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| **Meal**  tag **Week 1** Toddler Menu (updated on 2/1/16) | **Food Item** | **Minimum**  **Amount** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | Fruit or Juice | ¼ cup | Diced Bananas♠ | Strawberries ♠ | Diced Apples ♠ | Blueberries | Fruit Cocktail |
| Cooked Cereal or Toast | 2T or ¼ Slice | Corn Chex | Biscuits | Kix | Cheerios | Hard Boiled Egg & Biscuits |
| Milk or Formula | ½ cup | 2% milk | 2% Milk | 2% Milk | 2% Milk | 2% Milk |
| **AM Snack** | Citrus Juice or Fruit | ½ cup | Juice | Juice | Juice | Juice | Juice |
| Cracker | 2 | Graham Cracker | Breakfast Bar | PB Crackers | Oatmeal Bar | ½ Crackers w/ Cheese |
| **Lunch** | Meat, Poultry, Fish, or Cheese | 1-2T | Turkey Cheese Sandwich | Chicken Enchilada | Oyster Crackers  Cheese Cubes  Homemade Veg. Soup W/ Beans | Chicken Nuggets and Mac n Cheese  ♠ | Homemade Spaghetti w/Meat Sauce  Cottage Cheese |
| Vegetable | 1-2T | Cooked Carrots | Green Beans | Mixed Vegetables | Fresh Cooked Broccoli | Frozen Corn |
| Second Vegetable or Fruit | 1-2T | Fruit  Cocktail ♠ | Pineapple Chunks ♠ | Apricots ♠ | Peaches | Diced Apples |
| Bread/ Rice/ Pasta | ½ slice | Wheat Bread | Tortilla |  | Whole Wheat Macaroni | Whole Wheat Pasta |
| Milk or Formula | ½ cup | 2% Milk | 2% Milk | 2% Milk | 2% Milk | 2% Milk |
| **PM Snack** | Milk/Formula/Water | ½ cup | Water | Water | Water | Water | 2% Milk |
| Meat, Poultry, Fish, or Cheese | ½ oz | Cucumber rounds | String  Cheese |  |  |  |
| Bread, Crackers | ½ slice, 2 crackers | Ritz crackers |  | Banana Bread | Saltines | Chex Mix |
| Vegetable or Fruit | ½ cup |  | Banana | Mandarin Orange | Orange Slices |  |
| **Meal**  tag **Week 2** Toddler Menu (updated on 2/1/16) | **Food Item** | **Minimum**  **Amount** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | Fruit or Juice | ¼ cup | Diced Banana ♠ | Diced Oranges♠ | Blueberries | Fruit Cocktail | Diced Apples ♠ |
| Cooked Cereal or Toast | 2T or ¼ Slice | Rice Chex | Muffin | Rice Crispies ♠ | Hard Boiled Egg & Wh. Wheat Rolls | Kix |
| Milk or Formula | ½ cup | 2% milk | 2% Milk | 2% Milk | 2% Milk | 2% Milk |
| **AM Snack** | Citrus Juice or Fruit | ½ cup | Juice | Juice | Juice | Juice | Juice |
| Cracker | 2 | Graham Cracker | Breakfast Bar | Crackers | Oatmeal Bar | ½ Crackers w/ Cheese |
| **Lunch** | Meat, Poultry, Fish, or Cheese | 1-2T | Breaded Codfish Sticks  ♠ | Homemade Chicken Tetrazzini | Tacos  Ground Beef  Shredded Cheddar | Mac & Cheese w/ ½ cup Turkey Casserole | Beef & Cheese Pizza  ½ Slice ♠ |
| Vegetable | 1-2T | Cooked Fresh Broccoli | Green Beans | Frozen Corn | Mixed Vegetables | Peas |
| Second Vegetable or Fruit | 1-2T | Pears | Pineapple Chunks ♠ | Applesauce | Apricots | Peaches |
| Bread/Rice/ Pasta | ¼ slice | Rice | Spaghetti Pasta | Taco Shell | Macaroni | Pizza Crust |
| Milk or Formula | ½ cup | 2% Milk | 2% Milk | 2% Milk | 2% Milk | 2% Milk |
| **PM Snack** | Beverage | ½ cup | Water | Water | Water | Water | Water |
| Meat, Poultry, Fish, or Cheese | ½ oz | String Cheese |  | Yogurt |  |  |
| Bread, Crackers | ½ slice, 2 crackers |  | Cinnamon Graham Crackers | Animal Crackers | Ritz Crackers | Cheese Nips |
| Vegetable or Fruit | ½ cup | Diced Grape♠ | Diced apple ♠ |  | Cucumbers ♠ | Diced Oranges |

 **Week 3** Toddler Menu (updated on 2/1/16)

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| **Meal** | **Food Item** | **Minimum**  **Amount** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | Fruit or Juice | ¼ cup | Blueberries | Bananas ♠ | Applesauce | Strawberries ♠ | Diced Oranges♠ |
| Cooked Cereal or Toast | 2T or ¼ Slice | Cheerios | Kix | WW Toast | Rice Chex/Yogurt | Bagel |
| Milk or Formula | ½ cup | 2% milk | 2% Milk | 2% Milk | 2% Milk | 2% Milk |
| **AM Snack** | Citrus Juice or Fruit | ½ cup | Juice | Juice | Juice | Juice | Juice |
| Cracker | 2 | Graham Cracker | Crackers | Graham Cracker | Oatmeal Bar | Crackers w/ Cheese |
| **Lunch** | Meat, Poultry, Fish, or Cheese | 1-2T | Baked Tilapia  w/ Garlic Butter | Tri Color Pasta Salad  Cheese, Turkey Cubes | Turkey Sandwich | Homemade Sloppy Joes | Frozen Cheese Ravioli w/ Meat Sauce |
| Vegetable | 1-2T | Broccoli | Peas | Cooked Carrots | Corn | Green Beans |
| Second Vegetable or Fruit | 1-2T | Peaches | Fruit Cocktail | Apricots | Pears | Pineapple |
| Bread/ Rice/ Pasta | ¼ slice | Oyster Crackers | Pasta | WW Bread | WW Hamburger Bun | Ravioli |
| Milk or Formula | ½ cup | 2% Milk | 2% Milk | 2% Milk | 2% Milk | 2% Milk |
| **PM Snack** | Milk or Formula | ½ cup | Water | 2% Milk | 2% Milk | Water | Water |
| Meat, Poultry, Fish, or Cheese | ½ oz | Yogurt | Cheese Quesadilla | Applesauce Bread | Homemade Oatmeal Cookies | Ritz Crackers |
| Bread, Crackers |  | Graham Cracker |  |  |  |  |
| Vegetable or Fruit | ½ cup |  |  |  |  | Diced Apples ♠ |
| **Meal**  tag **Week 4** Toddler Menu (updated on 2/1/16) | **Food Item** | **Minimum**  **Amount** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | Fruit or Juice | ¼ cup | Diced Bananas ♠ | Diced Apples ♠ | Blueberries | Diced Oranges ♠ | Applesauce |
| Cooked Cereal or Toast | 2T or ¼ Slice | Corn Chex | Cinnamon Toast | Rice Chex | Kix | Bagels |
| Milk or Formula | ½ cup | 2% milk | 2% Milk | 2% Milk | 2% Milk | 2% Milk |
| **AM Snack** | Citrus Juice or Fruit | ½ cup | Juice | Juice | Juice | Juice | Juice |
| Cracker | 2 | Graham Cracker | Breakfast Bar | Crackers | Oatmeal Bar | Crackers w/ Cheese |
| **Lunch** | Meat, Poultry, Fish, or Cheese | 1-2T | Cheese Sandwich | Bean Soup and  Cornbread | Chicken Stir Fry w/ Vegetables | Beef & Cheese Pasta Casserole | Cheese Quesadilla |
| Baked Beans | Pinto Beans |
| Vegetable | 1-2T | Cooked Carrots | Spinach | Stir Fry Vegetables | Peas | Corn |
| Second Vegetable or Fruit | 1-2T | Applesauce | Pears | Diced Orange ♠ | Peaches ♠ | Pineapple ♠ |
| Bread/Rice/ Pasta | ¼ slice | WW Bread | Corn Bread | Rice | Pasta | Tortilla |
| Milk or Formula | ½ cup | 2% Milk | 2% Milk | 2% Milk | 2% Milk | 2% Milk |
| **PM Snack** | Milk or Formula | ½ cup | Water | Water | Water | 2 %Milk | 2% Milk |
| Meat, Poultry, Fish, or Cheese | ½ oz |  | Yogurt | Cheese Slices |  |  |
| Bread, Crackers | ½ slice, 2 crackers | Ritz Crackers | Graham Crackers | Saltines | Oatmeal  Cookies | Chex Mix |
| Vegetable or Fruit | ½ cup | Fruit Cocktail |  |  |  |  |