

Early Child Development Laboratory  
Breakfast and PM Snack Menu  
February March 2025

Week 1	02/03, 03/03	02/04, 03/04	02/05, 03/05	02/06, 03/06	02/07, 03/07
Breakfast	<b>WG Muffin</b> w/ fruit available	Turkey Sausage & Potatoes	<b>WG Toast</b> w/ Cheese slices	<b>WG Crepes</b> w/ fruit available	<b>Waffles</b> w/ fruit available
Beverage	Milk	Milk	Milk	Milk	Milk
ML	Same	Same	Same	Same	Same
ML, ND, NE	Same w/ <b>EM</b>	PB Sausage & Potatoes	<b>Toast</b> w/ PB Cheese	<b>EM</b> w/ Fruit	<b>EM</b> w/ Fruit
<b>PM SNACK</b>	Sliced Turkey w/ <b>Crackers</b>	Broccoli w/ Cheese Slices	<b>Graham Crackers</b> w/ fruit available	Cheese sticks <b>w/crackers</b>	Salsa <b>w/ tortilla chips</b> <b>I/T: Crackers</b>
Beverage	Water	Water	Water	Water	Water
ML	Same	Same	Same	Same	Same
ML, ND, NE	PB Turkey w/ <b>Crackers</b>	Broccoli w/ PB Chz	Same	Same w/ PB Chz	Same

Week 2	02/10, 03/10	02/11, 03/11	02/12, 03/12	02/13, 03/13	02/14, 03/14
Breakfast	<b>Bagel</b> w/ sausage & cheese slice	<b>Cinnamon Bread</b> w/ Pears	<b>Waffles</b> w/ strawberries	Yogurt w/Peaches	<b>Banana Muffin</b> w/ Bananas
Beverage	Milk	Milk	Milk	Milk	Milk
ML	w/ V. Sausage	Same	Same	Same	Same
ML, ND, NE	<b>EM</b> w/ V. Sausage & Cheese	Same	<b>Toast</b> w/strawberries	<b>Cherrios</b> w/Peaches	<b>EM</b> w/ Bananas
<b>PM SNACK</b>	Sweet Potato Bites <b>w/crackers</b>	Cheese <b>Breadsticks</b> & Marinara	<b>Brown Rice</b> w/ Veggies	Cooked Carrots w/ Ranch & <b>WG Crackers</b>	Applesauce w/ <b>Graham Crackers</b>
Beverage	Water	Water	Water	Water	Water
ML	Same	Same	Same	Same	Same
ML, ND, NE	Same	PB Cheese & <b>Crackers</b>	Same	No Ranch	<b>Same</b>

Week 3	2/17, 03/17	02/18, 03/18	02/19, 03/19	02/20, 03/20	02/21, 03/21
Breakfast	Cottage Cheese w/Peaches	<b>Oatmeal</b> w/ mixed berries	<b>Pancakes</b> w/ turkey sausage	Potatoes w/ Peppers	<b>Cereal</b> w/ Fruit
Beverage	Milk	Milk	Milk	Milk	Milk
ML	Same	Same	Same	Same	Same
ML, ND, NE	Same	<b>EM</b> w/ V. Sausage	<b>EM</b> w/ Vegan Sausage	Same	Same
<b>PM SNACK</b>	Cheese and <b>Crackers</b>	<b>Chips</b> & Salsa w/ Guac <b>I/T Crackers</b>	Cucumbers w/ Ranch & <b>WG Crackers</b>	Chicken & Broccoli	Apples w/ Cheese Slices
Beverage	Water	Water	Water	Water	Water
ML	Same	Same	Same	Same	Same
ML, ND, NE	Same w/ PB Chz	Same	No Ranch	V. Chick'n	Same w/ <b>Graham Crack</b>

Week 4	02/24, 03/24	02/25, 03/25	02/26, 03/26	02/27, 03/27	02/28, 03/28
Breakfast	Avocado Toast on <b>WG Bread</b>	Turkey Sausage <b>Biscuit</b>	<b>Cinnamon Bread</b> w/Applesauce	Yogurt w/ Pineapple	<b>Blueberry Muffin</b> w/ Apple Slices
Beverage	Milk	Milk	Milk	Milk	Milk
ML	Same	Same	Same	Same	Same
ML, ND, NE	Same	<b>English Muffin</b> w/ V. Sausage	Same	<b>Fruit &amp; Graham Crackers</b>	<b>EM</b> w/Apple Slices
<b>PM SNACK</b>	Turkey Pepperoni w/ String Cheese	<b>Pita Pizza w/ Cheese &amp; Marinara</b>	Cooked Green beans & Turkey Pepperoni & Crackers	<b>Graham Crackers</b> w/mandarin oranges	<b>Pita</b> w/ Hummus
Beverage	Water	Water	Water	Water	Water
ML	Same	Same	Same w/o Turkey	Same	Same
ML, ND, NE	Same w/ PB Pep & Chz	Same w/ PB Chz	Same w/o Turkey	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