

# MENU - SET #2, Page 1

Week of December 11th, January 15th, February 19th

	<b>MONDAY</b> 12/11/23 1/15/24 2/19/24	<b>TUESDAY</b> 12/12/23 1/16/24 2/20/24	<b>WEDNESDAY</b> 12/13/23 1/17/24 2/21/24	<b>THURSDAY</b> 12/14/23 1/18/24 2/22/24	<b>FRIDAY</b> 12/15/23 1/19/24 2/23/24
<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. WG Cereal 1/2 c. Strawberries 3/4 c. Skim Milk  <i>1/2 sl. WG Toast may also be served</i>	1/2 WG English Muffin 1/2 c. Orange Slices 3/4 c. Skim Milk	1/2 oz. (3) Pancake wrapped sausage links 1/2 c. Mangoes 3/4 c. Skim Milk	1/2 Banana Muffin 1/2 c. Apple Sauce 3/4 c. Skim Milk	1 1/2 WG French Toast Sticks 1/2 c. Bananas 3/4 c. Skim Milk
<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/WG Bun 1/4 c. Pears 1/4 c. Sweet Potato Fries or Tots 3/4 c. Skim Milk	2/3 c. Goulash 1/4 c. Green Beans 1/4 c. Pineapple Tidbits 3/4 c. Skim Milk	1/2 Grilled Cheese & Ham Sandwich (WG Bread) 1/4 c. Mixed Fruit 1/4 c. Baked Beans 3/4 c. Skim Milk	<b>Class Choice</b> <b>**Must provide WG</b>	2/3 c. Cheesy Tuna Noodles 1/4 c. Peas 1/4 c. Mandarin Oranges 3/4 c. Skim Milk
<b>PM SNACK:</b>  (2 of the 5 components listed above)	6 Animal Crackers 1/2 c. Skim Milk	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.

**WG** = Whole Grain Source

## 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 18th, January 22nd, & February 26th

	<b>MONDAY</b> 12/18/23 1/22/24 2/26/24	<b>TUESDAY</b> 12/19/23 1/23/24 2/27/24	<b>WEDNESDAY</b> 12/20/23 1/24/24 2/28/24	<b>THURSDAY</b> 12/21/23 1/25/24 3/1/24	<b>FRIDAY</b> 12/22/23 1/26/24 3/2/24
<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. WG Cereal 1/2 c. Apple Sauce 3/4 c. Skim Milk  <i>1/2 sl. WG Toast may also be served</i>	1 (.7 oz) WG Waffle 1/2 c. Mango 3/4 c. Skim Milk	1/2 oz. (3) Pancake wrapped sausage links 1/2 c. Banana 3/4 c. Skim Milk	1/2 Blueberry Muffin 1/2 c. Strawberries 3/4 c. Skim Milk	1/2 WG Bagel w/ Lite Cream Cheese 1/2 c. Pineapple Chunks 3/4 c. Skim Milk
<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	1 1/2 oz. Taco Haystacks w WG Tortilla Chips or Taco Shells <i>WG softshells for EHS</i> 1/4 c. Shredded Cheese 1/4 c. Shredded Lettuce 1/4 c. Carrots 3/4 c. Skim Milk	2/3 c. Ham & Potato Chowder Soup 4 WG Saltine Crackers 1/4 c. Pears 3/4 c. Skim Milk	1/2 c. WG Spaghetti & Meatballs 1/4 c. Spinach/Lettuce Mix w Dressing 1/4 c. Mandarin Oranges 3/4 c. Skim Milk	1 1/2 oz. Cream Chicken w Grand Biscuit 1/4 c. Green Beans 1/4 c. Peaches 3/4 c. Skim Milk
<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 (WG) 1/2 c. Apple Slices <i>* Applesauce for EHS</i>	2 sq. Graham Crackers 1/2 c. Milk	

Water available at meals/snacks and throughout the day.

**WG** = Whole Grain Source

## 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 25th, January 29th, and March 4th

	MONDAY 12/25/23 1/29/24 3/4/24	TUESDAY 12/26/23 1/31/24 3/5/24	WEDNESDAY 12/27/23 2/1/24 3/6/24	THURSDAY 12/28/23 2/2/24 3/7/24	FRIDAY 12/29/23 2/3/24 3/8/24
<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. Approved Cereal 1/2 c. Blueberries 3/4 c. Skim Milk  <i>1/2 sl. WG Toast may also be served</i>	1 (.7 oz.) WG Pancake 1/2 oz (2) Sausage Links 1/2 c. Juice 3/4 c. Skim Milk	1/2 sl. WG Toast 1/2 oz. Cheddar Cheese slice 1/2 c. Orange Slices 3/4 c. Skim Milk	<b>COOKS CHOICE</b>	1/2 oz. WG Cereal 1/2 c. Mangoes 3/4 c. Skim Milk
<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/WG Bun 1/4 c. Sweet Baked Fries or Tots ¼ c. Baked Beans ¾ c. Skim Milk	2/3 c. Chicken Alfredo 1/4 c. Broccoli 1/4 c. Pears 3/4 c. Skim Milk	1 sl. Meat Loaf ¼ c. Mashed Potatoes ¼ c. Green Beans ¾ c. Skim Milk	1 Turkey/Cheese Sub Sandwich (1 1/2 oz. Meat/Cheese) w/WG Hot Dog Bun 1/4 c. Carrots 1/4 c. Apples - HS 1/4 c. Applesauce - EHS 3/4 c. Skim Milk	1/2 c. Chicken Strips 1/4 c. Corn 1/4 c. Pineapple Chunks 3/4 c. Skim Milk
<b>PM SNACK:</b>  (2 of the 5 components listed above)	6 Animal Crackers 1/2 c. Mandarin Oranges	¼ c. (16) Honey Teddy Grahams 1/2 c. Bananas	19 Goldfish Crackers 1/2 c. Skim Milk	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 January 1st, February 5th, & March 11th

	MONDAY 1/1/24 2/5/24 3/11/24	TUESDAY 1/2/24 2/6/24 3/12/24	WEDNESDAY 1/3/24 2/7/24 3/13/24	THURSDAY 1/4/24 2/8/24 3/14/24	FRIDAY 1/5/24 2/9/24 3/15/24
<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. WG Cereal 1/2 c. Strawberries 3/4 c. Skim Milk  <i>1/2 sl. WG Toast may also be served</i>	1 pc. Baked Scrambled Eggs 1/2 sl. WG Toast 1/2 c. Juice 3/4 c. Skim Milk	1/2 Bagel w/ light cream cheese 1/2 c. Pineapple Tidbits 3/4 c. Skim Milk	1 1/2 WG French Toast Sticks 1/2 c. Mandurian Oranges 3/4 c. Skim Milk	1/2 Banana Muffin 1/2 c. Blueberries 3/4 c. Skim Milk
<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 WG Dinner Roll 1/4 c. Peas & Carrots 1/4 c. Pears 3/4 c. Skim Milk	2/3 c. Hamburger Stroganoff 1/4 c. Winter Medley Mix Veggies 1/4 c. Mangos 3/4 c. Skim Milk	3/4 c. Tomato Pasta Soup 1/2 Grilled Cheese Sandwich (WG Bread) 1/4 c. Peaches 4 Saltine Crackers 3/4 c. Skim Milk	2/3 c. Cavatini 1/4 c. Cooked Carrots 1/4 c. Apple slices <i>*Applesauce for EHS</i> 3/4 c. Skim Milk	1 1/2 oz. Tavern w/ WG Bun 1/4 c. Baked Fries or Tots 1/4 c. Peas 3/4 c. Skim Milk
<b>PM SNACK:</b>  (2 of the 5 components listed above)	1/4 c. Yogurt 16 WG Teddy Grahams	1/4 c. (10) Cheez It Snack Crackers 1/2 c. Sliced Grapes	1/2 c. Bananas 1/2 c. Skim Milk	1/2 c. WG Ritz Cracker 1/4 c. Cheese Slices	

Water available at meals/snacks and throughout the day.

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## 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.

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Week of January 8th, February 12th, March 18th

	MONDAY 1/8/24 2/12/24 3/18/24	TUESDAY 1/9/24 2/13/24 3/19/24	WEDNESDAY 1/10/24 2/14/24 3/20/24	THURSDAY 1/11/24 2/15/24 3/21/24	FRIDAY 1/12/24 2/16/24 3/22/24
<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. WG Cereal 1/2 c. Strawberries 3/4 c. Skim Milk  <i>1/2 sl. WG Toast may also be served</i>	1 (.7 oz.) WG Waffle 2 Sausage Links 1/2 c. 100% Juice 3/4c. Skim Milk	1/2 WG English Muffin 1 Cheddar Cheese Slice 1/2 c. Bananas 3/4 c. Skim Milk	1/2 Breakfast Burrito 1/2 c. Pineapple 3/4 c. Skim Milk	1/2 oz. WG Cereal 1/2 sl. WG Toast 1/2 c. 100% Juice 3/4 c. Skim Milk
<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	1/2 Chicken Quesadilla w/ WG softshell tortilla Shredded Cheese 1/4 c. Shredded Lettuce 1/4 c. Mandarin Oranges 3/4 c. Skim Milk	1/2 sl. Cheese Pizza 1/4 c. Cooked Carrots 1/4 c. Pears 3/4 c. Skim Milk	2/3 c. Beef Noodle Casserole WG Dinner Roll 1/4 c. Corn 1/4 c. Mixed Fruit 3/4 c. Skim Milk	1 Fish Fillet or 4 Fish Nuggets 1/4 c. Broccoli 1/4 c. Peaches 3/4 c. Skim Milk
<b>PM SNACK:</b>  (2 of the 5 components listed above)	6 Wheat Thins ½ c. Skim Milk	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.

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## 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.