

Early 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	WG Toast w/ V. Sausage	Blueberry Muffin w/ Peach Cups	Cream of Wheat w/ Strawberries	Cottage Cheese w/ Fruit Bowl	Cereal Bowls w/ Bananas
Beverage	Milk	Milk	Milk	Milk	Milk
ML	Same	Same	Same	Same	Same
ML, ND, NE	Same	Same w/ Graham Crackers	Same	Same w/ Toast	Same
PM SNACK	Soft Pretzels w/ Cheese	Grilled Cheese on WG Bread	Chips & Salsa w/ Guac I/T Crackers	Tomato & Cheese Slices	Applesauce w/ Animal Crackers
Beverage	Water	Water	Water	Water	Water
ML	Same	Same	Same	Same	Same
ML, ND, NE	Same w/ Fruit Cup	Same w/ PB Chz	Same	Same w/ PB Chz	Same

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/ Sausage	Cinnamon Bread w/ Pears	Yogurt w/ Strawberries	Waffles w/ Bananas	Banana Muffin w/ Peach Cups
Beverage	Milk	Milk	Milk	Milk	Milk
ML	Same	Same	Same	Same	Same
ML, ND, NE	EM w/ V. Sausage	Same	Same w/ Cheerios	Same w/ Toast	Same w/ EM
PM SNACK	Pita w/ Hummus	Meatballs w/ Marinara & Cheese	Brown Rice w/ Veggies	Cooked 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 w/ PB meatballs	Same	No Ranch	Same

Week 3	02/19, 03/18	02/20, 03/19	02/21, 03/20	02/22, 03/21	02/23, 03/22
Breakfast	Cottage Cheese w/ Peach	Oatmeal w/ Mixed Berries	Waffles w/ Strawberries	Potatoes w/ Peppers	Cereal Bowl w/ Bananas
Beverage	Milk	Milk	Milk	Milk	Milk
ML	Same	Same	Same	Same	Same
ML, ND, NE	Same	EM w/ V. Sausage	Same w/ Toast	Same	Same
PM SNACK	Cheese and Crackers	Chips & Salsa w/ Guac I/T Crackers	Chicken & Broccoli	Cucumbers w/ Ranch & WG Crackers	Apples w/ Cheese Slices
Beverage	Water	Water	Water	Water	Water
ML	Same	Same	Same	Same	Same
ML, ND, NE	Same w/ PB Chz	Same	Same w/ V. Chix	No Ranch	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	Turkey Sausage Biscuit	French Toast w/ Applesauce	Cinnamon Bread w/ Pear	Cereal w/ Strawberries
Beverage	Milk	Milk	Milk	Milk	Milk
ML	Same	Same	Same	Same	Same
ML, ND, NE	Same w/ Graham Crack	English Muffin w/ V. Sausage	Same w/ Toast	Same	Same
PM SNACK	Turkey Pepperoni w/ Cheese	Cooked Broccoli w/ Ranch & Crackers	Pita Pizza w/ Cheese & Marinara	Crackers w/ Salsa	Pita w/ Hummus
Beverage	Water	Water	Water	Water	Water
ML	Same	Same	Same	Same	Same
ML, ND, NE	Same w/ PB Pep & Chz	Same w/o Ranch	Same w/ PB Chz	Same	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