

YW KIDS MENU | WEEK ONE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------|---|--|---|---|--|
| MORNING SNACK | <p>Crepes with Seed Butter or WOW Butter Strawberries</p> <p><i>Made with Dairy Free Milk</i></p> | <p>*Overnight Oats Canned Peaches</p> <p><i>Made with Dairy Free Milk</i></p> | <p>Fried Egg on Toast Fresh Seasonal Fruit</p> <p><i>Tofu Scramble on Toast</i></p> | <p>*Yogurt Parfait, with Berries</p> <p><i>Coconut or Soy Yogurt</i></p> | <p>Whole Grain Cereal and Milk Fresh Seasonal Fruit</p> <p><i>Dairy Free Milk</i></p> |
| LUNCH | <p>Creamy Corn Chowder Whole Wheat Bun Fresh Seasonal Fruit</p> <p><i>Made with Vegetable Broth</i></p> | <p>Chicken Veggie Sandwich with Mayo, Cucumber, and Cheese Fresh Seasonal Fruit</p> <p><i>Falafel Veggie Sandwich with Hummus & Cucumber</i></p> | <p>Taco Bowls with Ground Beef, Tomato Sauce, Red Pepper, Corn, Black Beans, Salsa, Cheese, Greek Yogurt) Cucumber, Taco Chips</p> <p><i>No Meat, Dairy Free Cheese</i></p> | <p>Pasta Casserole with Peas, Carrots, and Cheese Fresh Seasonal Fruit</p> <p><i>Pasta Salad (Bow Tie Pasta, Vegetables, Chickpeas)</i></p> | <p>Chicken Bannock Pizza Fresh Seasonal Fruit</p> <p><i>Vegetable Bannock Pizza with Dairy Free Cheese</i></p> |
| AFTERNOON SNACK | <p>Yogurt, Fresh Seasonal Fruit</p> <p><i>Coconut or Soy Yogurt</i></p> | <p>Cucumber, Carrots, Hummus, Whole Wheat Cracker</p> | <p>Apple Slice "Cookies" (Apple Slices, Seed Butter, Dark Chocolate Shavings, Hemp Hearts)</p> | <p>Fresh Whole Wheat Pita, Tzatziki, Fresh Vegetables</p> <p><i>Hummus</i></p> | <p>*Oatmeal Chocolate Chip Cookie, Cinnamon Yogurt</p> <p><i>Coconut or Soy Yogurt</i></p> |



Vegan Option

***Meals children may help prepare**

- Children with allergies and/or food intolerances may provide alternatives from home.
- Milk offered at lunch; water offered freely throughout day.
- Fresh fruit will be offered based on what is in season and available. Check the childcare whiteboard for what fruit is offered each day.
- Foods prepared to a developmentally appropriate size and texture for infants.



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| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------|--|---|---|--|---|
| MORNING SNACK | English Muffin Scrambled Eggs Fresh Seasonal Fruit <i>Tofu Scramble</i> | Cinnamon Yogurt Fresh Apple Slices <i>Coconut or Soy Yogurt</i> | Breakfast Pancakes with Fruit Compote <i>Made with Dairy Free Milk</i> | Whole Grain Cereal and Milk Fresh Seasonal Fruit <i>Dairy Free Milk</i> | Carrot Apple Muffins Fresh Seasonal Fruit |
| LUNCH | Chicken Alfredo Penne Assorted Veggie Sticks <i>Grilled Tofu Pesto Penne</i> | Vegetable Rice Chickpea Soup with Bun Fresh Seasonal Fruit | Beef Bean Veggie Chili with Bun Fresh Seasonal Fruit <i>Vegetable Chili</i> | Egg Salad Sandwich Fresh Seasonal Fruit <i>Chickpea Cold 'Chicken' Salad</i> | Greek Meatballs Cucumber, Tomato, Pepper Greek Salad Roasted Potatoes <i>Falafel</i> |
| AFTERNOON SNACK | Fruit Salad Yogurt <i>Coconut or Soy Yogurt</i> | Croissants Fresh Seasonal Fruit <i>Vegan Croissant</i> | *Protein Coconut Clusters Yogurt <i>Coconut or Soy Yogurt</i> | Veggie Sticks, Dill Dip Whole Grain Crackers <i>Vegan Dill Dip</i> | Yogurt Fruit Popsicle Arrowroot Cookie <i>Coconut or Soy Yogurt</i> |



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| MORNING SNACK | Whole Wheat Bagel Cream Cheese Spread Fresh Seasonal Fruit <i>Vegan Cream Cheese Spread</i> | Breakfast Oatmeal Bar Fresh Seasonal Fruit <i>Veggie Tofu Scramble</i> | Oatmeal Thawed Frozen Berries <i>Made with Dairy Free Milk</i> | *Yogurt Parfait Berries <i>Coconut or Soy Yogurt</i> | Whole Grain Cereal and Milk Fresh Seasonal Fruit <i>Dairy Free Milk</i> |
| LUNCH | Mac & Cheese Green Peas Broccoli <i>Vegan Mac & Cheese</i> | Egg Salad and Tuna Salad Sandwich Cucumbers Fresh Seasonal Fruit <i>Chickpea Salad Sandwich</i> | Mini Chicken Pot Pie Fresh Seasonal Fruit <i>Mini Veggie Pot Pie</i> | Nut Free Spinach and Basil Pesto Pasta Casserole Fresh Seasonal Fruit | Ground Beef and Vegetable Stew Whole Wheat Rolls Fresh Seasonal Fruit <i>Bean and Vegetable Stew</i> |
| AFTERNOON SNACK | Yogurt Fresh Seasonal Fruit <i>Coconut or Soy Yogurt</i> | Chocolate Zucchini Muffins Yogurt <i>Coconut or Soy Yogurt</i> | Fresh Whole Wheat Pita Tzatziki Fresh Vegetables <i>Hummus</i> | Cucumber Slices Veggie Dip <i>Vegan Veggie Dip</i> | Animal Crackers Yogurt <i>Coconut or Soy Yogurt</i> |



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| MORNING SNACK | English Muffin Scrambled Eggs Fresh Seasonal Fruit <i>Tofu Scramble</i> | French Toast Sticks Fruit Compote <i>Vegan French Toast</i> | Whole Grain Cereal and Milk Fresh Seasonal Fruit <i>Dairy Free Milk</i> | Berry and Quinoa Muffin Yogurt <i>Coconut or Soy Yogurt</i> | *Overnight Oats Canned Peaches <i>Made with Dairy Free Milk</i> |
| LUNCH | Beef Tomato Sauce with Whole Wheat Spaghetti Fresh Seasonal Fruit <i>Lentil Tomato Sauce</i> | Tomato Soup with Grilled Cheese Sandwich Carrots and Cucumbers <i>Grilled Dairy Free Cheese Sandwich</i> | Homemade Chicken Nuggets with Sweet Potato and Potato Wedges Fresh Seasonal Fruit <i>Vegan Chicken Nuggets</i> | Homemade Fish Tacos with Lettuce, Tomato, Sweet Peppers, and Sour Cream <i>Black Bean Tacos</i> | Potato and Veggie Samosas Rice Mixed Vegetables <i>Vegan Samosas</i> |
| AFTERNOON SNACK | Croissants Fresh Seasonal Fruit <i>Vegan Croissant</i> | *Oatmeal Chocolate Chip Cookie, Cinnamon Yogurt <i>Coconut or Soy Yogurt</i> | *Protein Coconut Clusters Fresh Seasonal Fruit | Banana Bread Fresh Seasonal Fruit <i>Vegan Banana Bread</i> | Whole Wheat Crackers Cheese Slices <i>Dairy Free Cheese</i> |



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