

# YUMMY

## FALL/WINTER MENU 2023

Weeks of: November 6<sup>th</sup>, December 4<sup>th</sup>, January 2<sup>nd</sup> & 29<sup>th</sup>, February 26<sup>th</sup>, March 25<sup>th</sup>, April 22<sup>nd</sup>

### Infant Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Whole Grain Cereal Milk	Butter Chicken & Vegetables with Whole Wheat Couscous (cauliflower, chicken, couscous, *mixed bell pepper strips, onions, *peas, *sliced carrots) Fresh Fruit	Apple Oat Bun Fresh Fruit
<b>TUESDAY</b>	Coconut Oatmeal Bar	Extra Lean Beef Bolognese with Whole Wheat Pasta *Green & Yellow Beans Fresh Fruit	Whole Wheat Naan Edamame & Green Pea Spread
<b>WEDNESDAY</b>	Whole Grain Blueberry Scone Blueberry & Apple 100% Fruit Puree	Yummy Corn Chowder (cauliflower, *carrots, celery, corn, onions, potatoes, white beans) 9 Grain Bread Dill Dairy Free Spread Fresh Fruit	Fresh Fruit Whole Grain Sundried Tomato & Basil Crackers
<b>THURSDAY</b>	Whole Grain Raisin Bread Cinnamon Spread	Baked Diced Chicken with Garden Rice and Lemon Dill Sauce (*broccoli, brown rice, chicken, *green/red peppers, onions, *squash) Fresh Fruit	Steamed Vegetables Pretzel Roll
<b>FRIDAY</b>	Yogurt Fresh Fruit	Turkey & Black Bean Shepherds Pie Whole Wheat Tortilla *Green Peas & Corn Fresh Fruit	Vegan Oatmeal Cranberry Cookie Dragon Fruit & Apple 100% Fruit Puree

**Milk and/or Water are served with lunch and snacks**

- \* Indicates Dark Green and/or Dark Orange Fruit or Vegetable Offered Daily
- Menu approved by a Registered Dietitian
- Water is available at all times
- Fresh Fruit may vary depending on season; please refer to daily substitution summary for fresh fruit changes

# YUMMY

## FALL/WINTER MENU 2023

Weeks of: November 13<sup>th</sup>, December 11<sup>th</sup>, January 8<sup>th</sup>, February 5<sup>th</sup>, March 4<sup>th</sup>, April 2<sup>nd</sup> & 29<sup>th</sup>

### Infant Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Whole Grain Cereal Milk	Chicken & Veggie Stirfry (*broccoli, cabbage, cauliflower, *carrots, chicken, *green/red/yellow pepper strips, onions, rice vermicelli) Fresh Fruit	Sweet Potato Spread Whole Grain Crackers
<b>TUESDAY</b>	Waffles Raspberry Crumble 100% Fruit Puree	Diced Sweet Potato Chickpea Bites w/ Golden Vegetable Barley (barley, *carrots, celery, corn, onions, *spinach) Fresh Fruit	Fresh Fruit Whole Grain Cheese Bite Crackers
<b>WEDNESDAY</b>	Whole Grain Apple Cinnamon Cereal Mix Fresh Fruit Milk	Tri Colour Cheese Tortellini w/ Pureed Lentil Rose Sauce *Green & Yellow Beans Fresh Fruit	Whole Grain Strawberry Banana Oat Loaf Acai Berry & Apple 100% Fruit Puree
<b>THURSDAY</b>	Whole Wheat English Muffin Yummy Sweet Peach Mango Bean Spread	Pumpkin Soup (*carrots, *green peas, orzo pasta, *pumpkin, white beans) Light Rye Bread Maple Dairy Free Spread Fresh Fruit	Yogurt Multigrain Trail Mix
<b>FRIDAY</b>	Whole Grain Everything Morning Toast Crackers Marble Cheese Slice	Baked Diced Chicken with Brown Rice and Gravy *Broccoli & Cauliflower Fresh Fruit	Steamed Sliced Carrots Mini Pizza Roll

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# YUMMY

## FALL/WINTER MENU 2023

Weeks of: November 20<sup>th</sup>, December 18<sup>th</sup>, January 15<sup>th</sup>, February 12<sup>th</sup>, March 11<sup>th</sup>, April 8<sup>th</sup>

### Infant Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Whole Grain Cereal Milk	Vegetarian Lazy Lasagna (celery, *green/red peppers, mafalda pasta, onions, *spinach, soy protein, tomatoes) *Diced Carrots Fresh Fruit	Blueberry Oat Bun Fresh Fruit
<b>TUESDAY</b>	Fruit & Oatmeal Bar	Chicken Noodle Soup (celery, *diced carrots, diced chicken, fresh noodles, *kale, onions, potatoes) Whole Wheat Homestyle Bread Garlic Dairy Free Spread Fresh Fruit	Garlic Naan Yummy Hummus
<b>WEDNESDAY</b>	Whole Grain Cinnamon Scone Pumpkin & Apple 100% Fruit Puree	Chickpea Teriyaki with Brown Rice *Broccoli & Cauliflower Fresh Fruit	Fresh Fruit Spice Snaps
<b>THURSDAY</b>	Whole Grain Cranberry Bread Very Berry Spread	Extra Lean Beef Sloppy Joe w/ Mashed Potatoes Whole Wheat Bun Mixed Vegetables (*carrots, *green and yellow beans) Fresh Fruit	Steamed Vegetables Pretzel Roll
<b>FRIDAY</b>	Yogurt Fresh Fruit	Chicken Stroganoff with Pasta (chicken, corn, mushrooms, onions, parsley, pasta, *sliced carrots, *spinach) Fresh Fruit	Vegan Oatmeal Date Cookies Unsweetened Applesauce

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# YUMMY

## FALL/WINTER MENU 2023

Weeks of: November 27<sup>th</sup>, December 27<sup>th</sup>, January 22<sup>nd</sup>, February 20<sup>th</sup>, March 18<sup>th</sup>, April 15<sup>th</sup>

### Infant Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Whole Grain Cereal Milk	Diced Chicken w/ Tomato Sauce and Mashed Potatoes Whole Wheat Bun Mixed Winter Blend Vegetables (*broccoli, cauliflower) Fresh Fruit	Sweet Potato Spread Whole Grain Crackers
<b>TUESDAY</b>	Waffles Maple & Apple 100% Fruit Puree	Chickpea Florentine (chickpeas, onions, pasta, *spinach) *Diced Carrots Fresh Fruit	Fresh Fruit Whole Grain Triscuit
<b>WEDNESDAY</b>	Whole Grain Apple Cinnamon Cereal Mix Fresh Fruit Milk	Minestrone Soup (cabbage, *carrots, celery, kidney beans, onions, pasta, *peas, potatoes, tomatoes) Whole Wheat Bread Dairy Free Spread Fresh Fruit	Whole Grain Carrot Spice Loaf Pear & Apple 100% Fruit Puree
<b>THURSDAY</b>	Whole Wheat English Muffin Yummy Sweet Peach Mango Bean Spread	Chicken Vegetable Italiano with Pasta (*carrots, celery, chicken breast strips, *green peppers, mushrooms, onions, pasta, *spinach) Fresh Fruit	Yogurt Multigrain Trail Mix
<b>FRIDAY</b>	Cracked Wheat Crackers Marble Cheese Slice	Yummy Lentil Dahl with Vegetable Rice (brown rice, *carrots, onions, *peas) Fresh Fruit	Steamed Sliced Carrots Mini Pizza Swirl

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