\_\_\_: Egg Allergen

\_\_\_: Dairy Allergen

\_\_\_: Fish Allergen

\_\_\_: New Item

 *Little Hands Spring Menu Week 1* 

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Whole Wheat Toast w/ jelly  Turkey Sausage  100% OJ  Milk  Veg. Sub: Vegetarian Sausage | Scrambled Eggs  Biscuit  Apple Sauce  Milk  Dairy Sub: Wheat toast  Egg Sub: WW English Muffin and Cream Cheese | Hot Oatmeal  Fresh Bananas  Milk | Southwestern Egg Flatbread  Fresh Oranges  Milk  Egg Sub: Cheese & Bean Flatbread  Dairy Sub: Egg & Bean flatbread  Inf/Tod sub: Mandarin Oranges | Whole Wheat Blueberry Pancakes w/ Syrup  Peaches canned in water  Milk  Egg Sub - WW English Muffin with Jam |
| Turkey Meatballs with Wheat Spaghetti & Marinara  Green Beans  Fresh Apples  Whole Wheat roll  Milk  Veg sub: Veg Meatballs & Wheat Penne w/ Marinara  Inf/Tod Sub: Applesauce | Roast Beef & Cheese on Wheat  Fresh Fruit Salad  American Bounty Veg Soup  Milk  Veg Sub: Cheese Sandwich on Wheat  Dairy Sub: No cheese | Sweet and Sour Chicken  Steamed Mixed Veggies  Fresh Oranges  Fluffy Rice  Milk  Veg Sub – Sweet and Sour Tofu  Inf/Tod Sub: Mandarin Oranges | Chicken & Broccoli Casserole  Fresh Fruit salad  Milk  Veg Sub -Macaroni and Cheese (whole wheat pasta) + Steamed Broccoli  Dairy Sub- Baked Chicken Breast, Rice, Broccoli | Margherita Whole Wheat Pizza  Fresh Steamed Green Beans  Fresh Cantaloupe  Milk  Dairy Sub: Bagel Pizza with dairy-free shredded cheese |
| Low fat Yogurt  Graham Crackers  Water  Dairy Sub: Dairy-Free Cheese | Whole wheat English Muffin  Jelly  String Cheese  Water  Dairy Sub: Dairy-Free Cheese | Fresh Carrot sticks  Ranch Dressing  Whole grain crackers\*  Water  Inf sub-Diced steamed zucchini  Dairy Sub: Italian dressing | Cheddar Cheese  Whole grain crackers\*  Watermelon  Water  Dairy Sub: Hummus\* | Peach Muffin Square  Water  Egg/ Dairy Sub – fresh fruit |

**Apr 17, May 15, Jun12 Apr 18, May 16, Jun 13 Apr 19, May 17, Jun 14 Apr 20, May 18, Jun 15 Apr 21, May 19, Jun 16**

**Week 1:** Milk is rbgh free

We do not provide cow’s milk to infants younger than 12 months. Toddlers and Twos receive Whole Milk. Preschool, KP and Kindergarten receive 2% Milk

We do not offer solid foods or fruit juices to infants younger than 6 months

\_\_\_: Egg Allergen

\_\_\_: Dairy Allergen

\_\_\_: Fish Allergen

\_\_\_: New Item

 *Little Hands Spring Menu Week 2* 

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Cheerios  Turkey Sausage  Fresh Bananas  100% OJ  Milk  Veg Sub- Vegetarian Sausage | French Toast Sticks with Syrup  Applesauce  Milk  Egg Sub – Wheat toast | Hot Oatmeal  Scrambled Eggs  Bananas  Milk  Egg Sub: Cheese Stick | Biscuit  Turkey Sausage  Mixed Fruit  Milk  Veg Sub: Cheese stick | Three Grain Pancakes \*  Diced Peaches  Milk  Egg Sub – Cheerios  Dairy Sub- Wheat Toast |
| Chicken Pot Pie  Watermelon  Milk  Egg Sub - Chicken, peas & carrots, Rice  Veg Sub: Veggie Pot Pie | ½ Turkey breast sandwich on whole wheat bread  Garden Salad  Pears  Milk  \*Egg Sub (in case of egg in pasta): Broccoli  Veg. Sub: Grilled Cheese on whole wheat | Vegetarian Chili over Brown Rice  Diced Cantaloupe  Milk | Oven Baked Chicken  Whole Kernel Corn  Fresh Apple Slices  WW Dinner Roll  Milk  Inf/Tod: Applesauce  Egg/ Dairy Sub: Baked Chicken  Veg Sub: Fried Tofu | Lean Broiled Hamburger on Whole Wheat Bun w/ Cheese  Baked Sweet Potato Fries  Pineapple Tidbits  Milk  Veg. Sub: Black Bean Burger  Dairy Sub: No cheese |
| Blueberry Muffin Square  Water  Dairy/ Egg Sub –Fresh Fruit | Fresh Mixed Fruit  Wheat crackers\*  Water | Goldfish Crackers  Water  Dairy Sub: Saltines / other non-dairy crackers | Banana Peach  Yogurt Smoothie  Graham Crackers  Dairy Sub: Banana & graham crackers | String Cheese  Crackers  100% Grape juice  Dairy Sub: Dairy-free cheese & crackers |

**Apr 24, May 22, Jun 19 Apr 25, May 23, Jun 20 Apr 26, May 24, Jun21 Apr 27, May 25, Jun 22 Apr 28, May 26, Jun 23**

**Week 2:** Milk is rbgh free

We do not provide cow’s milk to infants younger than 12 months. Toddlers and Twos receive Whole Milk. Preschool, KP and Kindergarten receive 2% Milk

We do not offer solid foods or fruit juices to infants younger than 6 months

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Three Grain Pancakes with Syrup  Turkey Sausage  100% Pure Orange Juice  Milk  Egg/Dairy Sub: Wheat Toast  Veg Sub: Vegetarian Sausage | Fresh Bananas  Milk  Ham, Egg & Cheese Bagel  Dairy Sub: Ham & Egg Bagel  Egg Sub: Ham & Cheese Bagel  Veg sub: Egg & Cheese Bagel | Scrambled Eggs  Whole Wheat Bread  Fresh Oranges  Milk  Egg Sub - Grilled ham and cheese Bagel  Inf/Tod Sub: Mandarin Oranges | Farmer’s Casserole  Fresh Strawberries  Milk  Egg/Dairy Sub – Toasted English Muffin/ Turkey Sausage  Inf/Tod Sub: Fresh fruit | Whole Grain Waffle\* Syrup & Butter  Vegetarian Sausage  Fresh Fruit  Milk  Egg/Dairy Sub - Wheat Toast and DF Cheese or Cheese Stick |
| Tater Tot Casserole  Zucchini  Diced Honeydew  Milk  Veg Sub: Gardenburger Patty, Green Beans, Tater Tots  Dairy Sub: Hamburger Patty, Green Beans, Tater Tots | Crispy Chicken Mini Wrap  Fresh Cantaloupe  Milk  Egg/ Dairy Sub: grilled Chicken /no ranch  Veg Sub-Tofu Veggie Wrap | Beef Stir Fry  Brown Rice  Peaches  Milk  Veg. Sub: tofu stir fry | Baked Chicken Tenders  BBQ sauce  Cauliflower  Fruit Salad  Milk  Egg/Dairy Sub – grilled chicken strips and rice  Veg. Sub: Grilled vegetables w\cheese | Macaroni & Cheese  Garden Salad  Apricots  Milk  Inf. Sub: Steamed Zucchini  Dairy Sub: baked Chicken breast with pasta |
| Cheddar Cheese  Applesauce  water | Graham crackers  Peaches canned in Water  Water | Starburst Smoothie  Water  Dairy Sub: Sliced Banana (& Strawberry for older kids) | Wheat Crackers \*  String Cheese  Water  Dairy Sub: Hummus\* & Crackers | Soft Pretzels  Cheese sauce  Water  Dairy Sub: Marinara sauce |

\_\_\_: Egg Allergen

\_\_\_: Dairy Allergen

\_\_\_: Fish Allergen

\_\_\_: New Item

 *Little Hands Spring Menu Week 3* 

**May 1, May 29, Jun 26 May 2, May 30, Jun 27 May 3, May 31, Jun 28 May 4, Jun 1, Jun 29 May 5, Jun 2, Jun 30**

**Week 3:** Milk is rbgh free

We do not provide cow’s milk to infants younger than 12 months. Toddlers and Twos receive Whole Milk. Preschool, KP and Kindergarten receive 2% Milk

We do not offer solid foods or fruit juices to infants younger than 6 months

\_\_\_: Egg Allergen

\_\_\_: Dairy Allergen

\_\_\_: Fish Allergen

\_\_\_: New Item

 *Little Hands Spring Menu Week 4* 

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Garden Veggie Egg Skillet  Whole Wheat Bread  100% Pure Orange Juice  Milk  Egg Sub: Hot Oatmeal  Infant Sub: Hot Oatmeal | Whole Grain English Muffin  Cheddar Cheese  Turkey Sausage  Applesauce  Milk  Veg. Sub: Vegetarian Sausage  Dairy Sub: Wheat Toast/ No Cheese | French Toast Sticks with Syrup  Diced Peaches  Milk  Egg/ Dairy Sub - Wheat Toast & Turkey Sausage | Whole Grain Bagel  Scrambled Eggs  Pineapple Tidbits  Milk  Egg Sub – Cheddar Cheese on bagel | Biscuit  Turkey Sausage  Bananas  Milk  Dairy Sub: Wheat Toast  Veg. Sub: Vegetarian Sausage |
| Grilled Cheese Sandwich  Tomato Soup  Watermelon  Milk  Dairy Sub: Turkey Sandwich + Dairy-free Tomato Soup | Chicken Tacos with lettuce, tomato, cheese and salsa  Lightly steamed carrots  Pineapple tidbits  Milk  Dairy Sub: No Cheese  Veg. Sub: black bean tacos | Spaghetti and Meat Sauce  Steamed Zucchini  Mandarin Oranges  Milk  Veg Sub: vegetarian sauce with LF Cheese | Turkey Wrap in Whole Wheat Tortilla  Steamed Green Beans  Canned Pears  Milk  Veg. Sub: Cheddar cheese  Dairy Sub: No Cheese | House Special Tofu  Brown Rice  Steamed Broccoli  Diced Honeydew  Milk  Infant Sub: Mac and Cheese |
| Low fat Cottage Cheese  Apple slices  Water  Dairy Sub: Rolled turkey slice  Inf/Tod Sub: Applesauce | Rice Chex Mix  Water | Mandarin Orangesicle Yogurt Parfait  Water  Dairy Sub: Mandarin Oranges | Watermelon  Whole Grain Crackers\*  Water | Oatmeal Apple Muffin Square  Water  Egg/Dairy Sub – Fresh Fruit |

**May 8, Jun 5, Jul 3 (closed?) May 9, Jun 6, Jul 4 (closed) May 10, Jun 7, Jul 5 May 11, Jun 8, Jul 6 May 12, Jun 9, Jul 7**

**Week 4:** Milk is rbgh free

We do not provide cow’s milk to infants younger than 12 months. Toddlers and Twos receive Whole Milk. Preschool, KP and Kindergarten receive 2% Milk

We do not offer solid foods or fruit juices to infants younger than 6 months