 1/4 c Cucumber Rounds w/ 1 Tbl FF Ranch Drsg. 1/2 oz Cheddar Cheese Cubes	1/2 c Cold Water 1/2 c Fruit Cocktail 14 gms WG/WW English Muffin, Lightly Buttered (Cut grapes in half)	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 WG Graham Crackers- No Honey-Approx. 2 Cracker Squares	3/4 c Peach Smoothie (1/4 c Yogurt & 1/2 c Peaches) 11 gms WG Gold Fish Crackers

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.

6/27/2025

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 policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. 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 and equal opportunity provider and employer.

2025-2026 YDI Master Menu Ages 24 mos - 5 yrs

+ = High in Vitamin C

Week II

WG = Whole Grain

* = High in Vitamin A

	Monday	Tuesday	Wednesday	Thursday	Friday
Break-fast	3/4 c 1% Milk 1/2 c + Pineapple 35 gms WG/WW French Toast Sticks w/ 2 Tbl Warm Cinnamon Applesauce, x-tra	3/4 c 1% Milk 1/2 c +Cantaloupe 1/4 c WG Oatmeal, (14 gms dry)	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	3/4 c 1% Milk 1/2 c +Fresh Whole Orange Cut in Wedges 28 gms WG Banana Whole Wheat Muffins (No Nuts)	3/4 c 1% Milk 1/2 c +Strawberries Baked Frittata-x-tra (1 Egg w/ *Spinach, Onion & Cheese) 14 gms WG/WW Toast, Lightly Buttered
Lunch	3/4 c 1% 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) 1/4 c + Mandarin Oranges 14 gms WG Bread Stick w/ Garlic Butter	3/4 c 1% Milk Sloppy Joe on a 14 gms WG/WW Bun (1/3 c Meat Mixture= 2 oz) 1/4 c *Fresh Carrot Sticks w/ 1 Tbl. FF Ranch Drsg 1/4 c Applesauce w/Cinnamon	3/4 c 1% Milk 2 oz Oven Baked Parmesan Chicken (Thigh Meat) 1/4 c Zucchini w/ Onion, x-tra 1/4 c Fruit Cocktail, cut grapes in half 14 gms WG/WW Bread, Lightly Buttered	3/4 c 1% 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) 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, x-tra)	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 gms WG/WW Dinner Roll, Lightly Buttered
PM Snack	1/2 c Cold Water 1/2 c Cold Water 1/2 c +Stawberries 1/2 oz Mozz String Cheese	1/2 c Cold Water 11 gms WG Wheat Thin Crackers 1/2 c Apple, +Orange, Banana Salad made w/ +OJ Concentrate (see recipe)	1/2 c 1% Milk Toasted WG/WW English Muffin, 14 gms, w/ 1-2 Tbl. Jelly	1/2 c 1% Milk 1/2 c WG Kix, 14 gms (Corn)	1/2 c Cold Water 1/8 c/2 T Bean Dip (Hummus) 1/2 c Cucumber Slices 14 gms Seasoned Pita Crisps (Crispy Baked Pita Triangles)

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.

6/27/2025

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 policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. 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 and equal opportunity provider and employer.

2025-2026 YDI Master Menu Ages 24 mos - 5 yrs

+ = High in Vitamin C

Week III

WG = Whole Grain

* = High in Vitamin A

	Monday	Tuesday	Wednesday	Thursday	Friday
Break-fast	3/4 c 1% Milk 1/2 c +Strawberries Scrambled Egg(1/4 c), x-tra Sandwich on WG/WW Biscuit,14 gms	3/4 c 1% Milk 1/4 c +Orange Slices & 1/4 c Banana Slices 1/4 c WG Oatmeal, (14 gms dry)	3/4 c 1% Milk 1/2 c +Pineapple Tidbits Toasted WG Bagel,14 gms, w/ 1-2 Tbl. Jelly	3/4 c 1% Milk 1/2 c + Cantaloupe 17 gms, WG Waffle w/ 1-2 Tbl. Syrup	3/4 c 1% Milk 1/2 c +Mandarin Oranges 14 gms Warm Cheese Pita (1/2 oz Melted Cheddar Cheese, x-tra, on Pita Bread)
Lunch	3/4 c 1% Milk 1/6 Cottage Pie (1 1/2 oz Ground Beef, 1/4 c Mashed Potatoes, LF Gravy & pie crust, x-tra) 1/4 c *Peas & Carrots WG/WW Bread, 14 gms, Lightly Buttered	3/4 c 1% Milk 1/2 Chicken Enchilada (1 1/2 oz Chicken Thigh & Cheese, 14 gms WG Corn Tortilla & Mild Green Chile) see recipe for amts 1/4 c Zucchini w/ Sauteéd Onion, x-tra 1/4 c Pears (Fresh in Season)	3/4 c 1% Milk 1/2 Hamburger on 14 gms WG/WW Bun (1 1/2 oz Meat, Pickles, Ketchup, & Mustard) 1/4 c *Baked Sweet Potato Fries 1/4 c +Honeydew or Watermelon (In Season)	3/4 c 1% Milk Pork Burrito (1 1/2 oz Shredded Pork, & 1/2 c *vegetable) on Warm 6" WG/WW Tortilla 1/4 c Fruit Cocktail (Cut grapes in half)	3/4 c 1% Milk 1 c Macaroni & Cheese with Tuna (1 oz Cheddar Cheese, 1/2 oz Tuna, 1/4 c WG Elbow Macaroni) 1/4 c *Fresh Broccoli Florets w/ 1 Tbl. FF Ranch Drsg 1/4 c +Strawberries
PM Snack	1/2 c Cold Water 1/2 c Cucumber Rounds w/ 1 Tbl FF Ranch Drsg 11 gms WG Wheat Thin Crackers	1/2 c 1% Milk 1/2 c Peaches	1/2 c Cold Water 1/2 c Apple Slices, (Dip in +PA Juice, x-tra) 1/2 oz Mozz String Cheese	1/2 c 1% Milk 14 gms WG 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

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.

6/27/2025

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 policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. 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 and equal opportunity provider and employer.

2025-2026 YDI Master Menu Ages 24 mos - 5 yrs

+ = High in Vitamin C

Week IV

WG = Whole Grain

* = High in Vitamin A

	Monday	Tuesday	Wednesday	Thursday	Friday
Break-fast	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 WG/WW Tortilla	3/4 c 1% Milk 1/2 c +Honeydew 1/4 c Cream of Wheat, (14 gms dry)	3/4 c 1% Milk 1/2 c +Whole Orange, Sliced 28 gms WG Banana Whole Wheat Muffin (No nuts)	3/4 c 1% Milk 1/2 c +Cantaloupe 1/2 c WG Cheerios, 14 gms	3/4 c 1% Milk 1/2 c +Mandarin Oranges Mc Head Start Muffin (Toasted WG/WW English Muffin, 14 gms w/ 1/4 c Scrambled Egg-x-tra & Sprinkling of Cheese-x-tra)
Lunch	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 WG Corn Bread	3/4 c 1% Milk 1 1/2 oz BBQ Chicken (8 pc) 1/4 c Green Beans 1/4 c Peaches 14 gms, WG/WW 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 14 gms WG/WW Bread, Lightly Buttered	3/4 c 1% Milk Bean Tostada w/ 1/2 c Homemade Refried Beans & a Sprinkling of Cheddar Cheese, x-tra on a WG Tostada Shell (14 gms) 1/4 c *Shredded Lettuce & 1/8 c *Diced Tomato, 2 Tbl. *Tomato Salsa, x-tra 1/4 c Banana Chunks (Dip in +PA Juice, x-tra)
PM Snack	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 Florets 1 Tbl. FF Ranch Drsg	1/2 c Cold Water 1/2 c Fruit Cocktail (Cut Grapes in half) 11 gms WG Gold Fish Crackers	1/2 c Cold Water 1/2 c Applesauce 1/2 Sl. Toasted Cinnamon Raisin Bread, 14 gms, Lightly Buttered	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)

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.

6/27/2025

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 policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. 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.