

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast*					
Grain	Breakfast Muffins	Whole Grain (WG) Cereal	WG Toast	Whole Wheat Pancakes (Page 41)	Fun Fruit Breakfast Pizza
Meat/Alt	N/A	N/A	Boiled Eggs	N/A	N/A
Veg or Fruit	Pear Slices	Raspberries	Banana	Cranberries	Fruit from Fun Fruit Breakfast Pizza
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 Roll	WG Tortilla with Turkey and Low-Fat Cheddar Cheese	WG Bread Stick	Barbecued Chicken	WG Tortilla in Quick Quesadilla
Meat/Alt	Oven-Fried Chicken	Turkey and Cheddar Cheese in the Tortilla Roll	Spaghetti with Meat Sauce	Quick Baked Sweet Potatoes	Black Beans in the Whole Grain Tortilla
Veg	Mashed Potatoes	Steamed Carrots	Steamed Broccoli	Steamed Green Beans	<ul style="list-style-type: none"> • Spinach in the Whole Grain Tortilla • Steamed Carrots
Fruit	Apple Slices	Peach Slices	Cantaloupe Cubes	Pear Slices	Apple Slices
Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk



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

Learn more at: HealthMPowers.org



Week 2 of September 2023 Menu Sample

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast*					
Grain	WG English Muffin	Grits with Reduced Fat Cheese	Oatmeal Muffin Square (Page 98)	Fantabulous French Toast	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	Banana	Mandarin Oranges
Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk
Snack*					
Grain/Other		WG Crackers	Graham Crackers		Mini Pretzels
Meat/Alt	Hummus	Low-Fat Cheese Sticks	Sunflower Butter	Low-Fat Cottage Cheese	
Veg or Fruit	Snap Peas			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	WG Roll	WG Bun	WG Elbow Macaroni in the Macaroni in Cheese	Cornbread
Meat/Alt	Beef Stir Fry	Volcanic Meatloaf	Mini Turkey Burgers	Macaroni and Cheese	Chili Con Carne With Beans
Veg	Broccoli and Carrots in Stir Fry	Mashed Potatoes	Green and Red Cabbage, Carrots, and Radishes from Crunchy Apple Slaw (Harvest of the Month Recipe)	Steamed Broccoli Florets	Side Salad with Lettuce, Shredded Carrots, Cucumbers and Low-Fat Ranch Dressing
Fruit	Apple Slices	Green Beans	Pineapple Tidbits	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 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	N/A	N/A	N/A	Strawberry Smoothie Bowl	Sunflower Butter
Veg or Fruit	Banana	Peaches	Apple Slices	Strawberries from the 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 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 Roll	WG Tortilla in the Chicken Burrito	Brown Rice	Cornbread	WG Pizza Dough from Pizza Cup
Meat/Alt	Beef Vegetable Soup	Chicken Burrito	Chili Con Carne With Beans	Barbecued Chicken	Pizza Cup with Cheese
Veg	Mixed Vegetables in the Beef Vegetable Soup	Steamed Carrot Sticks	Side Salad with Fresh Lettuce, Sliced Tomatoes and Cucumbers with Low-Fat Ranch Dressing	Collard Greens	Green and Red Cabbage, Carrots, and Radishes from Crunchy Apple Slaw (Harvest of the Month Recipe)
Fruit	Raspberries	Pineapple Tidbits	Apple Slices	Peach 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	Granola	WG English Muffin	WG Cereal	WG Pancakes (Page 41)	Spiced Oatmeal
Meat/Alt	Yogurt Parfait (Page 32)	Scrambled Eggs	N/A	N/A	N/A
Veg or Fruit	Strawberries	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	Low-Fat Yogurt
Veg or Fruit	N/A	Carrot Sticks with Low-Fat Ranch Dressing	Strawberries	Apple Slices	Blueberries (Fresh or Frozen and Thawed)
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 Pita from Chicken Pita Sandwich (Page 42)	WG Bread	WG Hard Corn Shells	WG Croissant
Meat/Alt	Vegetable Lasagna (Page 33)	Chicken Pita Sandwich (Page 42)	Sliced Turkey Breast Lunch Meat	Taco Meat Beef	Buffalo Ranch Chicken Salad Croissant
Veg	Green Beans	Steamed Carrots	Fresh Lettuce and Sliced Tomatoes	Avocado and Salsa	Celery Sticks
Fruit	Apple Slices	Pineapple Tidbits	Watermelon	Orange Slices	Banana Slices
Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk

*Apples are the Harvest of the Month for September 2023. All meals including apples are indicated in **pink**.

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