

Child Development Laboratory
Breakfast and PM Snack Menu
February March 2024

Week 1	02/05, 03/04	02/06, 03/05	02/07, 03/06	02/08, 03/07	02/09, 03/08
Breakfast	Sweet Potato Toast on WG Bread	Biscuits w/ Strawberries	Cream of Wheat w/ Fruit Bowl	Cottage Cheese w/ Baked Pears	Cereal w/ Bananas
Beverage	Milk	Milk	Milk	Milk	Milk
ML	Same	Same	Same	Same	Same
ML, ND, NE	Same	English Muffin	Same	Same w/ Granola	Same
PM SNACK	Trail Mix w/ Dried Fruit & Pretzels	Tomato Soup w/ 1/2 Grilled Cheese on WG Bread	Chicken Taquitos w/ Salsa	Caprese Salad w/ Cheese & Tomatoes	Appls w/ Cheese
Beverage	Water	Water	Water	Water	Water
ML	Same	Same	Same	Same	Same
ML, ND, NE	Same	Same w/ PB Chz	PB Chz Quesadilla	Salad w/ PB Chz	Same w/ Graham Crack.
Week 2	02/12, 03/11	02/13, 03/12	02/14, 03/13	02/15, 03/14	02/16, 03/15
Breakfast	Bagel w/ Turkey Bacon	Apple Pie Oatmeal	Yogurt w/ Berries	Waffles w/ Fruit Bowl	Banana Muffins w/ Bananas
Beverage	Milk	Milk	Milk	Milk	Milk
ML	Same	Same	Same	Same	Same
ML, ND, NE	Toast w/ V. Sausage	Same	Granola & Berries	Same w/ English Muffin	Same w/ Graham Crackers
PM SNACK	Naan w/ Hummus	SunButter & Jelly on WG Bread	Brown Rice Veggie Bowls	Carrots w/ Ranch & WG Crackers	Applesauce w/ Graham Crackers
Beverage	Water	Water	Water	Water	Water
ML	Same	Same	Same	Same	Same
ML, ND, NE	Same	Same	Same	No Ranch	Same
Week 3	2/19, 03/18	02/20, 03/19	02/21, 03/20	02/22, 03/21	02/23, 03/22
Breakfast	Cottage Cheese w/ WG Toast	Oatmeal w/ Berries	Pancakes w/ Turkey Sausage	Roasted Potatoes w/ Peppers	Corn Flakes w/ Bananas
Beverage	Milk	Milk	Milk	Milk	Milk
ML	Same	Same	Same	Same	Same
ML, ND, NE	Same	Same	EM w/ Vegan Sausage	Same	Same
PM SNACK	Pretzels w/ Cheese	Chicken Tacos on WG Tortilla w/ Salsa	Cucumber Bites w/ Crackers	Chicken & Broccoli	Apples w/ Cheese Slices
Beverage	Water	Water	Water	Water	Water
ML	Same	Same	Same	Same	Same
ML, ND, NE	Same w/ Fruit Cup	PB Chz Quesadillas	Same	V. Chick'n	Same w/ Graham Crack.
Week 4	02/26, 03/25	02/27, 03/26	02/28, 03/27	02/29, 03/28	03/01, 03/29
Breakfast	Avocado Toast on WG Bread	Breakfast Burrito on a WG Tortilla	Applesauce w/ Graham Crackers	T. Sausage Biscuit	Yogurt w/ Fruit & Granola
Beverage	Milk	Milk	Milk	Milk	Milk
ML	Same	Same	Same	Same	Same
ML, ND, NE	Same w/ Fruit Cup	Same	Same	English Muffin w/ V. Saus	Same w/o Yogurt
PM SNACK	Sun Chips w/ String Cheese	Chips and Salsa w/ Guac	Meatballs w/ Cheese & Marinara	Broccoli w/ Ranch & WG Crackers	Trailmix w/ Dried Fruit & Pretzels
Beverage	Water	Water	Water	Water	Water
ML	Same	Same	Same	Same	Same
ML, ND, NE	Same w/ PB Chz	Same	PB Meatballs and Chz	Same w/o Ranch	Same

All **BOLD** items are Whole Grain-Rich Components

I/T= Infant/Toddler Option due to Choking Hazard

Children 12 to 23 months are served unflavored whole milk

Children 2 to 5 years are served unflavored 1% milk