



RX & MSHS Menu

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER DATE: _____

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Low Fat Yogurt Granola (WGR) Blueberries Milk	Bran Flakes (WGR) Apricots Milk	Scrambled Eggs w/ Cheese Toast (WGR) Mandarin Ketchup/Salsa Milk	Toasted Oat Cereal (WGR) Banana Milk	French Toast (WGR) Mixed Berries Milk
AM Snack	Cottage Cheese Mandarin Water	Cauliflower & Cherry Tomato Crackers (WGR) Ranch Water	Celery & Carrots Cheese Cubes Ranch Water	Low Fat Yogurt Mango Water	Cinnamon Breadstick (WGR) Milk
Lunch	Beef, Cheese Taco Tortilla (WGR) Lettuce, Tomato Fruit Cocktail Ketchup Milk	Fish Sticks (WGR) Spinach Salad Cantaloupe Tarter Sauce Milk	Chicken Nuggets (WGR) Sweet Potato Fries Grapes Ketchup Milk	BBQ Chicken sandwich Bun (WGR) Cooked Carrots Pears Milk	Macaroni & Cheese (WGR) Asparagus Strawberries Milk
PM Snack	Animal Crackers (WGR) Grape Juice	Banana Milk	Graham Cracker (WGR) Applesauce Water	Goldfish (WGR) String Cheese Water	Trail Mix Peaches Water

NOTE: Turkey- Ham is not a pork product. It is 100% smoked turkey meat.
Menu may be subject to change due to availability.
* Minimum required amount of each food is served according to CACFP guidelines.

* Whole Milk is served to ages 1-2, 1% or fat free for ages 3-5
* All juice served is 100% juice.
* WGR = Whole Grain Rich

Reviewed and approved on: 3/14/18

Shirley Peter

USDA Manager
MA, RDN



RX & MSHS Menu

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER DATE: _____

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Corn Flakes Orange Wedges Milk Toddlers: Mandarins	Cinnamon Oatmeal (WGR) Blueberries Milk	Waffle (WGR) Strawberries Milk	Rice Crispy Cereal Apricots Milk	Breakfast Burrito (Egg, cheese) Tortilla (WGR) Pineapple Milk
AM Snack	Banana Muffin Milk	Cucumbers & Red Peppers Crackers (WGR) Ranch Water Toddlers: Mango	Bean Dip Tortilla Chips (WGR) Water Toddlers: Crackers	Cottage Cheese Peaches Water	Broccoli & Carrot Savory Cracker (WGR) Ranch Water Toddlers: Steamed Carrots
Lunch	Tuna Sandwich (WGR) Pickles Vegetable Soup Pineapple Milk	Chicken, Cheese & Bean Burrito (WGR) Steamed Carrots Watermelon Milk	Hamburger w/Cheese Bun (WGR) Tater Tots Honeydew Milk	Beef Stroganoff (WGR) Steamed Broccoli Mango Milk	Chicken Gravy Mashed Potatoes Roll (WGR) Tropical Fruit Milk
PM Snack	Graham Cracker (WGR) Grapes Water	Crackers (WGR) Cheese Slice Water	Bagel (WGR) Cream Cheese Pineapple Juice	Guppy Crackers (WGR) Apple Slices Water Toddlers: Applesauce	Grapefruit String Cheese Water Toddlers: Sliced Cheese & Tropical Fruit

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Reviewed and approved on: 3/14/18

Shelby Pether
USDA Manager
MA, RDN



Growing Young Minds
A Center for Early Childhood Education

RX & MSHS Menu



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

DATE: _____

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Biscuit (WGR) Applesauce Milk	Toasted Oat Cereal (WGR) Apricots Milk	Pancakes Blueberries Sauce Milk	Scrambled Eggs Toast (WGR) Fruit Cocktail Ketchup/Salsa Milk	Corn Flakes Peaches Milk
AM Snack	Carrots & Celery Savory Cracker (WGR) Ranch Water	Bagel (WGR) Cream Cheese Grape Juice	Low Fat Yogurt Pineapple Water	Broccoli/Tomato Wedges Cheese Stick Ranch Water	Banana Milk
Lunch	Tater Tot Casserole Mixed Vegetables Roll (WGR) Orange Wedges Milk Toddlers: Mandarins	Arroz con Pollo (WGR) (chicken & brown rice) Peas & Carrots Pears Milk	Chicken, Bean & Cheese Burrito (WGR) Corn Strawberries Milk	Fish Patty w/ Cheese Bun (WGR) Baby Roasted Potato Mandarin Oranges	Spaghetti w/ Meat Sauce (WGR) Spinach Salad Ranch Tropical fruit Milk
PM Snack	Cinnamon Oatmeal Muffin Milk	Grapefruit Crackers (WGR) Water	Apple Slices Cheese Crackers (WGR) Water Toddlers: Applesauce	Celery & Raisins Cream Cheese Milk Toddlers: Animal Crackers & Milk	Cinnamon Breadstick (WGR) Applesauce Water

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Reviewed and approved on: 3/4/18

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Shelly Peters
Sara Kittle

USDA Manager
MA, RDN



Growing Young Minds



RX & MSHS Menu

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Rice Crispy Cereal Fruit Cocktail Milk	Low Fat Yogurt Granola (WGR) Strawberries Milk	Cheese Quesadilla (WGR) Orange Slices Milk	Oatmeal (WGR) Peaches Milk	Waffle (WGR) Berry Sauce Milk
AM Snack	Bean Dip Tortilla Chips (WGR) Water Toddlers: Crackers (WGR)	Cottage Cheese Peaches Water	Broccoli & Bell Pepper Cheese Crackers Ranch Water Toddlers: Steamed Broccoli	Low Fat Yogurt Mango Water	Celery & Carrots Crackers (WGR) Ranch Toddlers: Steamed Carrots
Lunch	Chicken Party w/ Cheese on Bun (WGR) Spinach Salad Ranch Pineapple Milk	Homemade Chili Con Carne w/ Cheese Tortilla (WGR) Apricots Milk	Breadstick w/ Cheese (WGR) Tomato Soup Grapes Milk	Chicken Taco Tortilla (WGR) Lettuce, Tomato Watermelon Milk	Turkey ham w/ Cheese Sandwich (WGR) Cucumber Slices Grapes Milk Toddlers: Green Beans
PM Snack	Savory Crackers (WGR) Cheese Cubes Water Toddlers: Sliced Cheese	Animal crackers (WGR) Milk	Trail Mix Apple slices Water Toddlers: Applesauce	Banana Muffin Milk	Cinnamon Grahams (WGR) Orange Juice

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Sarah Koller
USDA Manager
MA, RDN