

# MENU - SET #2, Page 1

Week of December 9th, January 13th, February 17th

	<b>MONDAY</b> 12/9/24 1/13/25 2/17/25	<b>TUESDAY</b> 12/10/24 1/14/25 2/18/25	<b>WEDNESDAY</b> 12/11/24 1/15/25 2/19/25	<b>THURSDAY</b> 12/12/24 1/16/25 2/20/25	<b>FRIDAY</b> 12/13/24 1/17/25 2/21/25
<b>BREAKFAST:</b> <b>Milk</b> <b>Vegetables, Fruits or portions of both Grains</b> (3 of the 5 components Listed above)	1/2 oz. (WGR) Cheerios 1/2 c. Strawberries 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )  1/2 sl. (WGR) Toast may also be served	1/2 (WGR) English Muffin 1/2 c. Orange Slices 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 oz. (3) Pancake wrapped sausage links 1/2 c. Mangoes 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 Banana Muffin 1/2 c. Apple Sauce 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1 1/2 (WGR) French Toast Sticks 1/2 c. Bananas 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )
<b>LUNCH:</b> <b>Milk</b> <b>Meat or Meat Alternate</b> <b>Vegetables</b> <b>Fruits</b> <b>Grains</b>	1 Chicken Patty w/(WGR) Bun 1/4 c. Pears 1/4 c. Sweet Potato Fries or Tots 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	2/3 c. Goulash 1/4 c. Green Beans 1/4 c. Pineapple Tidbits 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 Grilled Cheese & Ham Sandwich (WGR) Bread 1/4 c. Mixed Fruit 1/4 c. Baked Beans 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	<b>Class Choice</b> <b>**Must provide (WGR)</b>  3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	2/3 c. Cheesy Tuna Noodles 1/4 c. Peas 1/4 c. Mandarin Oranges 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )
<b>PM SNACK:</b>  (2 of the 5 components listed above)	6 Animal Crackers 1/2 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 c. Cheerios 1/2 c. 100% Juice	1/8 c. Cottage Cheese 1/2 c. Peaches	9 Cheez-it Crackers 1/2 c. 100% Juice	

Water available at meals/snacks and throughout the day.

**WGR** = Whole Grain-Rich

## Screen Time

The American Academy of Pediatrics recommends the limit for preschoolers and technology to 1-2 hours per day. This includes tv, streaming, games, and websites. While the children are in your care, make an effort to have hands-on, imaginative, active learning activities. Studies have shown a link to language delays, academic problems, obesity, and even sleep problems for children that spend too much time on the screen. It is more important as preschoolers while they are learning social interaction skills and motor skills.

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Week of December 16th, January 20th, & February 24th

	MONDAY 12/16/24 1/20/25 2/24/25	TUESDAY 12/17/24 1/21/25 2/25/25	WEDNESDAY 12/18/24 1/22/25 2/26/25	THURSDAY 12/19/24 1/23/25 2/27/25	FRIDAY 12/20/24 1/24/25 2/28/25
<b>BREAKFAST:</b>  <b>Milk</b> <b>Vegetables, Fruits or portions of both</b> <b>Grains</b> (3 of the 5 components Listed above)	1/2 oz. (WGR) Life Cereal 1/2 c. Apple Sauce 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )  1/2 sl. (WGR) Toast may also be served	1/2 Bagel w/ Cream Cheese 1/2 c. Mango 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 oz. (3) Pancake wrapped sausage links 1/2 c. Banana 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 Blueberry Muffin 1/2 c. Strawberries 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1 (.7 oz) (WGR) Waffle 1/2 c. Pineapple Chunks 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )
<b>LUNCH:</b>  <b>Milk</b> <b>Meat or Meat Alternate</b> <b>Vegetables</b> <b>Fruits</b> <b>Grains</b>	1 Fish Fillet or 4 Nuggets 1/4 c. Winter Medley Mixed Veggies 1/4 c. Baked Fries or Tots 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1 1/2 oz. Taco Haystacks w (WGR) Tortilla Chips or Taco Shells <i>WG softshells for EHS</i> 1/4 c. Shredded Cheese 1/4 c. Shredded Lettuce 1/4 c. Tropical Fruit 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	2/3 c. Ham & Potato Chowder Soup 4 (WGR) Saltine Crackers/or slice of bread 1/4 c. Pears 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 c. (WGR) Spaghetti & Meatballs 1/4 c. Peas 1/4 c. Mandarin Oranges 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1 1/2 oz. Cream Chicken w Grand Biscuit 1/4 c. Green Beans 1/4 c. Peaches 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )
<b>PM SNACK:</b>  (2 of the 5 components listed above)	1/8 c. Cottage Cheese 1/2 c. Blueberries	6 Animal Crackers 1/2 Sliced Grapes	6 Wheat Thins (WGR) 1/2 c. Apple Slices <i>* Applesauce for EHS</i>	2 sq. Graham Crackers 1/2 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	

Water available at meals/snacks and throughout the day.

**WGR** = Whole Grain-Rich

## Food Safety in the Kitchen

- An estimated 50-80% of illnesses such as Salmonella and E. Coli start in the home.
- Cross-contamination causes much of the illness in the kitchen. Cooking meat kills salmonella and E. coli, but if you prepared the meat on a cutting board and don't clean the cutting board and knife properly and then use the board to make a salad, the salad can become contaminated. Bacteria can also be spread through dirty surfaces and dirty hands.
- To prevent infections:
  - Clean cutting boards and knives after each use.
  - Cook food until well done, and refrigerate leftovers quickly.
  - Use antibacterial cleaners on kitchen surfaces.
  - Wash hands after handling food.

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Week of December 23rd, January 27th, and March 3rd

	<b>MONDAY</b> 12/23/24 1/27/25 3/3/25	<b>TUESDAY</b> 12/24/24 1/28/25 3/4/25	<b>WEDNESDAY</b> 12/25/24 1/29/25 3/5/25	<b>THURSDAY</b> 12/26/24 1/30/25 3/6/25	<b>FRIDAY</b> 12/27/24 1/31/25 3/7/25
<b>BREAKFAST:</b>  <b>Milk</b> <b>Vegetables, Fruits or portions of both</b> <b>Grains</b> (3 of the 5 components listed above)	1/2 oz. (WGR) Wheaties 1/2 c. Blueberries 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )  1/2 sl. (WGR) Toast may also be served	1 (.7 oz.) (WGR) Pancake 1/2 oz (2) Sausage Links 1/2 c. Juice 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 sl. (WGR) Toast 1/2 oz. Cheddar Cheese slice 1/2 c. Orange Slices 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	<b>COOKS CHOICE</b>  3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 oz. (WGR) Kix Cereal 1/2 c. Mangoes 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )
<b>LUNCH:</b>  <b>Milk</b> <b>Meat or Meat Alternate</b> <b>Vegetables</b> <b>Fruits</b> <b>Grains</b>	1/2 Cheeseburger w/(WGR) Bun 1/4 c. Sweet Baked Fries or Tots ¼ c. Peaches 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	2/3 c. Chicken Alfredo 1/4 c. Broccoli 1/4 c. Pears 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1 sl. Meat Loaf ¼ c. Mashed Potatoes ¼ c. Green Beans 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 c. Chicken Strips (WGR) 1/4 c. Corn 1/4 c. Pineapple Chunks 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1 Turkey/Cheese Sub Sandwich (1 1/2 oz. Meat/Cheese) w/ Hot Dog Bun 1/4 c. Carrots 1/4 c. Apples - HS 1/4 c. Applesauce - EHS 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )
<b>PM SNACK:</b>  (2 of the 5 components listed above)	6 Animal Crackers 1/2 c. Mandarin Oranges	¼ c. (16) Honey Teddy Grams 1/2 c. Bananas	19 Goldfish Crackers 1/2 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/4 c. Yogurt 1/2 c. Blueberries	

Water available at meals/snacks and throughout the day.

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## Handwashing

Help us teach your child the five easy steps for handwashing—wet, lather, scrub, rinse and dry. The key times to wash hands, is after using the bathroom, before eating, and coming in from playing outside. You can find ways to make it fun, like making up your own handwashing song or turning it into a game.

# MENU - SET #2, Page 4

Week of December 30th February 3rd, & March 10th

	<b>MONDAY</b> 12/30/24 2/3/25 3/10/25	<b>TUESDAY</b> 12/31/24 2/4/25 3/11/25	<b>WEDNESDAY</b> 1/1/25 2/5/25 3/12/25	<b>THURSDAY</b> 1/2/25 2/6/25 3/13/25	<b>FRIDAY</b> 1/3/25 2/7/25 3/14/25
<b>BREAKFAST:</b>  <b>Milk</b> <b>Vegetables, Fruits or portions of both</b> <b>Grains</b> (3 of the 5 components Listed above)	1/2 oz. (WGR) Cheerios 1/2 c. Strawberries 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )  1/2 sl. (WGR) Toast may also be served	1 pc. Baked Scrambled Eggs 1/2 sl. (WGR) Toast 1/2 c. Juice 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 Bagel w/ cream cheese 1/2 c. Pineapple Tidbits 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1 1/2 (WGR) French Toast Sticks 1/2 c. Mandarin Oranges 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 Banana Muffin 1/2 c. Blueberries 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )
<b>LUNCH:</b>  <b>Milk</b> <b>Meat or Meat Alternate</b> <b>Vegetables</b> <b>Fruits</b> <b>Grains</b>	1 ½ oz. Ham 1 (WGR) Dinner Roll 1/4 c. Peas & Carrots 1/4 c. Pears 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	2/3 c. Hamburger Stroganoff 1/4 c. Winter Medley Mix Veggies 1/4 c. Mangos 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	3/4 c. Tomato Pasta Soup 1/2 Grilled Cheese Sandwich ((WGR) Bread) 1/4 c. Peaches 4 Saltine Crackers 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	2/3 c. Cavatini 1/4 c. Cooked Carrots 1/4 c. Apple slices <i>*Applesauce for EHS</i> 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1 1/2 oz. Tavern w/ (WGR) Bun 1/4 c. Baked Fries or Tots 1/4 c. Peas 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )
<b>PM SNACK:</b>  (2 of the 5 components listed above)	1/4 c. Yogurt 16 (WGR) Teddy Grahams	1/4 c. (10) Cheez It Snack Crackers 1/2 c. Sliced Grapes	1/2 c. Bananas 1/2 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 c. (WGR) Ritz Cracker 1/4 c. Cheese Slices	

Water available at meals/snacks and throughout the day.

**WGR** = Whole Grain-Rich

## Encourage Good Nutrition

- Offer more fruit for breakfast, snacks and desserts.
- Serve more low-fat milk and milk products.
- Serve fresh, frozen or canned salmon, shrimp and light tuna.
- Replace the refined grains (breads, pasta, rice) with whole grains.
- Serve nutrient-rich foods and beverages.

# MENU - SET #2, Page 5

Week of January 6th, February 10th, March 17th

	<b>MONDAY</b> 1/6/25 2/10/25 3/17/25	<b>TUESDAY</b> 1/7/25 2/11/25 3/18/25	<b>WEDNESDAY</b> 1/8/25 2/12/25 3/19/25	<b>THURSDAY</b> 1/9/25 2/13/25 3/20/25	<b>FRIDAY</b> 1/10/25 2/14/25 3/21/25
<b>BREAKFAST:</b>  <b>Milk</b> <b>Vegetables, Fruits or portions of both</b> <b>Grains</b> (3 of the 5 components Listed above)	1/2 oz. (WGR) Frosted mini wheats 1/2 c. Strawberries 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )  1/2 sl. (WGR) Toast may also be served	1 (.7 oz.) (WGR) Waffle 2 Sausage Links 1/2 c. 100% Juice 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 (WGR) English Muffin 1 Cheddar Cheese Slice 1/2 c. Bananas 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 Breakfast Burrito 1/2 c. Blueberries 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 oz. (WGR) Life Cereal 1/2 sl. WG Toast 1/2 c. 100% Juice 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )
<b>LUNCH:</b>  <b>Milk</b> <b>Meat or Meat Alternate</b> <b>Vegetables</b> <b>Fruits</b> <b>Grains</b>	1/2 c. Chicken Strips 1/4 c. Green Beans 1/4 c. Pineapple Chunks 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	2/3 c. Beef Noodle Casserole (WGR) Dinner Roll 1/4 c. Corn 1/4 c. Mixed Fruit 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 sl. Cheese Pizza 1/4 c. Cooked Carrots 1/4 c. Pears 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 Chicken Quesadilla w/ (WGR) softshell tortilla Shredded Cheese 1/4 c. Shredded Lettuce 1/4 c. Mandarin Oranges 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1 Fish Fillet or 4 Fish Nuggets 1/4 c. Broccoli 1/4 c. Peaches 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )
<b>PM SNACK:</b>  (2 of the 5 components listed above)	6 Wheat Thins 1/2 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/4 c. Apple Slices ( <i>EHS Applesauce</i> ) 1/4 c. (16) Honey Teddy Grams	19 Goldfish Crackers ½ c. Grapes/Sliced	<b>Class Choice</b>	

Water available at meals/snacks and throughout the day.

**WGR** = Whole Grain-Rich

## Kid's Activity

- Show children how plants “drink” water. Slice a stalk of celery up the center from the base almost to the leaves. Fill two drinking glasses two-thirds full with water. Add enough food coloring to each glass to make the color dark.
- Place each side of the split celery stalk into a glass making sure both ends of the celery are in the water. Let the celery stalk soak up the colored water overnight. Talk about what happened and why it is important to water plants.