

THE APPLETREE PRESCHOOL-WHITBY

Healthy Balance - Infant/Toddler Fall/Winter Menu 2018 - 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	<p>AM Snack Multigrain Cheerios Cereal, Milk</p> <p>Entrée Diced Apricot Chicken, Brown Rice, Mixed Vegetables (Peas, Carrots, Beans, Corn), Fresh Fruit</p> <p>PM Snack Social Tea Biscuits, Fresh Fruit</p>	<p>AM Snack Coconut Bites</p> <p>Entrée Hawai'ian Style Turkey Meatballs, Whole Grain Pasta, Blanched Baby Carrots, Fresh Fruit</p> <p>PM Snack Sweet Potato Crackers, Cheddar Cheese Curds</p>	<p>AM Snack Organic Whole Wheat Chunky Apple Muffin</p> <p>Entrée Beef Stroganoff (Beef, Mushrooms, Gravy), Whole Grain Pasta, Green Beans, Fresh Fruit</p> <p>PM Snack Whole Wheat Mini Bagel, Nutfree Butter</p>	<p>AM Snack Pineapple Banana Oatmeal Bar</p> <p>Entrée Butternut Squash and Lentil Stew, Naan Bread, Peas and Corn, Fresh Fruit</p> <p>PM Snack Whole Wheat Cheddar Cheese Sandwich</p>	<p>AM Snack Corn Flakes, Milk</p> <p>Entrée Breaded Wild Caught Alaskan Pollock Sticks, Brown Rice, Broccoli, Fresh Fruit</p> <p>PM Snack Whole Wheat Blueberry Bran Loaf, Fresh Fruit</p>
WEEK 2	<p>AM Snack Rice Krispies Cereal, Milk</p> <p>Entrée White Fish Bolognese, Whole Grain Pasta, Vegetable Medley (Cauliflower, Broccoli, Carrots), Fresh Fruit</p> <p>PM Snack Whole Grain Banana Oatmeal Cookie, Fresh Fruit</p>	<p>AM Snack Strawberry Yogurt, Arrowroot Biscuits</p> <p>Entrée Turkey, Kale and White Bean Soup, Whole Wheat Roll, Blanched Baby Carrots, Fresh Fruit</p> <p>PM Snack Whole Wheat Pita, Hardboiled Egg</p>	<p>AM Snack Organic Whole Wheat Carrot Muffin</p> <p>Entrée Salisbury Steak, Mashed Potato, Whole Wheat Bread, Mixed Vegetables (Peas, Carrots, Beans, Corn), Fresh Fruit</p> <p>PM Snack Whole Wheat Lemon Cranberry Loaf, Fresh Fruit</p>	<p>AM Snack Whole Grain Shreddies Cereal, Milk</p> <p>Entrée Breaded Chicken Pieces (All White Meat), Brown Rice, Plum Sauce, Green Beans, Fresh Fruit</p> <p>PM Snack Whole Wheat Crackers, Pizza Hummus</p>	<p>AM Snack Whole Wheat Mini Bagel, Berry Applesauce</p> <p>Entrée Mixed Bean Chili, Whole Wheat Mini Pitas, Mixed Vegetables (Peas, Carrots, Beans, Corn), Fresh Fruit</p> <p>PM Snack Banana Roll-Up, (Nutfree Butter, Banana, Whole Wheat Wrap)</p>
WEEK 3	<p>AM Snack Multigrain Cheerios Cereal, Milk</p> <p>Entrée Diced Teriyaki Chicken, Brown Rice, Sunshine Mixed Vegetables (Carrots, Green Beans), Fresh Fruit</p> <p>PM Snack Banana Oatmeal Bar, Fresh Fruit</p>	<p>AM Snack Whole Wheat Apple Cinnamon Flatbread, Applesauce</p> <p>Entrée Breaded Wild Caught Alaskan Pollock Sticks, Whole Wheat Wrap, Tartar Sauce, Green Peas, Fresh Fruit</p> <p>PM Snack Pita Crackers, Cheese Curds</p>	<p>AM Snack Organic Whole Wheat Orange Cranberry Muffin</p> <p>Entrée Lean Beef Burger, Whole Wheat Bun, Diced Carrots, Fresh Fruit</p> <p>PM Snack Whole Wheat Carrot Zucchini Loaf, Peeled Cucumber</p>	<p>AM Snack Cinnamon Raisin Bagel</p> <p>Entrée Chicken and Bowtie Pasta Soup, Artisan Bread, Green Beans, Fresh Fruit</p> <p>PM Snack Whole Wheat Nutfree Butter Sandwich</p>	<p>AM Snack Corn Flakes Cereal, Milk</p> <p>Entrée Chickpea Curry, Naan Bread, Carrots and Corn, Fresh Fruit</p> <p>PM Snack Whole Grain Cereal Trail Mix, Fresh Fruit</p>
WEEK 4	<p>AM Snack Rice Krispies Cereal, Milk</p> <p>Entrée Butter Chicken, Brown Rice, Italian Mixed Vegetables (Peppers, Zucchini, Carrots, Beans), Fresh Fruit</p> <p>PM Snack Whole Wheat Apple Cinnamon Loaf, Fresh Fruit</p>	<p>AM Snack Coconut Bites</p> <p>Entrée Tomato Bean Soup, Whole Wheat Mini Pitas, Blanched Carrot Wheels, Fresh Fruit</p> <p>PM Snack Whole Grain Pumpkin Granola Round, Peach Yogurt</p>	<p>AM Snack Organic Whole Wheat Pumpkin Muffin</p> <p>Entrée Turkey Lasagna, Green Peas, Fresh Fruit</p> <p>PM Snack Whole Wheat Vegetable Crackers, Hummus</p>	<p>AM Snack Whole Grain Shreddies, Milk</p> <p>Entrée Panko Crusted Wild Caught Pollock, Brown Rice, Broccoli, Fresh Fruit</p> <p>PM Snack Whole Wheat Mini Pita, Guacamole</p>	<p>AM Snack Cereal Banana Roll (Multi Grain Cheerios, Banana, Apple Butter)</p> <p>Entrée Diced Apple Roasted Chicken, Whole Grain Pasta, Peas and Corn, Fresh Fruit</p> <p>PM Snack Social Tea Biscuits, Rice Pudding</p>

- Menu is approved by a Registered Dietitian.
- Please see the allergy guide for the substitution meals for Vegetarian, Vegan and Halal and other dietary replacements. Daily Packing Slip will indicate specific replacements by child name.
- Please note that Food for Tots operates a facility that is Nut Free, Pork Free and Shellfish Free at all times. All Lunches are Trans Fat Free (except for those that are naturally occurring).
- Fresh Fruits will vary daily depending on seasonal availability. They may include apples, bananas, oranges, grapes, pears, strawberries, melons (watermelon, cantaloupe, and honeydew), plums, nectarines, and peaches.

Milk and/or Water are served with lunch and snacks

Menu In Effect: October 29, 2018



Serving nutritious and delicious food kids love



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