

Early Care and Education (ECE) Site Winter Menu Samples for 3-5 Year Old Children December 2023 🎯 Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast*					
Grain	FH Easy Overnight Oats and Berries CC Spiced Oatmeal	Whole Grain (WG) Cereal	FH Easy Whole Wheat Drop Biscuits CC Pancakes	WG Breakfast Cereal or Low-Sugar Cereal	WG Grits with Reduced Fat Cheese
Meat/Alt	N/A	N/A	Scrambled Eggs	N/A	Reduced Fat Cheese in WG Grits with Reduced Fat Cheese
Veg or Fruit	Cantaloupe Cubes	Raspberries	Blueberries	Strawberries	Apple Slices
Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk
Snack*					
Grain	WG Tortilla Chips	N/A	WG Pita Chips	WG Crackers	N/A
Meat/Alt/Other	N/A	Cottage Cheese	Hummus	Low-Fat Cheese Sticks	Sunflower Butter
Veg or Fruit	Salsa	Kiwi, Blueberries, and Strawberries	N/A	Grapes Halved	N/A
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
Lunch*					
Grain	WG Roll	FH Bok Choy Wrappers CC Bok Choy Wrappers	WG Tortilla from FH Chicken Fajita CC Whole Grain Tortilla Chips	WG Bread from FH Grilled Cheese, Ham, and Tomato Sandwich CC Grilled Cheese, Ham, and Tomato Sandwich	FH WG Tortilla CC Brown Rice
Meat/Alt	FH Asian Tuna Burgers CC Asian Salad Chicken in Asian Salad	Chicken from Bok Choy Wrappers	CC Taco Soup Chicken from FH Chicken Fajita	Grilled Cheese, Ham, and Tomato Sandwich	FH Ground Turkey and Beef Spanish Rice CC Ground Turkey Wraps or Pinwheels
Veg	Steamed Broccoli	Steamed Green Beans	Fresh Side Salad with Lettuce, Tomatoes and Cucumber with Low Fat Ranch Dressing	FH Squash Casserole CC Broccoli Bites	Steamed Carrots
Fruit	Peach Slices	Apple Slices	Cantaloupe Cubes	Pineapple Tidbits	Grapes Halved
Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk

*Lettuce are the Harvest of the Month for December 2023. All meals including lettuce 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 Home with recipes for 6 servings, CC = Childcare Centers with recipes for 25 to 50 serving

Week 2 of December 2023 Menu Sample

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast *					
Grain	FH Mango Smoothie Bowl with Granola CC Granola	WG Grits with Reduced Fat Cheese	Waffles from FH Strawberry and Waffle Kebabs With Maple-Yogurt Dip Waffles from CC Strawberry and Waffle Kebabs with Maple-Yogurt Dip	WG Oatmeal	WG Breakfast Cereal or Low-Sugar Cereal
Meat/Alt	N/A	Reduced Fat Cheese from WG Grits	Low-Fat Yogurt from Strawberry and Waffle Kebabs with Maple-Yogurt Dip	N/A	N/A
Veg or Fruit	Mango from FH Smoothie Bowl Mixed Berries from CC Granola	Apple Slices	Strawberries from Strawberry and Waffle Kebabs with Maple-Yogurt Dip	Peach Slices	Strawberries
Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk
Snack*					
Grain/Other	N/A	WG Crackers	WG Graham Crackers	N/A	WG Mini Pretzels
Meat/Alt	Low-Fat Cottage Cheese	Low-Fat Cheese Sticks	Sunflower Butter	Hummus	N/A
Veg or Fruit	Carrots Sticks	N/A	N/A	Snap Peas	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
Lunch*					
Grain	Brown Rice	WG Corn Tortilla from Cheesy Bean Tostada	WG Roll	Brown Rice	FH WG Crackers CC Cornbread
Meat/Alt	FH Beef Picadillo CC Beef Picadillo	FH Cheesy Bean Tostada CC Cheesy Bean Tostada	FH Chic' Penne CC Chic' Penne	FH Orange Chicken Lettuce Boat (Page 15) CC Chicken or Turkey Pot Pie	FH Bean Soup CC Vegetable Chili
Veg	Steamed Green Beans	Fresh Side Salad with Lettuce, Tomato, and Cucumber with Low-Fat Ranch	Steamed Broccoli	Steamed Broccoli	Fresh Side Salad with Fresh Lettuce, Shredded Carrots, Cucumbers, and Low-Fat Ranch Dressing
Fruit	Apple Slices	Peach Slices	Pineapple Tidbits	Pear Slices	Mango Slices
Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk

Week 3 of December 2023 Menu Sample

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast*					
Grain	FH Spiced Oatmeal CC Breakfast Muffins	WG Cereal	FH Cheesy Egg, Sausage, and Potato Casserole CC Cheesy Egg, Sausage, and Potato Casserole	WG Toast	WG Mini Bagel
Meat/Alt	N/A	N/A	N/A	Low-Fat Yogurt	Sunflower Butter
Veg or Fruit	Banana	Peaches	Apple Slices	Strawberries	Raspberries
Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk
Snack*					
Grain	N/A	WG Granola	WG Crackers	WG Graham Crackers	WG Animal Crackers
Meat/Alt	Sunflower Butter	Low-Fat Yogurt	Low-Fat Cheese	Cottage Cheese	N/A
Veg or Fruit	Apple Slices	Blueberries	Raspberries	Orange Slices	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
Lunch*					
Grain	FH WG Crackers CC Cornbread	Brown Rice from Bean Burrito Bowl	Naan Bread from FH Chicken Flatbread Pizza WG Pizza Dough from CC Pizza Cup with Ground Pork Topping	Tortilla from Turkey Wrap	WG Bread Stick
Meat/Alt	FH Bean Soup CC Vegetable Chili	FH Bean Burrito Bowl CC Bean Burrito Bowl	Chicken from FH Chicken Flatbread Pizza Ground Pork from CC Pizza Cup with Ground Pork Topping	FH Ground Turkey Wrap CC Ground Turkey Wrap	FH Taco Soup CC Chicken or Turkey Rice Soup
Veg	Side Salad with Fresh Lettuce, Shredded Carrots, Cucumbers, and Low-Fat Ranch Dressing	Steamed Carrot Sticks	FH Cool Cucumber and Tomato Salsa (Page 27) CC Salad Shaker	Steamed Snap Peas	Vegetables from the Chicken or Turkey Vegetable Soup
Fruit	Orange Slices	Pineapple Tidbits	Apple Slices	Plum Slices	Pear Slices
Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk

Week 4 of 2023 December Menu Sample

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast*					
Grain	FH Easy Whole-Wheat Drop Biscuits CC Pancakes	WG English Muffin	WG Cereal	WG Toast	Oatmeal
Meat/Alt	Scrambled Eggs	Sunflower Butter	N/A	Low-Fat Yogurt	N/A
Veg or Fruit	Blueberries	Raspberries	Banana	Blueberries	Apple Slices
Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk
Snack*					
Grain	WG Mini Pretzels	N/A	WG Animal Crackers	WG Crackers	WG Tortilla Chips
Meat/Alt	Hummus	Cottage Cheese	N/A	Low-Fat Cheese Cubes	N/A
Veg or Fruit	N/A	Carrot Sticks with Low-Fat Ranch Dressing	Strawberries	Apple Slices	N/A
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
Lunch*					
Grain	WG Roll	WG Bread Stick	WG Roll from FH Tuna Salad on a Whole Grain Roll WG Pita from CC Mediterranean Tuna Salad	Brown Rice from FH Cuban Black Beans and Rice Tortilla from CC Fiesta Wrap	WG Tortilla from Cheese Quesadilla with Sautéed Bell Peppers
Meat/Alt	FH Baked Tofu Bites CC Southwest Tofu Scramble	FH Roasted Spaghetti Squash with Tomato Sauce CC Roasted Spaghetti Squash with Tomato Sauce	Tuna Salad	Beans from FH Cuban Black Beans and Rice Beans from CC Fiesta Wrap	Low-Fat Cheese from Cheese Quesadilla with Sautéed Bell Peppers
Veg	Steamed Carrots	Steamed Broccoli	Steamed Carrots	Fresh Side Salad with Lettuce, Tomato, Cucumber with Low-Fat Ranch	Sautéed Bell Peppers from Cheese Quesadilla with Sautéed Bell Peppers
Fruit	Pineapple Tidbits	Pineapple Tidbits	Watermelon	Raspberries	Apple Slices
Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk



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