\_\_\_: Egg Allergen

\_\_\_: Dairy Allergen

\_\_\_: Fish Allergen

\_\_\_: New Item

 *Little Hands Spring Menu Week 1* 

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Whole Wheat Toast w/ jellyTurkey Sausage100% OJMilkVeg. Sub: Vegetarian Sausage | Scrambled EggsBiscuitApple SauceMilkDairy Sub: Wheat toastEgg Sub: WW English Muffin and Cream Cheese | Hot OatmealFresh BananasMilk | Southwestern Egg FlatbreadFresh OrangesMilkEgg Sub: Cheese & Bean FlatbreadDairy Sub: Egg & Bean flatbreadInf/Tod sub: Mandarin Oranges | Whole Wheat Blueberry Pancakes w/ SyrupPeaches canned in waterMilkEgg Sub - WW English Muffin with Jam |
| Turkey Meatballs with Wheat Spaghetti & MarinaraGreen BeansFresh Apples Whole Wheat rollMilkVeg sub: Veg Meatballs & Wheat Penne w/ MarinaraInf/Tod Sub: Applesauce | Roast Beef & Cheese on WheatFresh Fruit SaladAmerican Bounty Veg SoupMilkVeg Sub: Cheese Sandwich on WheatDairy Sub: No cheese | Sweet and Sour ChickenSteamed Mixed VeggiesFresh OrangesFluffy RiceMilkVeg Sub – Sweet and Sour TofuInf/Tod Sub: Mandarin Oranges | Chicken & Broccoli Casserole Fresh Fruit saladMilkVeg Sub -Macaroni and Cheese (whole wheat pasta) + Steamed BroccoliDairy Sub- Baked Chicken Breast, Rice, Broccoli | Margherita Whole Wheat PizzaFresh Steamed Green BeansFresh CantaloupeMilkDairy Sub: Bagel Pizza with dairy-free shredded cheese |
| Low fat YogurtGraham Crackers WaterDairy Sub: Dairy-Free Cheese | Whole wheat English MuffinJellyString CheeseWaterDairy Sub: Dairy-Free Cheese | Fresh Carrot sticksRanch DressingWhole grain crackers\* WaterInf sub-Diced steamed zucchiniDairy Sub: Italian dressing | Cheddar CheeseWhole grain crackers\* WatermelonWaterDairy Sub: Hummus\* | Peach Muffin SquareWaterEgg/ 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 |
| CheeriosTurkey Sausage Fresh Bananas100% OJMilkVeg Sub- Vegetarian Sausage | French Toast Sticks with SyrupApplesauceMilkEgg Sub – Wheat toast  | Hot OatmealScrambled EggsBananasMilkEgg Sub: Cheese Stick | BiscuitTurkey SausageMixed FruitMilkVeg Sub: Cheese stick | Three Grain Pancakes \*Diced PeachesMilkEgg Sub – CheeriosDairy Sub- Wheat Toast |
| Chicken Pot PieWatermelonMilkEgg Sub - Chicken, peas & carrots, Rice Veg Sub: Veggie Pot Pie | ½ Turkey breast sandwich on whole wheat breadGarden SaladPearsMilk\*Egg Sub (in case of egg in pasta): BroccoliVeg. Sub: Grilled Cheese on whole wheat | Vegetarian Chili over Brown RiceDiced CantaloupeMilk | Oven Baked ChickenWhole Kernel CornFresh Apple SlicesWW Dinner RollMilkInf/Tod: ApplesauceEgg/ Dairy Sub: Baked ChickenVeg Sub: Fried Tofu | Lean Broiled Hamburger on Whole Wheat Bun w/ CheeseBaked Sweet Potato FriesPineapple TidbitsMilkVeg. Sub: Black Bean BurgerDairy Sub: No cheese |
| Blueberry Muffin SquareWaterDairy/ Egg Sub –Fresh Fruit | Fresh Mixed FruitWheat crackers\*Water | Goldfish Crackers WaterDairy Sub: Saltines / other non-dairy crackers | Banana Peach Yogurt SmoothieGraham Crackers Dairy Sub: Banana & graham crackers | String CheeseCrackers100% Grape juiceDairy 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 SyrupTurkey Sausage100% Pure Orange Juice MilkEgg/Dairy Sub: Wheat ToastVeg Sub: Vegetarian Sausage | Fresh BananasMilkHam, Egg & Cheese BagelDairy Sub: Ham & Egg BagelEgg Sub: Ham & Cheese BagelVeg sub: Egg & Cheese Bagel | Scrambled Eggs Whole Wheat BreadFresh OrangesMilkEgg Sub - Grilled ham and cheese BagelInf/Tod Sub: Mandarin Oranges  | Farmer’s CasseroleFresh StrawberriesMilkEgg/Dairy Sub – Toasted English Muffin/ Turkey SausageInf/Tod Sub: Fresh fruit | Whole Grain Waffle\* Syrup & ButterVegetarian SausageFresh FruitMilkEgg/Dairy Sub - Wheat Toast and DF Cheese or Cheese Stick |
| Tater Tot CasseroleZucchiniDiced HoneydewMilkVeg Sub: Gardenburger Patty, Green Beans, Tater Tots Dairy Sub: Hamburger Patty, Green Beans, Tater Tots | Crispy Chicken Mini WrapFresh CantaloupeMilkEgg/ Dairy Sub: grilled Chicken /no ranch Veg Sub-Tofu Veggie Wrap  | Beef Stir FryBrown RicePeachesMilkVeg. Sub: tofu stir fry | Baked Chicken TendersBBQ sauceCauliflowerFruit SaladMilkEgg/Dairy Sub – grilled chicken strips and riceVeg. Sub: Grilled vegetables w\cheese | Macaroni & CheeseGarden SaladApricotsMilkInf. Sub: Steamed ZucchiniDairy Sub: baked Chicken breast with pasta |
| Cheddar CheeseApplesaucewater | Graham crackersPeaches canned in WaterWater | Starburst SmoothieWaterDairy Sub: Sliced Banana (& Strawberry for older kids) | Wheat Crackers \*String CheeseWaterDairy Sub: Hummus\* & Crackers | Soft PretzelsCheese sauceWaterDairy 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 SkilletWhole Wheat Bread100% Pure Orange Juice MilkEgg Sub: Hot OatmealInfant Sub: Hot Oatmeal | Whole Grain English MuffinCheddar CheeseTurkey SausageApplesauceMilkVeg. Sub: Vegetarian SausageDairy Sub: Wheat Toast/ No Cheese | French Toast Sticks with SyrupDiced PeachesMilkEgg/ Dairy Sub - Wheat Toast & Turkey Sausage | Whole Grain BagelScrambled EggsPineapple TidbitsMilkEgg Sub – Cheddar Cheese on bagel | BiscuitTurkey SausageBananasMilkDairy Sub: Wheat ToastVeg. Sub: Vegetarian Sausage |
| Grilled Cheese SandwichTomato SoupWatermelonMilkDairy Sub: Turkey Sandwich + Dairy-free Tomato Soup | Chicken Tacos with lettuce, tomato, cheese and salsaLightly steamed carrotsPineapple tidbitsMilkDairy Sub: No CheeseVeg. Sub: black bean tacos | Spaghetti and Meat Sauce Steamed ZucchiniMandarin OrangesMilkVeg Sub: vegetarian sauce with LF Cheese | Turkey Wrap in Whole Wheat TortillaSteamed Green BeansCanned Pears MilkVeg. Sub: Cheddar cheeseDairy Sub: No Cheese  | House Special TofuBrown RiceSteamed BroccoliDiced HoneydewMilkInfant Sub: Mac and Cheese |
| Low fat Cottage CheeseApple slicesWaterDairy Sub: Rolled turkey sliceInf/Tod Sub: Applesauce | Rice Chex MixWater | Mandarin Orangesicle Yogurt ParfaitWaterDairy Sub: Mandarin Oranges | WatermelonWhole Grain Crackers\*Water | Oatmeal Apple Muffin SquareWaterEgg/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