

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast*					
Grain	Whole Grain (WG) English Muffin	WG Cereal	Maple Baked French Toast Squares	WG Bagel	Grits with Reduced Fat Cheese
Meat/Alt	N/A	N/A		Scrambled Eggs	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	Granola from Breakfast Banana Split (Page 102)	Pretzel Sticks	N/A	WG Crackers
Meat/Alt/Other	Bulgur from Tabbouleh	Low-Fat Yogurt from Breakfast Banana Split	Sunflower Butter	Low-Fat Cheese Cubes	Hummus
Veg or Fruit	Vegetables in Tabbouleh	Bananas and Pineapples from Breakfast Banana Split	Orange Slices	Raw Pepper 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 Tortilla with Turkey and Low-Fat Cheddar Cheese	WG Bread Stick	WG Elbow Macaroni from Macaroni and Cheese	WG Meatball Submarine Rolls
Meat/Alt	Chicken Alfredo With A Twist (Page 77)	Turkey and Cheddar Cheese in the Tortilla Roll	Oven Fried Chicken (Page 64)	Cheese from Macaroni and Cheese	Meatballs with Marinara and Low-Fat Mozzarella Cheese
Veg	Steamed Broccoli	Sautéed Peppers	Steamed Green Beans	Baked Okra Chips with Dipping Sauce (Page 27)	Salad Lettuce, Carrots, and Cucumber 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

Week 2 of September 2023 Menu Sample

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast *					
Grain	Breakfast Muffins	Grits with Reduced Fat Cheese	Pumpkin Patch Muffin (Page 60)	Oatmeal	WG Breakfast Cereal or Low-Sugar Cereal
Meat/Alt	N/A	N/A	N/A	N/A	N/A
Veg or Fruit	Strawberries	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	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	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 Roll	WG Bun	Brown Rice	Cornbread
Meat/Alt	Beef Stir Fry	Volcanic Meatloaf	Mini Turkey Burgers	Orange Chicken Lettuce Boat (Page 15)	Vegetable Chili
Veg	Broccoli and Carrots in Beef Stir Fry	Mashed Potatoes	Carrot Raisin Salad	Steamed Green Beans	Side Salad with 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

*Peppers are the Harvest of the Month for October 2023. All meals including peppers 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 \(azureedge.us\)](#).

Week 3 of September 2023 Menu Sample

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast*					
Grain	Granola Cereal from Breakfast Banana Split (Page 40)	WG Cereal	WG Breakfast Porridge (Farina)	Granola	WG Mini Bagel
Meat/Alt	Low-Fat Yogurt from Breakfast Banana Split	N/A	N/A	Greek Yogurt from Strawberry Smoothie Bowl	Sunflower Butter
Veg or Fruit	Bananas and Pineapples from Breakfast Banana Split	Peaches	Apple Slices	Strawberries from Strawberry Smoothie Bowl	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	Oatmeal Muffin Square (Page 98)	WG Crackers	WG Corn Tortilla Chips	Graham Crackers
Meat/Alt	Sunflower Butter	Yogurt from Oatmeal Muffin Square	Cheese	Black Bean Hummus (Page 67)	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 Hard Corn Shells	Tortilla from Pepper Chicken Wrap (Page 11)	Whole Wheat Bread from Whole Wheat Toasted Reduced-Fat Cheese Sandwich (Page 86)	WG Bread Stick	WG Pizza Dough from Pizza Cup
Meat/Alt	Chicken Fajita	Pepper Chicken Wrap (Page 11)	Reduced-Fat Cheese Sandwich	Cuban Black Beans and Rice	Pizza Cup with Cheese
Veg	Cool Cucumber and Tomato Salsa (Page 27)	Steamed Carrot Sticks	Side Salad with Fresh Lettuce, Sliced Tomatoes, and Cucumbers with Low-Fat Ranch Dressing	Steamed Snap Peas with Low-Fat Ranch	Orange Winter Salad (Page 15)
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 September 2023 Menu Sample

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast*					
Grain	WG Bagel in Strawberry Smile (Page 23)	WG English Muffin	WG Cereal	WG Toast	Spiced Oatmeal
Meat/Alt	Yogurt or Sunflower Seed Butter	Scrambled Eggs	N/A	Quiche with Self-Forming Crust	N/A
Veg or Fruit	Strawberries/Blueberries in Strawberry Smile	Raspberries	Banana	Mango Slices	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	Mini Pretzels	N/A	Animal Crackers	Cheese with WG Tortilla	Graham Crackers
Meat/Alt	Hummus	Cottage Cheese	N/A	Cheese with WG Tortilla	Yogurt Dipped Blueberries (Page 25)
Veg or Fruit	N/A	Carrot Sticks with Low-Fat Ranch Dressing	Strawberries	Apple Slices	Blueberries
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	Turkey and Dressing Supreme is 2 oz. of grain	WG Pita from Chicken Pita Sandwich (Page 42)	WG Bread	WG Roll	Tortilla in Quesadilla
Meat/Alt	Turkey and Dressing Supreme	Chicken Pita Sandwich (Page 42)	Sliced Turkey Breast Lunch Meat	Pumpkin With Chicken Vegetable Soup (Page 13)	Cheese Quesadilla
Veg	Green Beans	Steamed Carrots	Fresh Lettuce and Sliced Tomatoes	Mixed Vegetables in the Pumpkin With Chicken Vegetable Soup	Sautee 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