healthMpowers

Early Care and Education (ECE) Site Summer Menu Samples for 3–5-Year-Old Children

July 2024 🍽 Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast*					
Grain	Whole Grain (WG) Toast	**WG Bread** from WG Cheese Toast	WG Biscuit	WG Oatmeal	WG Waffles from Chicken and Waffles with **Peach Glaze**
Meat/Alt	FH Vegetable Frittata CC Vegetable Frittata	**Cheese** from WG Cheese Toast	FH Roasted Potato and Turkey Hash CC Turkey Sausage With Sweet Cran-Apple Topping	N/A	**FH Chicken and Waffles with Maple Peach Glaze** **CC Chicken and Waffles with Maple Peach Glaze**
Veg or Fruit	Blueberries	Apple Slices	Pineapple Slices	Peach Slices	**Peaches** from Chicken & Waffles with Peach Glaze
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	Dried WG Cereal	WG Mini Pretzels
Meat/Alt	Low-Fat Cottage Cheese	Low-Fat Cheese Sticks	Sunflower Butter	N/A	N/A
Veg or Fruit	Celery Sticks	N/A	N/A	Strawberries	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	**Tortilla** from Turkey Wrap	Brown Rice	**Brown Rice** from Bean Burrito Bowl	**WG Elbow Macaroni** from FH Macaroni and Cheese CC Macaroni and Cheese
Meat/Alt	FH Baked Tilapia Fish Fillets CC Baked Tilapia Fish Fillets	FH Ground Turkey Wrap CC Ground Turkey Wrap	FH Sauteed Tofu and Broccoli CC Baked Tofu Bites	FH Bean Burrito Bowl CC Bean Burrito Bowl	**Cheese** from Macaroni and Cheese
Veg	Steamed Cauliflower	Steamed Snap Peas	**FH Vegetables** from Chinese Style Vegetables with Tofu Add Cauliflower CC Steamed Cauliflower	Steamed Carrot Sticks	CC Broccoli Bites FH Squash Casserole
Fruit	Orange Slices	Plum Slices	Apple Slices	Pineapple Tidbits	Pineapple Tidbits
Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	**Brown Rice** from Bean Burrito Bowl	Low/Fat-Free Milk

*Peaches are the Harvest of the Month for July 2024. All meals including peaches are indicated in peach.*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 Childcare Homes with recipes for 6 servings; CC = Childcare Centers with recipes for 25 to 50 servings.

Week 2 of July 2024 Menu Sample

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast *					
Grain	WG Toast	**WG Grits** with Reduced Fat Cheese	FH Easy Whole Wheat Drop Biscuits CC Pancakes	WG Bagel with Cream Cheese	WG Toast
Meat/Alt	FH Quiche with Self-Forming Crust CC Quiche with Self-Forming Crust	**Reduced Fat Cheese** from WG Grits with Reduced Fat Cheese	Scrambled Eggs	Strawberry Yogurt	FH Quiche with Self-Forming Crust CC Quiche with Self-Forming Crust
Veg or Fruit	Banana Slices	Apple Slices	**Peach Slices**	Blueberries	Banana 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	WG Crackers	Mini Pretzels
Meat/Alt/ Other	Low-Fat Cottage Cheese	Vanilla Low-Fat Yogurt	Sunflower Butter	Low-Fat Cheese Sticks	Cheese stick
Veg or Fruit	Grape Cut in Half	Mixed Berries	Orange Slices	Strawberries	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	WG Roll	**Tostadas in Bean Tostada Recipe**	WG Bread Stick	**WG Elbow Macaroni** from FH Macaroni and Cheese CC Macaroni and Cheese	Rice from FH Arroz Con Pollo or CC Arroz Con Pollo (**Rice** with Chicken)
Meat/Alt	Chicken Alfredo with a Twist (Page 77)	FH Cheesy Bean Tostada CC Cheesy Bean Tostada	CC Baked Tilapia Fish Fillets	**Cheese** from Macaroni and Cheese	Chicken from FH Arroz Con Pollo CC Arroz Con Pollo (Rice with **Chicken**)
Veg	Steamed Broccoli	Side Salad with Fresh Lettuce, Carrots, Diced Tomatoes, and Cucumber with Low-Fat Dressing	FH Orange Glazed Sweet Potatoes CC Orange Glazed Sweet Potatoes	FH Squash Casserole CC Broccoli Bites	Steamed Green Beans
Fruit	Peach Slices	Apple Slices	Cantaloupe Cubes	Pineapple Tidbits	Grapes Cut in Half
Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk

Week 3 of July 2024 Menu Sample

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast*					
Grain	FH Southwest Tofu Scramble CC Breakfast Black Bean with Eggs	**WG Grits** with Reduced Fat Cheese	**WG Tortillas** from FH Fruit and Yogurt Roll-Ups or CC Fruit and Yogurt Roll-Ups	**FH Peachy Oatmeal Bake** **CH Peachy Oatmeal Bake**	WG Breakfast Cereal or Low-Sugar Cereal
Meat/Alt	N/A	**Reduced Fat Cheese** from WG Grits	**Yogurt** from Fruit and Yogurt Roll-Ups	N/A	**FH Peach Smoothie** **CC Peach and Yogurt Smoothie**
Veg or Fruit	Cantaloupe Cubes	Apple Slices	Cantaloupe Cubes	Peach Slices	**Peaches** from Smoothie
Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk
Snack*					
Grain	WG Crackers	WG Mini Bagel	WG Graham Crackers	WG Pretzel Sticks	WG Corn Tortilla Chips
Meat/Alt/ Other	Hummus	Sunflower Butter	Yogurt	Cheese Stick	N/A
Veg or Fruit	Carrot Sticks	Strawberries	Blueberries	Apple Slices	Salsa
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 Garlic Bread	**WG Pita** from Mediterranean Tuna Salad	WG Brown Rice	**Tortilla** from Turkey Wrap	Brown Rice
Meat/Alt	FH Easy Zucchini Lasagna CC Easy Zucchini Lasagna	FH Mediterranean Tuna Salad CC Mediterranean Tuna Salad	FH Baked Chicken CC Chicken Ratatouille	FH Ground Turkey Wrap CC Ground Turkey Wrap	FH Baked Tofu Bites CC Baked Tofu Bites
Veg	Side Salad with Fresh Lettuce, Diced Tomatoes, Radishes, and Cucumbers with Low-Fat Ranch Dressing	Roasted Eggplant	FH Italian Vegetable Medley (with Eggplant) CC Eggplant and Vegetables from Chicken Ratatouille	Steamed Snap Peas	**FH Vegetables** from Chinese Style Vegetables with Tofu (Add Cauliflower) CC Steamed Cauliflower
Fruit	Orange Slices	Plum Slices	Apple Slices	Plum Slices	Apple 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 July 2024 Menu Sample

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast*					
Grain	WG Toast	WG Cereal	FH Mango Smoothie Bowl with Granola CC Granola	FH Fruit and Yogurt Roll-Ups CC Fruit and Yogurt Roll-Ups	**WG Grits** with Reduced Fat Cheese
Meat/Alt	FH Spinach Egg Bake CC Spinach Egg Bake	N/A	N/A	N/A	**Reduced Fat Cheese** from WG Grits
Veg or Fruit	Apple Slices	Raspberries	**Mango** from FH Smoothie Bowl **Mixed Berries** from CC Granola	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	N/A	WG Crackers	WG Graham Crackers	N/A	WG Mini Pretzels
Meat/Alt	Low-Fat Cottage Cheese	Low-Fat Cheese Sticks	Sunflower Butter	CC Hummus	N/A
Veg or Fruit	Pepper Slices	N/A	N/A	Celery Sticks	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	WG Pita	WG Roll	WG Hamburger Bun	WG Bread Stick	**Rice** from Hoppin' John
Meat/Alt	FH Turkey Burgers with Tzatziki Sauce CC Turkey Burgers with Tzatziki Sauce	FH Chic' Penne CC Chic' Penne	FH Barbecued Turkey or Chicken Salad CH Barbecued Chicken	FH or CC Italian Chicken & Veggie Sheet Pan	FH Hoppin' John (Black Eyed Peas and Rice) CC Hoppin' John (Black Eyed Peas and Rice)
Veg	Chopped Tomatoes, Cucumbers, and Onions with Low-Fat Italian Dressing	Broccoli in Chic' Penne	Steamed Cauliflower	**Vegetables** from the Italian Chicken & Veggie Sheet Pan	Side Salad with Fresh Lettuce, Diced Tomatoes, Radishes, and Cucumbers with Low-Fat Ranch Dressing
Fruit	Grape Cut in Half	**Peach Slices**	Apple Slices	Pear Slices	Strawberries
Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk

SNAP Supplemental Nutrition Assistance Program

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