

TODDLER FRIENDLY SAMPLE FALL CYCLE MENU- WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cinnamon Citrus French Toast (WG) Diced Pears Milk	Yogurt Diced Berries Milk	Apple Pumpkin Oatmeal (WG) Mandarin Oranges Milk	WG Toast Strips with thinly spread Nut or Seed Butter Diced Banana Milk	WG Cereal Pineapple Tidbits Milk
Lunch	Quiche Florentine with Spinach and Cheese Shredded Hash Brown Potatoes Milk	Diced Chicken Orzo with Peas Diced Carrots Diced Kiwi Milk	WG Spaghetti Ground Beef Italian Vegetable Medley with Diced Eggplant, Green Beans & Okra Applesauce Milk	Harvest Stew with Diced Chicken, White Beans & Sweet Potatoes WG Biscuit Diced Fresh Pears Milk	Diced Pork Loin with Gravy & Brown Rice (WG) Cooked Greens Baked Apples Milk
Snack	Cucumber Strips Sliced Cheese Strips	Sweet Potato Hummus WG Pita Bread Strips	Diced Fruit Salad Milk	Pumpkin Yogurt Smoothie	Cottage Cheese Diced Peaches

Serve all required components and the minimum serving sizes for a reimbursable meal. [Click here for Meal Pattern Tables.](#)

WG= Whole Grain. **Bold items are fall season produce.** [Underlined items link to a recipe.](#)

Food for toddlers should be cut into pieces one-half inch or smaller to prevent choking.

This institution is an equal opportunity provider.

TODDLER FRIENDLY SAMPLE FALL CYCLE MENU- WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Scrambled Eggs <u>Diced, Roasted Peppers and Potatoes</u> Milk	<u>Oven Baked Pancakes with Spiced Pears</u> (WG) Milk	Grits Mandarin Oranges Milk	WG Toast Strips <u>Pumpkin Applesauce</u> Milk	WG Cereal Diced Banana Milk
Lunch	<u>Refried Beans with Cheese</u> Soft Tortilla Strips Mashed Avocado Shredded Lettuce and Chopped Tomato Milk	<u>Diced Pineapple</u> <u>Chicken with Brown Rice</u> (WG) Diced Broccoli Milk	<u>Diced Chicken Alfredo with WG Pasta</u> <u>Creamed Spinach</u> Matchstick-Thin Sliced Apple Milk	<u>Diced Turkey with Cornbread Dressing</u> Whipped Sweet Potatoes <u>Cran-Orange Relish</u> Milk	Tuna Salad WG Toast Strips Peas Diced Fresh Pears Milk
Snack	WG Cereal Milk	<u>Mexican Street Corn in a Cup</u>	<u>WG Pumpkin Bread</u> Milk	<u>Fruit Salsa</u> WG Pita Bread Strips	Yogurt Diced Peaches

Serve all required components and the minimum serving sizes for a reimbursable meal. [Click here for Meal Pattern Tables.](#)

WG= Whole Grain. **Bold items are fall season produce.** Underlined items link to a recipe.

Food for toddlers should be cut into pieces one-half inch or smaller to prevent choking.

This institution is an equal opportunity provider.

TODDLER FRIENDLY SAMPLE FALL CYCLE MENU- WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WG Waffle Strips Applesauce Milk	Yogurt Diced Berries Milk	Oatmeal (WG) Diced Banana Milk	WG Cinnamon Toast Strips Diced Pears Milk	WG Cereal Diced Peaches Milk
Lunch	<u>Lentil Soup with Kale</u> Soft Pita or Naan Strips <u>Diced Skillet Peaches</u> Milk	Diced Chicken Soft, Diced Breadstick <u>Local Harvest Bake with</u> <u>Butternut Squash,</u> <u>Beets & Sweet Potato</u> <u>Cranberry Applesauce</u> Milk	Ground Beef and Cheese Burrito Bowl with Brown Rice (WG) Diced, Roasted Pepper Corn Milk	BBQ Pulled Chicken <u>Corn Pudding</u> Stewed Okra & Tomatoes Shredded Cabbage and Carrot Coleslaw Milk	<u>Cheesy Egg, Sausage and</u> <u>Potato Casserole</u> WG Biscuit Mandarin Oranges Milk
Snack	Chopped Boiled Egg Mandarin Oranges	WG Pasta Salad with Diced Cucumber, Tomato, Peppers and Steamed Broccoli	Diced Soft Pretzel Sliced Cheese Strips	“Baby” Goldfish Crackers 100% Juice	<u>Banana Oat Bites</u> Milk

Serve all required components and the minimum serving sizes for a reimbursable meal. [Click here for Meal Pattern Tables.](#)

WG= Whole Grain. **Bold items are fall season produce.** Underlined items link to a recipe.

Food for toddlers should be cut into pieces one-half inch or smaller to prevent choking.

This institution is an equal opportunity provider.

TODDLER FRIENDLY SAMPLE FALL CYCLE MENU- WEEK 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WG Sweet Potato Pancakes Applesauce Milk	Scrambled Eggs Mandarin Oranges Milk	Grits Diced Peaches Milk	WG Toast Strips with Mashed Avocado Pineapple Tidbits Milk	WG Cereal Diced Banana Milk
Lunch	Smashed Chickpea Salad WG Toast Strips Cucumber Strips Diced Pears Milk	Stir Fry Fajita Diced Chicken, Squash, Corn & Peppers Brown Rice (WG) Matchstick-Thin Sliced Apples Milk	Beef Stroganoff over WG Noodles Creamed Spinach Diced Carrots Milk	Diced Turkey Meatloaf WG Diced Roll Mashed Potatoes Steamed Green Beans Milk	Baked Fish with Diced Broccoli & Cauliflower Rice Diced Kiwi Milk
Snack	Fresh Tomato Salsa Soft Tortilla Strips	Cheesy Ranch Chex Mix Milk	Yogurt Parfait with Baked Cinnamon Apples	Diced Fresh Pears Sliced Cheese Strips	WG Orange Cranberry Bread Milk

Serve all required components and the minimum serving sizes for a reimbursable meal. [Click here for Meal Pattern Tables.](#)

WG= Whole Grain. **Bold items are fall season produce.** [Underlined items link to a recipe.](#)

Food for toddlers should be cut into pieces one-half inch or smaller to prevent choking.

This institution is an equal opportunity provider.