

Open Kitchens Fall Box Lunch Daycare and Toddler 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>
<u>Lunch</u>	Turkey & Cheese Sandwich Deli Turkey – 1.5oz American Cheese Slice– 1oz WG Bread – 2 slices Lemon Chickpea Salad– ¼ c Coleslaw – ¼ c Mandarin Orange Cup– ½ c 1% Milk-6oz	Macaroni Salad WG Macaroni Salad – 1 c w/Shredded Cheese – 2 oz Mixed Veggies (in salad) – ¼ c Cucumber Slices – ¼ c Pineapple Tidbits Cup - ½ c 1% Milk-6oz	Chicken Salad Chicken Salad – 3 oz WG Veggie Crackers – 1 each Tomato Slices – ¼ c Red Pepper Strips – ¼ c Applesauce Cup – ½ c 1% Milk-6oz	Muffin/Yogurt Kit WG Muffin – 1 each Yogurt Cup – 1 each Cheese Cubes – 1 oz BBQ Bean Salad – ¼ c Cucumber Slices – ¼ c Diced Peaches Cup– ½ c 1% Milk-6oz	Turkey Ham & Cheese Sandwich Deli Turkey Ham – 1.5 oz Cheddar Cheese – 1oz WG Hamburger Bun – 1 each Red Pepper Strips – ¼ c Potato Salad – ¼ c Tropcail Fruit Cup – ½ c 1% Milk-6oz

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>
<u>Lunch</u>	Turkey & Swiss Sandwich Deli Turkey – 1.5 oz Swiss Cheese – 1 oz WG Bread – 2 slices Lemon Chickpea Salad – ¼ c Potato Salad – ¼ c Applesauce Cup – ½ c 1% Milk-6oz	Protein Kit WG Pizza Crackers – 1 package Cheese Cubes– 2 oz Red Pepper Strips – ¼ c 3 Bean Salad – ¼ c Tropical Fruit Cup – ½ c 1% Milk-6oz	Southwest Pasta Salad WG Southwest Pasta Salad – 1c Mixed Veggies (in pasta salad) – ¼ c Red Pepper Strips – ¼ c Apple Slices – ½ c 1% Milk-6oz	Egg Salad Sandwich Egg Salad – 3 oz WG Hamburger Bun – 1 each Cucumber Slices – ¼ c Italian Bean Salad – ¼ c Diced Peaches Cup – ½ c 1% Milk-6oz	Turkey Ham & Cheese Sandwich Deli Turkey Ham – 1.5 oz White American Cheese – 1 oz WG Bread – 2 slices Tomato Slices – ¼ c Potato Salad – ¼ c Diced Pears Cup – ½ c 1% Milk-6oz

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 Box Lunch Daycare and Toddler 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
Lunch	Turkey Ham & Swiss Sandwich WG Hamburger Bun – 1 each Turkey ham – 1.5 oz Swiss Cheese – 1 oz Coleslaw – ¼ c BBQ Bean Salad – ¼ c Diced Peach Cup - ½ c 1% Milk-6oz	Chicken Salad Sandwich Chicken Salad – 3 oz WG Hamburger Bun – 1 each Cucumber Slices – ¼ c Tomato Slices – ¼ c Mandarin Orange Cup – ½ c 1% Milk-6oz	WG Bagel Kit WG Bagel – 1 each Yogurt Cup – 1 each Wowbutter Cup – 1 each Tomato Slices – ¼ c Red pepper Strips – ¼ c Tropical Fruit Cup – ½ c 1% Milk-6oz	Ranch Chicken Wrap Ranch Chicken – 2 oz WG Tortilla – 1 each Cucumber Slices – ¼ c Italian 3 Bean Salad – ¼ c Diced Pear Cup – ½ c 1% Milk-6oz	Turkey & Cheese Sandwich Deli Turkey – 1.5 oz White American Cheese – 1 oz WG Bread – 2 slices Red Pepper Strips – ¼ c Potato Salad – ¼ c Pineapple Tidbits Cup – ½ c 1% Milk-6oz

Menu Plan Week-4

Months: October, November, December

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

Meal Type	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Turkey Ham & Cheddar Sandwich Deli Turkey Ham – 1.5 oz Cheddar Cheese – 1 oz WG Bread – 2 slices Potato Salad – ¼ c Coleslaw – ¼ c Diced Pear Cup – ½ c 1% Milk-6oz	Yogurt Kit Yogurt Cup – 1 each Hard Boiled Egg – 1 each WG Animal Crackers – 1 package Tomato Slices – ¼ c Cucumber Slices – ¼ c Diced Peaches Cup – ½ c 1% Milk-6oz	BBQ Chicken Sandwich Diced BBQ Chicken – 2.53 oz WG Hamburger Bun – 1 each Red Pepper Strips – ¼ c Potato Salad – ¼ c Pineapple Tidbits Cup - ½ c 1% Milk-6oz	Turkey Swiss Sandwich WG Bread – 2 slices Deli Turkey – 1.5 oz Swiss Cheese – 1 oz BBQ Bean Salad – ¼ c Red Pepper Strips – ¼ c Mandarin Orange Cup – ½ c 1% Milk-6oz	Protein Kit Turkey Coins – 5 each Mini Cheese Slices – 4 slices WG Veggie Crackers – 1 package Tomato Slices – ¼ c Cucumber Slices – ¼ c Apple Slices – ½ c 1% Milk-6oz

All menus are pork and nut free

4 or 6 oz. milk served as required

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