

Toddler/Preschool/Pre-k  
Meal Menu  
Week One Cycle

Monday				Tuesday			Wednesday			Thursday			Friday		
Food Item	1-2	3-5		Food Item	1-2	3-5	Food Item	1-2	3-5	Food Item	1-2	3-5	Food Item	1-2	3-5
Breakfast Milk, fluid juice / fruit / vegetable, grain / bread	Whole/ 1% Milk	4oz	6oz	Whole/ 1% Milk	4oz	6oz	Whole/ 1% Milk	4oz	6oz	Whole/ 1% Milk	4oz	6oz	Whole/ 1% Milk	4oz	6oz
	Blueberries	1/4C	1/2C	Scrambled eggs	1/4C	1/2C	Golden Porridge	1/4C	1/3C	Yogurt	1/4C	1/2C	Strawberries	1/4C	1/2C
	Kix Cereal	1/4C	1/3C	Blackberries	1/4c	1/2c	Banana	1/2	1/2	Granola	1/4c	1/2c	Whole Grain Chex Cereal	1/4C	1/3C
				Whole Grain Toast	1/2	1/2	Whole Grain Toast	1/4C	1/3C	Blueberries/ Strawberries	1/4c	1/2c			
AM Snack Choose 2 Milk, fluid juice /fruit/ vegetable /meat /grain	Yogurt	2oz	2oz	Cottage Cheese	2oz	2oz	Whole Grain Rice Cakes	1	1	Celery Sticks	1/2C	1/2C	Strawberry Yogurt	2oz	2oz
	Graham Crackers	1/2	1/2	Banana	1/2	1/2	Watermelon	1/2c	1/2c	Baked Goldfish	1/4C	1/3C	Blueberries	1/2C	1/2C
Lunch Milk, meat, fruit, vegetable, grain / bread	Whole / 1% Milk	4oz	6oz	Whole / 1% Milk	4oz	6oz	Whole / 1% Milk	4oz	6oz	Whole / 1% Milk	4oz	6oz	Whole / 1% Milk	4oz	6oz
	Vegetarian Chili			Turkey Cheese Wraps			Cheese Spaghetti Bake			Tasty Chicken Tenders			Egg Soufflé		
	Black, White, & Chili beans/ Shredded mozz- provolone blend	1oz	1.5oz	Turkey	1oz	1.5oz	Ground turkey & Mozz Cheese	1oz	1.5oz	Boneless, Skinless, Chicken Breast	1oz	1.5oz	Eggs & Cheddar Cheese	1oz	1.5oz
	Whole Grain Roll	1/2	1/2	Whole Wheat Tortilla	1/2	1/2	Artisan Salad Blend w Chick Peas/Vinaigrette Dressing	1/4C	1/2C	Cauliflower Florets	1/4c	1/4c	Baby Spinach/Butternut/ Squash Zucchini	1/4C	1/2C
	Fresh Pineapple Chunks	1/4C	1/2C	Watermelon	1/4C	1/2C	Whole Grain Pasta	1/4c	1/4c	Natural Peach Chunks	1/2	1/2	Whole Grain Toast	1/2	1/2
	Red/Green/Yellow Pepper-Celery & Yellow/Green Squash	1/4C	1/2C	Carrots	1/4C	1/2C	Natural Mixed Fruit Chunks	1/4C	1/2C				Natural Honeydew Chunks	1/4C	1/2C
PM Snack Choose 2 Milk, fluid juice /fruit/ vegetable /meat /grain	Cucumber Slices	1/2C	1/2C	Baby carrots	1/2c	1/2c	Dried Fruit Blend	1/2C	1/2C	Apples	1/2C	1/2C	Friendly Trail Mix	1/4c	1/3c
	Whole Grain Mini Rice Cakes	1	1	String Cheese	1.5oz	1.5oz	Granola	1/4c	1/2C	Graham Crackers	1/4C	1/3C	Granny Smith Apple Slices	1/2C	1/2C

Menu Prepared By Paula Montalvo-Owner of KCA

For the weeks of: January 5<sup>th</sup> and February 2<sup>nd</sup> 2015

Toddler/Preschool/Pre-k  
Meal Menu  
Week Two Cycle

Monday				Tuesday			Wednesday			Thursday			Friday		
Food Item	1-2	3-5		Food Item	1-2	3-5	Food Item	1-2	3-5	Food Item	1-2	3-5	Food Item	1-2	3-5
<u>Breakfast</u> Milk, fluid juice / fruit / vegetable, grain / bread	Whole/ 1% Milk	4oz	6oz	Whole/ 1% Milk	4oz	6oz	Whole/ 1% Milk	4oz	6oz	Whole/ 1% Milk	4oz	6oz	Whole/ 1% Milk	4oz	6oz
	Fuji Apple Slices	1/4C	1/2C	Scrambled Eggs	1/4C	1/2C	Wintery Mix	1/4c	1/2c	Banana	1/2	1/2	Blueberries	1/4C	1/2C
	Cinnamon Life Cereal	1/4C	1/3C	Strawberries			Whole Grain Toast	1/2	1/2	English Muffin	1/2	1/2	Whole Grain Cheerios Cereal	1/4C	1/3C
				Whole Grain Toast	1/2	1/2	Blackberries	1/4c	1/2C						
<u>AM Snack</u> Choose 2 Milk, fluid juice /fruit/ vegetable /meat /grain	Vanilla Yogurt	2oz	2oz	Blackberries	1/4c	1/2c	Hard Boiled Eggs	1/2	1/2	Milk	4oz	6oz	Strawberry Yogurt	2oz	2oz
	Blueberries	1/4C	1/2c	Graham Crackers	1/2	1/2	Carrot Sticks	1/2c	1/2c	Whole Grain Mini Rice Cake	1	1	Strawberries	1/2C	1/2C
<u>Lunch</u> Milk, meat, fruit, vegetable, grain / bread	Whole / 1% Milk	4oz	6oz	Whole / 1% Milk	4oz	6oz	Whole / 1% Milk	4oz	6oz	Whole / 1% Milk	4oz	6oz	Whole / 1% Milk	4oz	6oz
	Vegetable Quinoa			Cowboy Stew			Pita Pizza Party			Zesty Chicken Nuggets			Baked Grilled Cheese		
	Quinoa/black beans	1/4C	3/8C	Ground Turkey/Baked Kidney Beans	1oz	1.5oz	Ricotta Cheese & White Beans	1oz	1.5oz	Boneless, Skinless, Chicken Breast	1oz	1.5oz	Natural Cheddar Cheese Slice	1oz	1.5oz
	Quinoa	1/4c	1/2c	Whole Grain Roll	1/2	1/2	Baby Spinach/ Tomatoes/ Spring Salad Mix w/ Vinaigrette Dressing	1/4C	1/2C	Sugar Snap Peas	1/4c	1/2c	Southern Mixed greens	1/4C	1/2C
	Fresh Orange Slices	1/4C	1/2C	Natural Peach Chunks	1/4C	1/2C	Wheat Pita	1/2	1/2	Natural mixed Fruit Chunks	1/4C	1/2C	Whole Grain Bread	1/2	1/2
	Steamed Broccoli	1/4C	1/2C	Celery & Diced Tomatoes	1/4C	1/2C	Watermelon	1/4C	1/2C	Wild Rice	1/2	1/2	Natural Cantaloupe Chunks	1/4C	1/2C
<u>PM Snack</u> Choose 2 Milk, fluid juice /fruit/ vegetable /meat /grain	Blackberries	1/2C	1/2C	Carrot Sticks	1/2c	1/2c	Cherry Tomatoes	1/2C	1/2C	Grapes	1/2c	1/2c	Baked Goldfish	1/2c	1/2c
	Cottage Cheese	2oz	2oz	Swiss Cheese Cubes	1.5oz	1.5oz	Whole-Grain Crackers	1/4c	1/2C	Friendly Trail Mix	1/2C	1/2C	Watermelon	1/2C	1/2C

Menu Prepared By Paula Montalvo-Owner of KCA

For the weeks of: January 12<sup>th</sup> and February 9<sup>nd</sup> 2015

Toddler/Preschool/Pre-k  
Meal Menu - Week Three Cycle

Monday				Tuesday			Wednesday			Thursday			Friday		
Food Item	1-2	3-5		Food Item	1-2	3-5	Food Item	1-2	3-5	Food Item	1-2	3-5	Food Item	1-2	3-5
Breakfast Milk, fluid juice / fruit / vegetable, grain / bread	Whole/ 1% Milk	4oz	6oz	Whole/ 1% Milk	4oz	6oz	Whole/ 1% Milk	4oz	6oz	Whole/ 1% Milk	4oz	6oz	Whole/ 1% Milk	4oz	6oz
	Blueberries	1/4C	1/2C	Golden Porridge	1/4C	1/4C	Golden Porridge			Blueberries	1/4C	1/2C	Blackberries	1/4C	1/2C
	Whole Grain Crispix Cereal	1/4C	1/3C	Blackberries	1/4c	1/2c	Banana	1/2	1/2	Whole grain English Muffin	1/2	1/2	Whole Grain Chex Cereal	1/4C	1/3C
AM Snack Choose 2 Milk, fluid juice /fruit/ vegetable /meat /grain	Strawberry Yogurt	2oz	2oz	Cottage Cheese	2oz	2oz	Granola	1/4c	1/3c	Whole grain Mini Rice Cakes	1	1	Vanilla Yogurt	2oz	2oz
	Gala Apple Slice	1/2c	1/2c	Banana	1/2	1/2	Dried fruit	1/2c	1/2c	Granny Smith apples	1/2C	1/2C	Strawberries	1/2C	1/2C
Lunch Milk, meat, fruit, vegetable, grain / bread	Whole / 1% Milk	4oz	6oz	Whole / 1% Milk	4oz	6oz	Whole / 1% Milk	4oz	6oz	Whole / 1% Milk	4oz	6oz	Whole / 1% Milk	4oz	6oz
	Rainbow Pasta Bake			Sloppy Joes			Scrambled eggs w/ mont. Cheddar Jack Cheese			Baked Chicken			Rock-N-Rollups		
	Kidney Beans & Natural shredded Cheddar cheese	1oz	1.5oz	Ground Turkey	1oz	1.5oz	Eggs/cheese	1oz	1.5oz	Boneless, Skinless, Chicken Breast	1oz	1.5oz	Black Beans & Avocado	1oz	1.5z
	Whole Grain Elbow Macaroni	1/4c	1/4c	Whole Wheat bun	1/2	1/2	Butternut Squash/ Zucchini Blend	1/4C	1/2C	Steamed Broccoli	1/4c	1/4c	Shredded Romaine Lettuce	1/4C	1/2C
	Broccoli/Carrots/ Yellow Peppers	1/4C	1/2C	Natural Cantaloupe Chucks	1/4C	1/2C	Whole Grain Toast	1/4c	1/4c	Natural Honeydew	1/4C	1/2C	Whole Wheat Tortilla	½	½
	Watermelon	1/4C	1/2C	Fresh green Beans	1/4C	1/2C	Grapes	1/4C	1/2C	Whole Grain Roll	½	½	Fresh Fruit Mix Blend	1/4C	1/2C
PM Snack Choose 2 Milk, fluid juice /fruit/ vegetable /meat /grain	Cucumber Slices	1/2C	1/2C	Graham Crackers	1/2	1/2	Baked Goldfish	1/2C	1/2C	Hummus	2oz	2oz	Friendly Trail Mix	1/4c	1/3c
	String Cheese	1/2oz	1/2oz	Watermelon	1/2c	1/2c	Gala Apple Slices	1/4c	1/2C	Pita Chips	1/4C	1/3C	Kiwi	1/2C	1/2C

Meal Menu  
 Week Four Cycle  
 Toddler/Preschool/Pre-k

Monday				Tuesday			Wednesday			Thursday			Friday		
Food Item	1-2	3-5		Food Item	1-2	3-5	Food Item	1-2	3-5	Food Item	1-2	3-5	Food Item	1-2	3-5
<u>Breakfast</u> Milk, fluid juice / fruit / vegetable, grain / bread	Whole/ 1% Milk	4oz	6oz	Whole/ 1% Milk	4oz	6oz	Whole/ 1% Milk	4oz	6oz	Whole/ 1% Milk	4oz	6oz	Whole/ 1% Milk	4oz	6oz
	Granny Smith Apple Slices	1/4C	1/2C	Golden Porridge	1/4C	1/2C	Scrambled Eggs			Whole Grain English Muffin	1/2	1/2	Blueberries	1/4C	1/2C
	Frosted Flakes	1/4C	1/3C	Blueberries	1/4c	1/2c	Whole Grain Toast	1/2	1/2	Wintery mix	1/4C	1/2C	Kix's Cereal	1/4C	1/3C
<u>AM Snack</u> Choose 2 Milk, fluid juice /fruit/ vegetable /meat /grain	Vanilla Yogurt	2oz	2oz	Granola	1/4c	1/3c	Pretzels	1/2c	1/2c	Cottage Cheese	.5oz	.5oz	Vanilla Yogurt	2oz	2oz
	Blackberries	1/2c	1/2c	Fruit Blend	1/2c	1/2c	Kiwi Fruit	1/2c	1/2c	Strawberries	1/2C	1/2C	Fuji Apple Slices	1/2C	1/2C
<u>Lunch</u> Milk, meat, fruit, vegetable, grain / bread	Whole / 1% Milk	4oz	6oz	Whole / 1% Milk	4oz	6oz	Whole / 1% Milk	4oz	6oz	Whole / 1% Milk	4oz	6oz	Whole / 1% Milk	4oz	6oz
	Pasta Fagioli			Aussie Egg Mess			3 cheese Quesadilla			Magic Meatloaf			Veggie Tuna Melt		
	White Beans & Spinach	1oz	1.5oz	Eggs & Parm Cheese	1oz	1.5oz	Swiss/motz/ Cheddar Cheese	1oz	1.5oz	Ground Turkey & Black Beans	1oz	1.5oz	Tuna & Cheddar Cheese	1oz	1.5z
	Whole Grain Pasta	1/4c	1/4c	Whole Grain Toast	1/2	1/2	Sweet Cabbage Salad	1/4C	1/2C	Steam Diced Carrots	1/4c	1/2c	Artisan Salad Blend/ Diced Tomatoes	1/4C	1/2C
	Watermelon	1/4C	1/2C	Grapes	1/2C	1/2C	Wheat Tortilla	1/2	1	Fresh Pineapple Chunks	1/4C	1/2C	Whole Grain Bread	1/2	1/2
	Baked Sweet Potatoes	1/4C	1/2C	Fresh Green Beans	1/4C	1/2C	Natural Cantaloupe Chunks	1/4C	1/2C	Whole Grain Roll	1/2	1/2	Fresh Fruit Mix Blend	1/4C	1/2C
<u>PM Snack</u> Choose 2 Milk, fluid juice /fruit/ vegetable /meat /grain	Cucumber slices	1/2C	1/2C	Carrot sticks	1/2c	1/2c	Peanut Butter	2oz	2oz	Grapes	1/4c	1/3c	Baked Goldfish	1/2c	1/2c
	Whole grain mini rice cakes	1	1	Swiss cheese cube	1.5oz	1.5oz	Whole Grain Bread	1/2	1/2	Friendly Trail Mix	1/4C	1/3C	Watermelon	1/2C	1/2C

Menu Prepared By Paula Montalvo-Owner of KCA

For the weeks of: January 26<sup>th</sup> and February 23<sup>rd</sup> 2015

