

Open Kitchens Fall Daycare Menu 2025 Menu Plan Week-1

Months: October, November, December

Beginning Monday (dates): 9/29, 10/27, 11/24, 12/22

<u>Meal Type</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Breakfast	WG Bagel – ½ each Diced Peaches – ½ c Jelly – 1 tbsp 1% Milk-6oz	WG Scooters – 1 each Tropical Fruit – ½ c 1% Milk-6oz	Yogurt – ¼ c WG Animal Crackers – 1 each Diced Pears – ½ c 1% Milk-6oz	WG Waffles – 1 each Apple Slices – ½ c Syrup Packet – 1 each 1% Milk-6oz	WG Apple Cinnamon Muffin – 1 each Mandarin Oranges – ½ c 1% Milk-6oz
Lunch	Sweet & Sticky Chicken Sweet & Sticky Chicken – 2.5oz WG Roll – 1 each Broccoli – ¼ c Diced Carrots - ¼ c Mandarin Oranges – ½ c 1% Milk-6oz	Turkey Sausage Breakfast Hash Turkey Sausage Breakfast Hash – 6oz Peppers/Onions/Potatoes (in hash) – ¼ c Shredded Cheese – 0.5oz WG Bread – ½ slice Sweet Potatoes – ¼ c Pineapple Tidbits – ½ c 1% Milk- 6oz	Cheddar Broccoli WG Mac Cheddar Broccoli WG Mac – 6oz Asparagus – ¼ c Peas – ¼ c Applesauce – ½ c 1% Milk- 6oz	Fiesta Chicken Fiesta Chicken – 4 oz w/black beans & tomatoes – ¼ c WG Tortillas – 1 each Red Pepper Strips – ¼ c Banana – ½ c 1% Milk-6oz	Swedish Meatballs Swedish Meatballs – 4 each WG Bread – ½ Slice Mashed Potatoes – ¼ c Broccoli – ¼ c Tropical Fruit – ½ c 1% Milk-6oz
PM Snack	WG Zucchini Bread – 1 each 1% Milk – 4 oz	WG Bread – 1 slice Deli Turkey – ½ oz	Cheese Slice – ½ oz WG Goldfish – 1 each	WG Cinnamon Toasters – 1 each 1% Milk – 4 oz	WG Animal Crackers – 1 each Pineapple Tidbits – ½ c

Menu Plan Week-2

Months: October, November, December

Beginning Monday (dates): 10/6, 11/3, 12/1

<u>Meal Type</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Breakfast	WG English Muffin – ½ each Diced Peaches – ½ c Jelly – 1 tbsp 1% Milk-6oz	WG Honey Bunches of Oats – 1 each Diced Pears – ½ c 1% Milk-6oz	WG Bread – ½ slice Turkey Sausage Patty – 1 each Jelly – 1 tbsp Banana – 1 each 1% Milk-6oz	WG Pancakes – 1 each Tropical Fruit – ½ c Syrup Packet – 1 each 1% Milk-6oz	WG Banana Bread – 1 each Apple Slices – ½ c 1% Milk-6oz
Lunch	BBQ chicken BBQ Chicken – 2.5 oz WG Bread – ½ slice Asparagus Cuts – ¼ c Diced Carrots– ¼ c Applesauce – ½ c 1% Milk-6oz	Beef Meatball Sub Beef Meatballs in marinara – 4 each WG Hoagie – 1 each Cauliflower – ¼ c Spinach– ¼ c Tropical Fruit – ½ c 1% Milk-6oz	Chicken & Cheese Tacos Chicken Taco – 1.5 oz WG Tortilla – 1 each Shredded Cheese – ½ oz Seasoned Black Beans – ¼ c Red Pepper Strips – ¼ c Apple Slices – ½ c 1% Milk-6oz	Beef Burger Beef Burger – 1 each WG Hamburger Bun – 1 each Green Beans – ¼ c Sweet Potatoes – ¼ c Banana – ½ c 1% Milk-6oz	WG Chicken Nuggets WG Chicken Nuggets – 5 each Peas – ¼ c Diced Carrots – ¼ c Diced Pears – ½ c 1% Milk-6oz
PM Snack	WG Educational Snacks – 1 each 1% Milk – 4 oz	Hard Boiled Egg – ½ each WG Crackers – 1 each	WG Soft Pretzel– ½ each Cheese Slice – ½ oz	WG Cornbread Muffin – 1 each 1% Milk – 4 oz	Yogurt – ¼ c Mandarin Oranges – ½ c

All menus are pork and nut free

4 or 6 oz. milk served as required

*** WG indicates Whole Grain product***

Anne K. Petros MS, RD, LDN

Open Kitchens Fall Daycare Menu 2025 Menu Plan Week-3

Months: October, November, December

Beginning Monday (dates): 10/13, 11/10, 12/8

Meal Type	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WG Bagel – ½ each Diced Pears – ½ c Jelly – 1 tbsp 1% Milk-6oz	WG Honey Scooters – 1 each Applesauce – ½ c 1% Milk-6oz	Yogurt – ¼ c WG Educational Snacks – 1 each Diced Peaches – ½ c 1% Milk-6oz	French Toast Sticks – 2 each Apple Slices – ½ c 1% Milk-6oz	WG Apple Cinnamon Muffin – 1 each Banana - ½ c 1% Milk-6oz
Lunch	Sweet & Sour Chicken Sweet & Sour Chicken – 2.5 oz WG Bread – ½ slice White Bean Salad – ¼ c Diced Carrots – ¼ c Diced Peaches – ½ c 1% Milk-6oz	Picadillo Beef Picadillo – 4 oz w/peppers & onions – 1/4c WG Roll – 1 each Pinto Beans – ¼ c Mandarin Oranges – ½ c 1% Milk-6oz	Chicken Parmesan Chicken Fillet – 2 oz Shredded Mozzarella – ½ oz WG Pasta – ¼ c Marinara – ¼ c Asparagus Cuts – ¼ c Tropical Fruit – ½ c 1% Milk-6oz	Veggie Bean Chili Veggie Bean Chili – 4oz w/ Onions/tomatoes/Peppers – ¼ c Shredded Cheese – 0.5 oz WG Veggie Crackers – 1 each Broccoli – ¼ c Banana – ½ c 1% Milk-6oz	Chicken Shawarma Chicken Shawarma – 2 oz WG Bread – ½ Slice Cauliflower – ¼ c Zucchini – ¼ c Pineapple Tidbits – ½ c 1% Milk-6oz
PM Snack	WG Goldfish– 1 each Tropical Fruit – ½ c	WG Zucchini Bread – 1 each 1% Milk – 4 oz	Cottage Cheese – ¼ c Diced Pears – ½ c	WG Honey Bunches of Oats – 1 each 1% Milk – 4 oz	WG Educational Snacks – 1 each Diced Peaches – ½ c

Menu Plan Week-4

Months: October, November, December

Beginning Monday (dates): 10/20, 11/17, 12/15

Meal Type	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WG English Muffin – ½ each Applesauce– ½ c Jelly – 1 tbsp 1% Milk-6oz	WG Cinnamon Toasters – 1 each Pineapple Tidbits – ½ c 1% Milk-6oz	WG Bread – ½ slice Turkey Sausage Patty – 1 each Jelly – 1 tbsp Apple Slices – ½ c 1% Milk-6oz	WG Pancakes – 1 each Diced Peaches – ½ c Syrup cup – 1 each 1% Milk-6oz	WG Banana Bread – 1 each Diced Pears – ½ c 1% Milk-6oz
Lunch	Lemon Pepper Diced Chicken Lemon Pepper Chicken – 2.5 oz WG Bread– ½ slice Asparagus Cuts – ¼ c Mashed Potatoes – ¼ c Diced Pears – ½ c 1% Milk-6oz	Beef Tacos Beef Taco Meat – 2 oz Shredded Cheese – 0.5 oz WG Tortilla – 1 each Peppers & Onions – ¼ c Black Beans – ¼ c Diced Peaches – ½ c 1% Milk-6oz	Red Beans & WG Brown Rice Red Beans & WG Brown Rice – 6 oz Green Beans – ¼ c Cucumber Slices – ¼ c Pienapple Tidbits – ½ c 1% Milk-6oz	Chicken Sandwich Chicken Patty – 1 each WG Hamburger Bun – 1 each White Bean Salad – ¼ c Spinach– ¼ c Banana – ½ c 1% Milk-6oz	Orange Popcorn Chicken Orange Popcorn Chicken – 3.85 oz Peas – ¼ c Diced Carrots – ¼ c Apple Slices – ½ c 1% Milk-6oz
PM Snack	WG Cornbread Muffin – 1 each Tropical Fruit – ½ c	Yogurt – ¼ c Mandarin Oranges – ½ c	WG Soft Pretzel – ½ each 1% Milk – 4oz	WG Crackers – 1 each Cucumber Slices – ½ c Ranch Dressing – 1 tbsp	Hard Boiled Egg – ½ each WG Bread – ½ slice

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