

Watch Me Grow Child Care and Preschool Breakfast, Lunch and Snack Menu

| Week 1 | Monday 11/11/24 | Tuesday 11/12/24 | Wednesday 11/13/24 | Thursday 11/14/24 | Friday 11/15/24 |
|--------------------------|---|--|---|--|---|
| Breakfast | CLOSED | Cinnamon Raisin Bread Cream Cheese Fruit Milk | English Muffin <i>Sun Butter</i> Fruit Milk | Waffles Blueberry Milk | Special K W/Strawberries Banana Milk |
| Lunch | Teacher In-Service Day | Beef Tacos Cheddar Cheese Whole Wheat Tortilla McCormick taco seasoning Corn Pineapple Milk | Ranch Chicken Hidden Valley Dry Rub Whole Wheat Roll Apples Green Beans Milk | Teriyaki Chicken Teriyaki Sauce Brown Rice Tri-Color Peppers Peaches Milk | Turkey /Cheddar Cheese Whole Wheat Tortilla Green Beans Applesauce Milk |
| Vegetarian option | | Impossible Chorizo Taco | Morning Star Chik'n Bites | Beans/Brown rice | Hummus/Cheese |
| Snack | Closed | Animal crackers Milk | Vanilla/Strawberry Yogurt Fig Bars Rasp/Blueberry | Ritz crackers String cheese | Nilla Wafers Milk |
| Week 2 | Monday 11/18/24 | Tuesday 11/19/24 | Wednesday 11/20/24 | Thursday 11/21/24 | Friday 11/22/24 |
| Breakfast | Life <i>Original</i> Fruit Milk | Cinnamon Raisin Bread Cream Cheese Fruit Milk | Mini Blueberry Muffins Babybel Mini Cheese Milk | Greek Yogurt Vanilla Fig Bars Raspberry/ Blueberry Milk | Special K W/Strawberries Banana Milk |
| Lunch | Beef Spagetti Whole Wheat Pasta Tomato Sauce Broccoli Pears Milk | ChickenTacos Whole Wheat Tortilla <i>McCormick taco seasoning</i> Corn/Peppers Mixed Fruit Milk | Beef Enchiladas Enchilada Sauce Whole Wheat Tortilla Lettuce/Tomato Peaches Milk | Popcorn Chicken Whole Wheat Macaroni Salad Olives/Carrots Yogurt Dressing Oranges Milk | Turkey/Cheddar Cheese Whole Wheat Tortilla Green Beans Applesauce Milk |
| Vegetarian option | Morning Star Chik'n strips | Black Bean Taco | Vegetable Potpie | Morning Star Chik'n Strips | Hummus/Cheese |
| Snack | Goldfish Milk | Ritz crackers String cheese | Mini Rice Cakes Apple/Carmel/Buttermilk/Chee se | Club Crackers Milk | Graham Crackers Milk |



*Fresh fruit and vegetables may include melon, strawberries, blueberries, bananas, apples, oranges, carrots, cucumbers, tomatoes, baby greens mix, cauliflower, broccoli, squash, brussel sprouts, eggplant, bell peppers.

*Fruit cocktail includes- peaches, pears, grapes, cherries, pineapple

*Mixed vegetables include- green beans, corn, lima beans, carrots, potatoes

*Toddler substitutions will be provided

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| Week 3 | Monday 11/25/24 | Tuesday 11/26/24 | Wednesday 11/27/24 | Thursday 11/28/24 | Friday 11/29/24 |
|--------------------------|--|--|---|---|---|
| Breakfast | Kix <i>Original</i> Fruit Milk | Cinnamon Raisin Bread Cream Cheese Fruit Milk | English Muffin <i>Sun Butter</i> Fruit Milk | CLOSED | CLOSED |
| Lunch | Chicken Mac & Cheese Whole Wheat Pasta Monterey Jack Cheese Peas Pears Milk | Beef Taco Bowl McCormick taco seasoning Jasmine Rice Monterey Jack Cheese Green Beans Peaches Milk | Popcorn Chicken Mashed Potatoes Broccoli Cranberry Milk |  |  |
| Vegetarian option | Vegetable Pasta | Black Bean Burger | Morning Star Chik'n Bites | | |
| Snack | Cheez-Its Milk | Mini Rice Cakes Apple/Carmel/Buttermilk/Cheese Milk | Pumpkin cake (non dairy) Vanilla Greek Yogurt | CLOSED | CLOSED |
| Week 4 | Monday 12/2/24 | Tuesday 12/3/24 | Wednesday 12/4/24 | Thursday 12/5/24 | Friday 12/6/24 |
| Breakfast | Wheaties <i>Original</i> Fruit Milk | Cinnamon Raisin Bread Cream Cheese Fruit Milk | Mini Blueberry Muffins Babybel Mini Cheese Milk | Waffles Blueberry Milk | Special K W/Strawberries Banana Milk |
| Lunch | Beef Spagetti Whole Wheat Pasta Broccoli Pears Milk | ChickenTacos Whole Wheat Tortilla McCormick taco seasoning Olives/Corn Mango Milk | Beef Enchiladas Enchilada Sauce Whole Wheat Tortilla Lettuce/Tomato Peaches Milk | Teriyaki Chicken bowl Brown Rice Mixed Vegetables Oranges Milk | Hot Turkey Sandwich Whole Wheat Bread Green Beans Applesauce Milk |
| Vegetarian option | Vegtable Spaghetti | Chikin Nuggets | Impossible Chorizo | Beans/Brown rice | Hummus/Cheese |
| Snack | Cheez-Its Milk | Club crackers Milk | Ritz Crackers Milk | Greek Yogurt Strawberry/Pach/Vanilla Cheese | Graham Crackers Milk |

*Fresh fruit and vegetables may include melon, strawberries, blueberries, bananas, apples, oranges, carrots, cucumbers, tomatoes, baby greens mix, cauliflower, broccoli, squash, brussel sprouts, eggplant, bell peppers.

*Fruit cocktail includes- peaches, pears, grapes, cherries, pineapple

*Mixed vegetables include- green beans, corn, lima beans, carrots, potatoes

*Toddler substitutions will be provided

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| <i>Week 5</i> | Monday 12/9/24 | Tuesday 12/10/24 | Wednesday 12/11/24 | Thursday 12/12/24 | Friday 12/13/24 |
| Breakfast | Cheerios Original Fruit Milk | Cinnamon Rasin Bread Fruit Milk | English Muffin Sun Butter Fruit Milk | Waffles Blueberry Milk | Special K W/Strawberries Banana Milk |
| Lunch | Chicken Mac & Cheese Brown Rice Broccoli Pears Milk | Beef Tacos Whole Wheat Tortilla McCormick taco seasoning Tomato Salsa(Mild) Cheddar Cheese Milk | Ranch Chicken Hidden Valley Dry Rub Whole Wheat Roll Apples Green Beans Milk | Beef Enchildas Enchilda Sauce Whole Wheat Tortilla Lettuce/Tomato Peaches Milk | Turkey /Cheddar Cheese Whole Wheat Bread Green Beans Applesauce Milk |
| Vegetarian option | Impossible Beef Pasta | Black Bean Burger | Morning Star Chik'n Bites | Chikin nugget | Hummus/Cheese |
| Snack | Goldfish Milk | Greek Yogurt Strawberry,Pch, Blueberry Bananas | Nilla Wafers Milk | String Cheese Ritz Crackers | Graham Crackers Milk |
| <i>Week 6</i> | Monday 12/16/24 | Tuesday 12/17/24 | Wednesday 12/18/24 | Thursday 12/19/24 | Friday 12/20/24 |
| Breakfast | Life Original Fruit Milk | Cinnamon Wheat Bread Cream Cheese Fruit Milk | Mini Blueberry Muffins Babybel Mini Cheese Milk | Pancakes Fruit Milk | Special K W/Strawberries Banana Milk |
| Lunch | Beef Spagetti Whole Wheat Pasta Peas Pears Milk | Chicken Taco Bowl McCormick Taco Seasoning Brown Rice Corn/Pinto Beans Mango Milk | Beef Enchildas Enchilda Sauce Whole Wheat Tortilla Lettuce/Tomato Peaches Milk | Popcorn Chicken Whole Wheat Macaroni Salad Olives/Carrots Yogurt Dressing Oranges Milk | Turkey/Provolone Cheese Whole Wheat Tortilla Green Beans Applesauce Milk |
| Vegetarian option | Vegtable Pasta | Black Bean Burger | Morning Star Chik'n Bites | Chikin nugget | Hummus/Cheese |
| Snack | Cheez-Its Milk | Ritz crackers String cheese | Mini Rice Cakes Apple/Carmel/Buttermilk/Chee se | Fig bar String Cheese | Nilla Wafers Milk |
| <i>*Fresh fruit and vegetables may include melon, strawberries, blueberries, bananas, apples, oranges, carrots, cucumbers, tomatoes, baby greens mix, cauliflower, broccoli, squash, brussel sprouts, eggplant, bell peppers.</i> <i>*Fruit cocktail includes- peaches, pears, grapes, cherries, pineapple</i> <i>*Mixed vegetables include- green beans, corn, lima beans, carrots, potatoes</i> <i>*Toddler substitutions will be provided</i> | | | | | |

