

Child Development Laboratory
Breakfast and PM Snack Menu
April May 2024

Week 1	04/08, 05/06	04/09, 05/07	04/10, 05/08	04/11, 05/09	04/12, 05/10
Breakfast	Bagel w/ Vegan Sausage	Overnight Oats w/ Berries	Cottage Cheese w/ Apricots	Sweet Potato Tots w/ Avocado Toast	Apple Cinnamon Muffin w/ Apple Slices
Beverage	Milk	Milk	Milk	Milk	Milk
ML	Same	Same	Same	Same	Same
ML, ND, NE	Same w/ English Muffin	Same	Same w/ Granola	Same	Apple Slices w/ Grah. Crac
PM SNACK	Turkey Pepperoni w/ Cheese and Crackers	Chips & Salsa w/ Guac	Red Peppers w/ veggie dip & Crackers	Carrots w/ Ranch & Crackers	Trail Mix w/ Dried Fruit & Pretzels
Beverage	Water	Water	Water	Water	Water
ML	Same	Same	Same	Same	Same
ML, ND, NE	Same w/ PB Pep & Chz	Same	Same w/o veggie dip	Same w/o Ranch	Same

Week 2	04/15, 05/13	04/16, 05/14	04/17, 05/15	04/18, 05/16	04/19, 05/17
Breakfast	French Toast w/ Strawberries	Yogurt w/ Pineapple	Cinnamon Bread w/ Cream Cheese & Fruit Cup	Smoothie Bowls w/ Graham Crackers	Cereal w/ Bananas
Beverage	Milk	Milk		Milk	Milk
ML	Same	Same	Same	Same	Same
ML, ND, NE	Same	Same w/ Granola	Same w/o Cream Cheese	Same	Same
PM SNACK	Hummus w/ Pita	Chicken Nuggets w/ Fruit Cup	Tomato w/ Cheese Slices	Chicken Salad w/ Crackers	Celery w/ Sunbutter & Raisins
Beverage	Water	Water	Water	Water	Water
ML	Same	Same	Same	Same	Same
ML, ND, NE	Same	Same w/ V. Chicken	Same w/ PB Chz	PB Chic'n Nuggets	Same

Week 3	04/22, 5/20	04/23, 05/21	04/24, 05/22	04/25, 05/23	04/25, 05/25
Breakfast	Avocado Toast	Granola w/ Peach Cup	Bagels w/ Cream Cheese & Strawberries	Blueberry Muffins w/ Fruit Cup	Fresh Apples w/ Graham Crackers
Beverage	Milk	Milk	Milk	Milk	Milk
ML	Same	Same	Same	Same	Same
ML, ND, NE	Same	Same	Toast & No CC	Grahm. Crack.	Same w/o Fruit Dip
PM SNACK	Wheat Thins w/ String Cheese	Refried Beans w/ Cheese & Tortilla Chips	Cucumber Slices w/ Crackers	Pretzels w/ Raisins	Broccoli w/ Ranch & Crackers
Beverage	Water	Water	Water	Water	Water
ML	Same	Same	Same	Same	Same
ML, ND, NE	Same w/ PB Chz	Same w/o Cheese	Same	Same	Same w/o Ranch

Week 4	04/29, 5/27	04/30, 05/28	05/01, 05/29	05/02, 05/30	05/03, 05/31
Breakfast	Cottage Cheese w/ Peaches	Overnight Oats w/ Berries	Applesauce w/ Graham Crackers	Yogurt Parfait w/ Berries & Granola	Blueberry Muffins w/ Fruit Cup
Beverage	Milk	Milk	Milk	Milk	Milk
ML	Same	Same	Same	Same	Same
ML, ND, NE	Same w/ EM	Same	Same	Granola w/ Berries	E. Muffin w/ Fruit Cup
PM SNACK	Sun Chips w/ Fruit Cup	Ranch Corn w/ Tortilla Chips	Salad w/ Lettuce & Cheese w/ Dressing	Brown Rice w/ Veggies	Cheese & Crackers
Beverage	Water	Water	Water	Water	Water
ML	Same	Same	Same	Same	Same
ML, ND, NE	Same	Same w/ Plain Corn	Same w/ PB Chz	Same	Same w/ PB Chz

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