## 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		Overnight Oats w/ Berries	Cottage Cheese w/ Apricots	Sweet Potato Tots w/	Apple Cinnamon
Dieakiasi	Dager W/ Vegan Sausage	Overnight Oats w/ Defines	Cottage Cheese W/ Apricots	Avocado Toast	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. Cra
PM SNACK	Turkey Pepperoni w/ Cheese and <b>Crackers</b>	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/	Yogurt w/ Pineapple	Cinnamon Bread w/ Cream	Smoothie Bowls w/	Cereal w/ Bananas
Dieakiasi	Strawberries	Toguit w/ Filleapple	Cheese &Fruit Cup	Graham Crackers	Great W. Barianas
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	·	Blueberry Muffins w/	Fresh Apples w/
		·	Strawberries	Fruit Cup	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	Refried Beans w/ Cheese &	Cucumber Slices w/ Crackers	Brotzele w/ Beisine	D 11 / D 1 0
	Cheese	Tortilla Chips	Cucumber Silces w/ Crackers	rretzets w/ Raisilis	Broccoli w/ Ranch & Crackers
Beverage	Cheese	Tortilla Chips			Crackers
Beverage ML	•	Tortilla Chips Water	Water	Water	
	Cheese	Tortilla Chips			Crackers Water
ML ML, ND, NE	Cheese Water Same Same w/ PB Chz	Tortilla Chips  Water Same Same w/o Cheese	Water Same Same	Water Same Same	Crackers  Water Same Same w/o Ranch
ML ML, ND, NE Week 4	Cheese Water Same Same w/ PB Chz	Tortilla Chips  Water Same Same w/o Cheese	Water Same Same 05/01, 05/29	Water Same Same 05/02, 05/30	Crackers  Water Same Same w/o Ranch
ML ML, ND, NE	Cheese Water Same Same w/ PB Chz	Tortilla Chips  Water Same Same w/o Cheese	Water Same Same	Water Same Same	Crackers  Water Same Same w/o Ranch
ML ML, ND, NE Week 4 Breakfast	Cheese  Water Same Same W/ PB Chz  04/29, 5/27  Cottage Cheese w/ Peaches	Tortilla Chips  Water Same Same w/o Cheese  04/30, 05/28  Overnight Oats w/ Berries	Water Same Same  05/01, 05/29 Applesauce w/ Graham	Water Same Same  05/02, 05/30  Yogurt Parfait w/ Berries & Granola	Crackers  Water Same Same W/o Ranch  05/03, 05/31  Blueberry Muffins w/ Frui
ML ML, ND, NE Week 4	Cheese  Water Same Same W/ PB Chz  04/29, 5/27  Cottage Cheese w/	Tortilla Chips  Water Same Same w/o Cheese	Water Same Same  05/01, 05/29 Applesauce w/ Graham Crackers	Water Same Same  05/02, 05/30  Yogurt Parfait w/ Berries	Crackers  Water Same Same W/o Ranch  05/03, 05/31  Blueberry Muffins w/ Fru
ML ML, ND, NE Week 4 Breakfast Beverage ML	Cheese  Water Same Same W/ PB Chz  04/29, 5/27  Cottage Cheese w/ Peaches  Milk	Tortilla Chips  Water Same Same W/o Cheese  04/30, 05/28  Overnight Oats w/ Berries  Milk	Water Same Same  05/01, 05/29 Applesauce w/ Graham Crackers  Milk Same	Water Same Same  05/02, 05/30  Yogurt Parfait w/ Berries & Granola  Milk Same	Crackers  Water Same Same w/o Ranch  05/03, 05/31  Blueberry Muffins w/ Frui Cup  Milk Same
ML ML, ND, NE Week 4 Breakfast Beverage	Cheese  Water Same Same W/ PB Chz  04/29, 5/27  Cottage Cheese w/ Peaches  Milk Same	Tortilla Chips  Water Same Same W/o Cheese  04/30, 05/28  Overnight Oats w/ Berries  Milk Same	Water Same Same  05/01, 05/29 Applesauce w/ Graham Crackers  Milk Same Same	Water Same Same  05/02, 05/30  Yogurt Parfait w/ Berries & Granola  Milk	Crackers  Water Same Same Wo Ranch  05/03, 05/31  Blueberry Muffins w/ Fruicup  Milk
ML ML, ND, NE Week 4 Breakfast Beverage ML ML, ND,NE	Cheese  Water Same Same W/ PB Chz  04/29, 5/27  Cottage Cheese w/ Peaches  Milk Same Same w/ EM	Tortilla Chips  Water Same Same w/o Cheese  04/30, 05/28  Overnight Oats w/ Berries  Milk Same Same	Water Same Same  05/01, 05/29 Applesauce w/ Graham Crackers  Milk Same Same Same Salad w/ Lettuce & Cheese	Water Same Same  05/02, 05/30  Yogurt Parfait w/ Berries & Granola  Milk Same Granola w/ Berries	Crackers  Water Same Same Wo Ranch  05/03, 05/31  Blueberry Muffins w/ Fru Cup  Milk Same E. Muffin w/ Fruit Cup
ML ML, ND, NE Week 4 Breakfast Beverage ML ML, ND,NE PM SNACK	Cheese  Water Same Same w/ PB Chz  04/29, 5/27 Cottage Cheese w/ Peaches  Milk Same Same Same w/ EM  Sun Chips w/ Fruit Cup	Tortilla Chips  Water Same Same W/o Cheese  04/30, 05/28  Overnight Oats w/ Berries  Milk Same Same Ranch Corn w/ Tortilla Chips	Water Same Same  05/01, 05/29 Applesauce w/ Graham Crackers  Milk Same Same Salad w/ Lettuce & Cheese w/ Dressing	Water Same Same  05/02, 05/30 Yogurt Parfait w/ Berries & Granola  Milk Same Granola w/ Berries Brown Rice w/ Veggies	Crackers  Water Same Same Wo Ranch  05/03, 05/31  Blueberry Muffins w/ Frui Cup  Milk Same E. Muffin w/ Fruit Cup  Cheese & Crackers

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

Same w/ Plain Corn

ML, ND, NE Same