



**Early Care and Education (ECE) Site Fall Menu Samples for 3-5 Year Old Children
November 2023 🍁 Week 1**

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast*					
Grain	Whole Grain (WG) English Muffin	WG Cereal	N/A	FH Easy Overnight Oats and Berries CC Spiced Oatmeal	WG Grits with Reduced Fat Cheese
Meat/Alt	N/A	N/A	Family Home (FH) Breakfast Black Beans with Eggs Childcare (CC) Breakfast Burrito with Salsa	N/A	N/A
Veg or Fruit	Strawberries	Raspberries	Banana	Cantaloupe Cubes	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	WG Pretzel Sticks	N/A	WG Crackers	
Meat/Alt/Other	N/A	Cottage Cheese	Hummus	Low-Fat Cheese Sticks	Sunflower Butter
Veg or Fruit	Salsa	Kiwi, Blueberries, and Strawberries	Orange Slices	Raw Pepper Slices with Low-Fat Ranch	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 Tostadas from Bean Tostadas	WG Bread Stick	WG Elbow Macaroni from Macaroni and Cheese 	FH Arroz Con Pollo (WG Rice with Chicken) <u>CC Arroz Con Pollo</u>
Meat/Alt	Chicken Alfredo With A Twist (Page 77)	Bean Tostada	Baked Tilapia Fish Fillets	Low-Fat Cheese from FH Macaroni and Cheese CC Macaroni and Cheese	Chicken from Arroz Con Pollo
Veg	Steamed Broccoli	Steamed Green Beans	 FH Orange Glazed Sweet Potatoes CC Orange Glazed Sweet Potatoes	CC Broccoli Bites FH Squash Casserole	Side Salad with Fresh Lettuce, Carrots, and Cucumbers with Low-Fat Dressing
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

*Sweet Potatoes are the Harvest of the Month for November 2023. All meals including sweet potatoes are indicated in **orange**.

*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 servings.

Week 2 of November 2023 Menu Sample

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast *					
Grain	FH Berry Medley and Quinoa Breakfast Bake CC Oatmeal Muffin Square	WG Grits with Reduced Fat Cheese	FH Easy Whole-Wheat Drop Biscuits CC Pancakes	WG Oatmeal	WG Breakfast Cereal or Low-Sugar Cereal
Meat/Alt	N/A	Reduced Fat Cheese from WG Grits with Reduced Fat Cheese	Scrambled Eggs	N/A	N/A
Veg or Fruit	Berries from FH Breakfast Bake Berries for CCs	Apple Slices	Blueberries	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	WG Bun	WG Rice from Cuban Black Beans and Rice	WG Roll	Brown Rice	FH WG Crackers CC Cornbread
Meat/Alt	FH or CC Barbeque Beef Sliders	FH Black Beans and Plantain CC Cuban Black Beans and Rice	FH Baked Tofu Bites CC Southwest Tofu Scramble	FH Orange Chicken Lettuce Boat (Page 15) CC Sweet and Sassy Chicken	FH Bean Soup CC Vegetable Chili
Veg	Steamed Green Beans	FH Baked Sweet Potatoes and Apples CC Baked Sweet Potatoes and Apples	Steamed Carrots	Steamed Broccoli	Side Salad with Fresh Lettuce, Shredded Carrots, Cucumbers, and Low-Fat Ranch Dressing
Fruit	Apple Slices	Green Beans	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 November 2023 Menu Sample

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast*					
Grain	FH Spiced Oatmeal CC Breakfast Muffins	WG Cereal	FH Roasted Sweet Potato Hash CC Roasted Sweet Potatoes and Turkey	WG Toast	WG Mini Bagel
Meat/Alt	N/A	N/A	Scrambled Eggs	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	WG Tortilla from Purple Power Bean Wrap	Brown Rice from Bean Burrito Bowl	WG Croissants from FH Crabby Sandwich Wheat Rolls from CC Tuna Salad on a Wheat Roll	Brown Rice from FH Cuban Black Beans and Rice or CC Cuban Black Beans and Rice	WG Bread Stick
Meat/Alt	FH Purple Power Bean Wrap CC Purple Power Bean Wrap	FH Bean Burrito Bowl CC Bean Burrito Bowl	Surimi Seafood (Imitation Crab) from FH Crabby Sandwich Tuna Salad from CC Tuna Salad on a Wheat Roll	Black Beans from Cuba Black Beans and Rice	FH Chicken or Turkey Vegetable Soup CC Chicken or Turkey Rice Soup
Veg	Side Salad with Fresh Lettuce, Sliced Tomatoes, and Cucumbers with 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 November 2023 Menu Sample

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast*					
Grain	Waffles from FH Strawberry and Waffle Kebabs With Maple-Yogurt Dip CC WG Waffle	WG English Muffin	WG Cereal	WG Toast	Oatmeal
Meat/Alt	Low-Fat Yogurt from Strawberry and Waffle Kebabs with Maple-Yogurt Dip	Scrambled Eggs	N/A	Low-Fat Yogurt	N/A
Veg or Fruit	Strawberries from Strawberry and Waffle Kebabs with Maple-Yogurt Dip Strawberries for CCs	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 Tortillas and Quinoa from FH Fiesta Wrap Brown Rice from CC Bean Burrito Bowl	WG Roll	WG Tortilla from Cheese Quesadilla with Sautéed Bell Peppers
Meat/Alt	FH Turkey and Dressing Supreme CC Turkey and Dressing Supreme	FH Sweet Potato and Black Bean Stew CC Sweet Potato and Black Bean Stew	Beans from FH Fiesta Wrap or CC Bean Burrito Bowl	FH Pumpkin With Chicken Vegetable Soup (Page 13) Grilled Chicken	Low-Fat Cheese from Cheese Quesadilla with Sautéed Bell Peppers
Veg	Green Beans	Steamed Broccoli	Steamed Carrots	Mixed Vegetables from the Pumpkin with Chicken Vegetable or CC Sweet Potato and Black Bean Soup	Sautéed Bell Peppers from Cheese Quesadilla with Sautéed Bell Peppers
Fruit	Apple Slices	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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