

Early Care and Education (ECE) Site Spring Menu Samples for 3–5-Year-Old Children  
April 2024 | Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast*</b>					
Grain	<a href="#">Waffles from FH Strawberry and Waffle Kebabs with Maple-Yogurt Dip</a> <a href="#">Waffles from CC Strawberry and Waffle Kebabs With Maple-Yogurt Dip</a>	<b>Whole Grain (WG) Grits</b> with Reduced Fat Cheese	<a href="#">FH Mango Smoothie Bowl</a> with <b>Granola</b> <a href="#">CC Granola</a>	WG Oatmeal	WG Breakfast Cereal or Low-Sugar Cereal
Meat/Alt	<b>Low-Fat Yogurt</b> from Strawberry and Waffle Kebabs with Maple-Yogurt Dip	<b>Reduced Fat Cheese</b> from WG Grits with Reduced Fat Cheese	N/A	N/A	N/A
Veg or Fruit	<b>Strawberries</b> from Strawberry and Waffle Kebabs with Maple-Yogurt Dip	Apple Slices	<b>Mango</b> from FH Smoothie Bowl <b>Mixed Berries</b> from CC Granola	Peach Slices	Strawberries
Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk
<b>Snack*</b>					
Grain	N/A	N/A	WG English Muffin	WG Tortilla Chips	Mini Pretzels
Meat/Alt/Other	<a href="#">FH Chicken and Cheese Snack Cup with Grape Halves</a> <a href="#">CC Chicken and Cheese Snack Cup with Grape Halves</a>	Vanilla Low-Fat Yogurt	Sunflower Butter	<a href="#">FH Corny Salsa with Tortilla Chips</a> <a href="#">CC Corny Salsa with Tortilla Chips</a>	N/A
Veg or Fruit	Grape Halves	Mixed Berries	Orange Slices	<b>Vegetables</b> from Corny Salsa with Tortilla Chips	Apple Slices
Milk or Water	Low/Fat-Free Milk and/or Water	Low/Fat-Free Milk and/or Water	Low/Fat-Free Milk and/or Water	Low/Fat-Free Milk and/or Water	Low/Fat-Free Milk and/or Water
<b>Lunch*</b>					
Grain	WG Pita	Brown Rice	<b>Tortilla</b> from Quick Quesadilla	<b>WG Pasta</b> in the Two-Headed Monster Meal	WG Garlic Bread
Meat/Alt	<a href="#">FH Turkey Burgers with Tzatziki Sauce</a> <a href="#">CC Turkey Burgers with Tzatziki Sauce</a>	<b>FH or CC Tuscan White Bean Pasta</b>	<a href="#">FH Quick Quesadilla</a> <a href="#">CC Quick Quesadilla</a>	<a href="#">FH or CC Two-Headed Monster Meal</a>	<a href="#">FH or CC Sunny Lemon Chicken</a>
Veg	Steamed Snap Peas	<a href="#">FH Cool Cucumber and Tomato Salsa (Page 27)</a> <a href="#">CC Salad Shaker</a>	Steamed Snap Peas	Steamed Broccoli Florets	Side Salad with Fresh Lettuce, Sliced Tomatoes, Radishes, and Cucumbers with Low-Fat Ranch Dressing
Fruit	Grape Halves	Orange Slices	Plum Slices	Pineapple Tidbits	Mango Slices
Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk

## Week 2 of April 2024 Menu Sample

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast*</b>					
Grain	<a href="#">FH Berry Medley and Quinoa Breakfast Bake</a> <a href="#">CC Oatmeal Muffin Square</a>	WG Cereal	<a href="#">FH Easy Whole Wheat Drop Biscuits</a> <a href="#">CC Pancakes</a>	<a href="#">FH Cheesy Egg, Sausage, and Potato Casserole</a> <a href="#">CC Cheesy Egg, Sausage, and Potato Casserole</a>	<b>WG Bagel</b> with Cream Cheese
Meat/Alt	N/A	N/A	Scrambled Eggs	N/A	N/A
Veg or Fruit	<b>Berries</b> from FH Breakfast Bake <b>Berries</b> for CCs	Raspberries	Blueberries	Apple Slices	Strawberries
Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk
<b>Snack*</b>					
Grain/Other	WG Garlic Bread	WG Tortilla	WG Crackers	N/A	Mini Pretzels
Meat/Alt	<a href="#">FH Easy Zucchini Lasagna</a> <a href="#">CC Easy Zucchini Lasagna</a>	<a href="#">FH Cheesy Bean Tostada</a> <a href="#">CC Cheesy Bean Tostada</a>	Cheese Stick	Low-Fat Cottage Cheese	N/A
Veg or Fruit	Side Salad with Fresh Lettuce, Sliced Tomatoes, Radishes, and Cucumbers with Low-Fat Ranch Dressing	N/A	Grape Halves	Carrot Sticks with Low-Fat Ranch Dressing	Apple Slices
Milk or Water	Orange Slices	Low/Fat-Free Milk and/or Water	Low/Fat-Free Milk and/or Water	Low/Fat-Free Milk and/or Water	Low/Fat-Free Milk and/or Water
<b>Lunch*</b>					
Grain	WG Roll	<b>WG Pita</b> from Pizza Kebab	WG Roll	WG Hamburger Bun	WG Brown Rice
Meat/Alt	<a href="#">FH Mini Salmon Loaves</a> <a href="#">CC Mini Salmon Loaves</a>	<a href="#">FH or CC Pizza Kebab</a>	<a href="#">FH Great Garden Soup</a> <a href="#">CC Great Garden Soup</a>	<a href="#">FH Barbecued Turkey or Chicken Salad</a> <a href="#">CH Barbecued Chicken</a>	<a href="#">FH Taco-Seasoned Stuffed Peppers</a> <a href="#">CC Taco-Seasoned Stuffed Peppers</a>
Veg	Steamed Carrots	Side Salad with Fresh Lettuce, Sliced Tomatoes, Radishes, and Cucumbers with Low-Fat Ranch Dressing	<b>Vegetables</b> from Great Garden Soup	Steamed Cauliflower	<b>Peppers</b> from Taco Stuffed Peppers
Fruit	Apple Slices	Orange Slices	Apple Slices	Peach Slices	Grape Halves
Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk

\***Legumes** are the Harvest of the Month for April 2024. All meals including **legumes** are indicated in **green**.

\*Resources: [Child and Adult Breakfast Table \(azureedge.us\)](#), [Child and Adult Snack Table \(azureedge.us\)](#), and [Child and Adult Lunch and Supper Table \(azureedge.us\)](#).

\* FH = Family Childcare Homes with recipes for 6 servings; CC = Childcare Centers with recipes for 25 to 50 serving

## Week 3 of April 2024 Menu Sample

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast*</b>					
Grain	<a href="#">FH Easy Overnight Oats and Berries</a> <a href="#">CC Spiced Oatmeal</a>	<b>WG Grits</b> with Reduced Fat Cheese	<a href="#">FH Fruit and Yogurt Roll-Ups</a> <a href="#">CC Fruit and Yogurt Roll-Ups</a>	WG Oatmeal	<b>WG Breakfast Cereal</b> or <b>Low-Sugar Cereal</b>
Meat/Alt	N/A	<b>Reduced Fat Cheese</b> from WG Grits	N/A	N/A	N/A
Veg or Fruit	Cantaloupe Cubes	Apple Slices	Cantaloupe Cubes	Peach Slices	Strawberries
Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk
<b>Snack*</b>					
Grain	N/A	WG Crackers	WG Graham Crackers	N/A	WG Mini Pretzels
Meat/Alt	Low-Fat Cottage Cheese	Low-Fat Cheese Sticks	Sunflower Butter	Beet Hummus	N/A
Veg or Fruit	Celery Sticks	N/A	N/A	Carrots	Pepper Slices
Milk or Water	Low/Fat-Free Milk and/or Water	Low/Fat-Free Milk and/or Water	Low/Fat-Free Milk and/or Water	Low/Fat-Free Milk and/or Water	Low/Fat-Free Milk and/or Water
<b>Lunch*</b>					
Grain	<b>Brown Rice</b> from <a href="#">FH Cuban Black Beans and Rice</a> <b>Tortilla</b> from <a href="#">CC Fiesta Wrap</a>	<b>WG Pita</b> from Mediterranean Tuna Salad	Brown Rice	Cornbread	WG Bread Stick
Meat/Alt	<b>FH Cuban Black Beans and Rice</b> <b>CC Fiesta Wrap</b>	<a href="#">FH Mediterranean Tuna Salad</a> <a href="#">CC Mediterranean Tuna Salad</a>	<a href="#">FH Chinese Style Vegetables with Tofu</a> <a href="#">CC Baked Tofu Bites</a>	<b>FH Greens and Beans Soup</b> <b>CC Greens and Beans Soup</b>	<a href="#">FH or CC Italian Chicken &amp; Veggie Sheet Pan</a>
Veg	<a href="#">FH Corny Salsa with Tortilla Chips</a> <a href="#">CC Corny Salsa with Tortilla Chips</a>	<a href="#">FH Local Harvest Bake</a> <a href="#">CC Local Harvest Bake</a>	<b>FH and CC</b> Steamed Cauliflower <b>FH Vegetables</b> from Chinese Style Vegetables with Tofu	Steamed Carrot Sticks	<b>Vegetables</b> from the Italian Chicken & Veggie Sheet Pan
Fruit	Raspberries	Plum Slices	Apple Slices	Pineapple Tidbits	Pear Slices
Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	<b>Brown Rice</b> from Bean Burrito Bowl	Low/Fat-Free Milk

## Week 4 of April 2024 Menu Sample

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast*</b>					
Grain	<a href="#">FH Cheesy Egg, Sausage, and Potato Casserole</a> <a href="#">CC Cheesy Egg, Sausage, and Potato Casserole</a>	WG Cereal	<a href="#">FH Easy Whole Wheat Drop Biscuits</a> <a href="#">CC Pancakes</a>	<a href="#">WG Bagel with Cream Cheese</a>	N/A
Meat/Alt	N/A	N/A	Scrambled Eggs	N/A	<b>FH Breakfast Black Beans with Eggs</b> <b>CC Breakfast Burrito with Salsa</b>
Veg or Fruit	Apple Slices	Raspberries	Blueberries	Grape Halves	Banana
Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk
<b>Snack*</b>					
Grain	N/A	<a href="#">Oatmeal Muffin Square (Page 98)</a>	<a href="#">FH Dried Fruit and Cereal Snack Mix</a> <a href="#">CC Dried Fruit and Cereal Snack Mix</a>	WG Corn Tortilla Chips	WG Graham Crackers
Meat/Alt	Sunflower Butter	<b>Yogurt</b> in the Oatmeal Muffin Square	N/A	N/A	Vanilla Yogurt
Veg or Fruit	Apple Slices	Blueberries	Fruit from Dried Fruit and Cereal Snack Mix	Salsa	Strawberries
Milk or Water	Low/Fat-Free Milk and/or Water	Low/Fat-Free Milk and/or Water	Low/Fat-Free Milk and/or Water	Low/Fat-Free Milk and/or Water	Low/Fat-Free Milk and/or Water
<b>Lunch*</b>					
Grain	WG Hamburger Bun	WG Bun	Brown Rice	WG Bread Stick	<b>Rice from</b> Hoppin' John
Meat/Alt	<a href="#">FH Barbecued Turkey or Chicken Salad</a> <a href="#">CH Barbecued Chicken</a>	<a href="#">FH or CC Ham Pasta Salad</a>	<a href="#">FH Sauteed Tempeh with Vegetables</a> <a href="#">CC Sauteed Tempeh with Vegetables</a>	<a href="#">FH Meatballs and Marinara</a> <a href="#">CC Meatballs and Marinara</a>	<b>FH Hoppin' John (Black Eyed Peas and Rice)</b> <b>CC Hoppin' John (Black Eyed Peas and Rice)</b>
Veg	Steamed Cauliflower	Steamed Green Beans	Steamed Carrots	Steamed Broccoli	Side Salad with Fresh Lettuce, Sliced Tomatoes, Radishes, and Cucumbers with Low-Fat Ranch Dressing
Fruit	Peach Slices	Apple Slices	Pineapple Tidbits	Pear Slices	
Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk