

Early 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/ Strawberries	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	English Muffin w/ Same	Same	Cheerios w/ Apricot	Same	Apple Slices w/ Grah. Crac
PM SNACK	Crackers w/ Cheese Sticks	Chips & Salsa w/ Guac I/T Crackers	Red Peppers w/ Veggie Dip & Crackers	Cooked Carrots w/ Ranch & Crackers	Teddy Grahams w/ fruit
Beverage	Water	Water	Water	Water	Water
ML	Same	Same	Same	Same	Same
ML, ND, NE	Same w/ PB 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 & Peaches	Fruit Bowl w/ Graham Crackers	Cereal Bowl w/ Bananas
Beverage	Milk	Milk	Milk	Milk	Milk
ML	Same	Same	Same	Same	Same
ML, ND, NE	Toast w/ Strawberries	Kix w/ Same	Same w/o Cream Cheese	Same	Same
PM SNACK	Hummus w/ Pita	Chicken Nuggets w/ Fruit Cup	Tomato w/ Cheese Slices	Chicken Salad w/ Cracker	Apples w/ Graham Crack.
Beverage	Water	Water	Water	Water	Water
ML	Same	Same	Same	Same	Same
ML, ND, NE	Same	Vegan Nuggets w/ Same	Same w/ PB Chz	PB Chicken Nuggets	Same
Week 3	04/22, 5/20	04/23, 05/21	04/24, 05/22	04/25, 05/23	04/26, 5/24
Breakfast	Avocado Toast	Granola w/ Peach Cup	Bagels w/ Cream Cheese & Strawberries	Blueberry Muffin w/ Fruit Cup	Fresh Apples w/ & Graham Crackers I/T No Skin
Beverage	Milk	Milk	Milk	Milk	Milk
ML	Same	Same	Same	Same	Same
ML, ND, NE	Same	Cereal	E. Muffin w/ Same	Graham Crack w/ Same	Same w/o Fruit Dip
PM SNACK	Crackers w/ String Cheese	Pita Pizzas w/ Cheese & Marinara	Cucumber Slices w/ Crackers I/T No Skin	Soft Pretzels w/ Cheese	Cooked 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/ PB Chz	Same	Same w/ Fruit Cup	Same w/o Ranch
Week 4	04/29, 05/27	04/30, 05/28	05/01, 05/29	05/02, 05/30	05/03, 05/31
Breakfast	Cottage Cheese w/ Peaches	Overnight Oats w/ Strawberries	Applesauce w/ Graham Crackers	Cheerios w/ Bananas	Blueberry Muffin w/ Fruit Cup
Beverage	Milk	Milk	Milk	Milk	Milk
ML	Same	Same	Same	Same	Same
ML, ND, NE	EM w/ Same	Same	Same	Same	E. Muffin w/ Same
PM SNACK	Chips w/ Salsa & Guac I/T Crackers	Sunbutter & Jelly on WG Bread	Turkey & Cheese Slices	Tomato w/ Cheese Sticks	Cheese and Crackers
Beverage	Water	Water	Water	Water	Water
ML	Same	Same	Same	Same	Same
ML, ND, NE	Same	Same	PB Turkey & Cheese	Same w/ PB Chz	PB Chz w/ 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