



Early Care and Education (ECE) Site Winter Menu Samples for 3-5 Year Old Children January 2024 🍌 Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast*					
Grain	FH Easy Whole Wheat Drop Biscuits CC Pancakes	Whole Grain (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	N/A	N/A	WG English Muffin	N/A	N/A
Meat/Alt/Other	Low-Fat Cottage Cheese	Vanilla Low-Fat Yogurt	Sunflower Butter	Low-Fat Cheese Cubes	Breakfast Banana Split (Page 102)
Veg or Fruit	Grape Halves	Mixed Berries	Orange Slices	Apple Slices	Fruit from Banana Split
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 Bun	FH Brown Rice Pilaf CC Savory Rice Pilaf	FH WG Roll CC WG Bun	WG Garlic Bread	FH/CC Brown Rice (Serve soup over the brown rice.)
Meat/Alt	FH Mini Egg Salad Sandwiches CC Mini Egg Salad Sandwiches	FH Baked Tilapia Fish Fillet CC Baked Tilapia Fish Fillet	FH Barbeque Beef Salad CC Barbeque Beef Sliders	FH Parmesan Chicken Fingers CC Parmesan Chicken Fingers	FH Greens and Beans Soup CC Greens and Bean Soup
Veg	Carrot Sticks with Low-Fat Ranch	Steamed Green Beans	Fresh Side Salad with Spinach, Tomatoes, and Cucumber with Low Fat Ranch Dressing	Mixed Vegetables (Cauliflower, Broccoli, and Carrots)	Steamed Snap Peas
Fruit	Apple Slices	Peach 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

*Greens are the Harvest of the Month for January 2024. All meals including **greens** 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



This institution is an equal opportunity provider.
This material was funded by USDA's SNAP and other HealthMPowers partners.



Week 2 of January 2024 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/Other	N/A	WG Crackers	Graham Crackers	N/A	Mini Pretzels
Meat/Alt	Hummus	Low-Fat Cheese Sticks	Sunflower Butter	Low-Fat Cottage Cheese	N/A
Veg or Fruit	Snap Peas	N/A	N/A	Carrot Sticks with Low-Fat Ranch Dressing	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
Lunch*					
Grain	Brown Rice from FH Cuban Black Beans and Rice Tortilla from CC Fiesta Wrap	WG Flatbread Naan from Chicken Flatbread Pizza	Brown Rice from Chicken Curry Casserole	WG Croissant	FH WG Crackers CC Cornbread
Meat/Alt	Beans from FH Cuban Black Beans and Rice Beans from CC Fiesta Wrap	FH Chicken Flatbread Pizza CC Chicken Flatbread Pizza	FH Chicken Curry Casserole CC Chicken Curry Casserole	FH Crabby Sandwich CC Crabby Sandwich	FH Cheesy Bean Tostada CC Cheesy Bean Tostada
Veg	FH Corny Salsa with Tortilla Chips CC Corny Salsa with Tortilla Chips	Fresh Side Salad with Fresh Lettuce, Shredded Carrots, Cucumbers, and Low-Fat Ranch Dressing	Steamed Broccoli	Steamed Carrots with Low-Fat Ranch	Steamed Green Beans
Fruit	Raspberries	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 January 2024 Menu Sample

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast*					
Grain	FH Mango Smoothie Bowl with Granola CC Granola	WG Grits with Reduced Fat Cheese	WG Waffles	WG Oatmeal	WG Breakfast Cereal or Low-Sugar Cereal
Meat/Alt	N/A	Reduced Fat Cheese from WG Grits	Low-Fat Yogurt	N/A	N/A
Veg or Fruit	Mango from FH Smoothie Bowl Mixed Berries from CC Granola	Apple Slices	Strawberries	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	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	WG Roll	WG Crackers	Brown Rice	Tortilla from Turkey Wrap	WG Bread Stick
Meat/Alt	FH Baked Tilapia Fish Fillets CC Baked Tilapia Fish Fillets	FH Curried Chicken Wrap CC Curried Chicken Wrap	FH Chinese Style Vegetables with Tofu CC Baked Tofu Bites	FH Ground Turkey Wrap CC Ground Turkey Wrap	FH Taco Soup CC Chicken or Turkey Rice Soup
Veg	FH Collard Greens CC Greens and Bean Soup	Steamed Carrot Sticks	Vegetables from FH Chinese Style Vegetables with Tofu CC Curry Vegetables	Steamed Snap Peas	Vegetables from the Taco, Chicken, or Turkey Rice 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 January 2024 Menu Sample

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast*					
Grain	FH Easy Overnight Oats and Berries CC Spiced Oatmeal	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	N/A	Oatmeal Muffin Square (Page 98)	WG Crackers	WG Corn Tortilla Chips	Graham Crackers
Meat/Alt	Sunflower Butter	Yogurt in the Oatmeal Muffin Square	Cheese	N/A	Low-Fat Yogurt
Veg or Fruit	Apple Slices	Blueberries	Raspberries	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
Lunch*					
Grain	WG Pita	WG Bread Stick	WG Bread from FH Grilled Cheese, Ham, and Tomato Sandwich CC Grilled Cheese, Ham, and Tomato Sandwich	FH Lemon Blueberry Corn Muffin CC Cornbread	Naan Bread from FH Chicken Flatbread Pizza WG Pizza Dough from CC Pizza Cup with Ground Pork Topping
Meat/Alt	FH Mediterranean Tuna Salad CC Mediterranean Tuna Salad	FH Beef Goulash CC Beef Goulash	FH/CC Grilled Cheese, Ham, and Tomato Sandwich	FH Barbecued Turkey or Chicken Salad CC Barbecued Chicken	Chicken from FH Chicken Flatbread Pizza Ground Pork from CC Pizza Cup with Ground Pork Topping
Veg	Steamed Snap Peas	Steamed Broccoli	Steamed Carrot Sticks with Low-Fat Ranch	FH Collard Greens CC Collard Greens	FH Cool Cucumber and Tomato Salsa (Page 27) CC Salad Shakers
Fruit	Grape Halves	Apple Slices	Pineapple Tidbits	Peach Slices	N/A
Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk