healthMpowers

Early Care and Education (ECE) Menu Samples for 3- to 5-Year-Old Children
August 2024 | Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast*					
Grain	FH Easy Overnight Oats and Berries CC Spiced Oatmeal	FH Easy Whole Wheat Drop Biscuits CC Pancakes	**Whole Grain (WG) Grits** with Reduced Fat Cheese	WG Oatmeal	WG Breakfast Cereal or Low-Sugar Cereal
Meat/Alt	N/A	Scrambled Eggs	**Reduced Fat Cheese** from WG Grits with Reduced Fat Cheese	N/A	N/A
Veg or Fruit	**Berries** from Easy Overnight Oats	Blueberries	**Chopped Cantoloupe**	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	FH Herb Bagel Bites CC Herb Bagel Bites	WG Graham Crackers	N/A	WG Mini Pretzels
Meat/Alt	Low-Fat Cottage Cheese	Low-Fat Cheese Sticks	Sunflower Butter	**Hummus** from FH Savory Hummus Dip with Veggies CC Savory Hummus Dip with Veggies	N/A
Veg or Fruit	Celery Sticks	N/A	N/A	**Broccoli and Carrots** from Savory Hummus Dip with Veggies	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** from FH Mini Egg Salad Sandwiches CC Mini Egg Salad Sandwiches	**WG Crackers** from FH Deli Bento Box - WG Crackers CC Deli Bento Box - WG Crackers	**WG Bun** from FH Barbeque Beef Sliders CC Barbeque Beef Sliders	WG Bread Stick	WG Roll
Meat/Alt	**Egg Salad** from Mini Egg Salad Sandwiches	**Turkey and Cheese** from Deli Bento Box - Turkey and Cheese	Barbeque Beef	FH or CC Italian Chicken & Veggie Sheet Pan	FH Chic' Penne CC Chic' Penne
Veg	Steamed Cauliflower	Celery Sticks	Lettuce, Tomatoes Chopped, and Cucumbers with Low Fat Ranch	**Vegetables** from Italian Chicken & Veggie Sheet Pan	**Broccoli** from Chic' Penne
Fruit	Orange Slices	Grapes	Apple Slices	Pear Slices	**Chopped Watermelon**
Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk

***Melons** are the Harvest of the Month for March 2024. All meals including **melons** 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 Childcare Homes with recipes for 6 servings; CC = Childcare Centers with recipes for 25 to 50 servings.

SNAP Supplemental Nutrition Assistance Program

This institution is an equal opportunity provider.
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Georgia SNAP-Ed

Week 2 of August 2024 Menu Sample

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast *					
Grain	**WG Tortilla** from FH Fruit and Yogurt Roll-Ups CC Fruit and Yogurt Roll-Ups	WG Cereal	FH Berry Medley and Quinoa Breakfast Bake CC Oatmeal Muffin Square	WG Oatmeal	WG Toast
Meat/Alt	**Yogurt** from Fruit and Yogurt Roll-Ups	N/A	N/A	N/A	FH Quiche with Self-Forming Crust CC Quiche with Self-Forming Crust
Veg or Fruit	**Strawberries** from Fruit and Yogurt Roll-Ups	**Cantoloupe Slices**	**Berries** from FH Breakfast Bake **Berries** for CCs	Peach Slices	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	**WG Tortilla** from FH Corny Salsa with Tortilla Chips CC Corny Salsa with Tortilla Chips	WG English Muffin	N/A	Mini Pretzels
Meat/Alt/ Other	Low-Fat Cottage Cheese	N/A	Sunflower Butter	Low-Fat Cheese Sticks	N/A
Veg or Fruit	Grape Halves	**Corn and Tomatoes** from Corny Salsa with Tortilla Chips	Orange Slices	FH Parmesan Zucchini Chips CC Parmesan Zucchini Chips	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 Tortilla** from FH Quick Quesadilla CC Quick Quesadilla	**Tostadas** from FH Cheesy Bean Tostada CC Cheesy Bean Tostada	**WG Tortilla** from FH Curried Chicken Wraps CC Curried Chicken Wraps	**WG Elbow Macaroni** from FH Macaroni and Cheese CC Macaroni and Cheese	**Rice** from **FH Pollo** (**Chicken** in the Arroz Con Pollo **CC Arroz Con Pollo** (**Rice** with Chicken)
Meat/Alt	**Beans and Cheese** from Quick Quesadilla	**Beans and Cheese** from Cheesy Bean Tostada	**Chicken** from Curried Chicken Wraps	**Cheese** from Macaroni and Cheese	Chicken from the Arroz Con Pollo
Veg	Steamed Snap Peas	Salad with Lettuce, Carrots, Diced Tomatoes, and Cucumber with Low-Fat Dressing	Steamed Carrot Sicks	CC Broccoli Bites FH Squash Casserole	Salad with Diced Tomatoes, and Cucumber with Low-Fat Dressing or Steamed Green Beans
Fruit	**Watermelon Slice**	Apple Slices	Grapes	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 3 of August 2024 Menu Sample

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast*					
Grain	**WG Toast** for FHs **Tortilla** from CC Breakfast Burrito with Salsa	**WG Bagel** with Cream Cheese	FH Cheesy Egg, Sausage, and Potato Casserole CC Cheesy Egg, Sausage, and Potato Casserole	WG Breakfast Cereal or Low-Sugar Cereal	**Waffles** from FH Strawberry and Waffle Kebabs With Maple - Yogurt Dip CC Strawberry and Waffle Kebabs with Maple - Yogurt Dip
Meat/Alt	FH Breakfast Black Beans with Eggs CC Breakfast Burrito with Salsa	Cream Cheese from WG Bagel with Cream Cheese	N/A	N/A	**Low-Fat Yogurt** from Strawberry and Waffle Kebabs with Maple-Yogurt Dip
Veg or Fruit	**Cantaloupe Cubes**	Grape Halves	Apple Slices	Strawberries	**Strawberries** from Strawberry and Waffle Kebabs with Maple-Yogurt Dip
Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk
Snack*					
Grain	FH Toasted Pita Wedges and Fruit Dip CC Toasted Pita Wedges and Fruit Dip	WG Mini Bagel	FH Dried Fruit and Cereal Snack Mix CC Dried Fruit and Cereal Snack Mix	WG Pretzel Sticks	WG Corn Tortilla Chips
Meat/Alt/ Other	Hummus	Sunflower Butter	N/A	Low-Fat Cheese Stick	N/A
Veg or Fruit	Carrot Sticks	**Watermelon Slices**	Cherries	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 Bun	Brown Rice	WG Roll	**WG Pasta** from the Two-Headed Monster Meal	WG Garlic Bread
Meat/Alt	FH or CC Ham Pasta Salad	FH or CC Tuscan White Bean Pasta	FH Mini Salmon Loaves CC Mini Salmon Loaves	FH or CC Two-Headed Monster Meal	FH or CC Sunny Lemon Chicken
Veg	Steamed Green Beans	FH Cool Cucumber and Tomato Salsa (Page 27) CC Salad Shaker	Steamed Carrots	Steamed Broccoli Florets	Side Salad with Fresh Lettuce, Sliced Tomatoes, Radishes, and Cucumbers with Low-Fat Ranch Dressing
Fruit	Orange Slices	Plum Slices	Apple Slices	**Cantoloupe 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 August 2024 Menu Sample

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast*					
Grain	WG Toast	WG Cereal	FH Mango Smoothie Bowl with **Granola** CC Granola	FH Southwest Tofu Scramble CC Breakfast Black Bean with Eggs	WG Bagel with Cream Cheese
Meat/Alt	FH Spinach Egg Bake CC Spinach Egg Bake	N/A	N/A	N/A	N/A
Veg or Fruit	Apple Slices	Raspberries	**Mango** from FH Smoothie Bowl **Mixed Berries** from CC Granola	**Watermelon Cubes**	**Cantoloupe**
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** from FH Fruited Chicken Salad with Crackers CC Fruited Chicken Salad with Crackers	WG Graham Crackers	N/A	WG
Meat/Alt	Low-Fat Cottage Cheese	**Chicken** from Fruited Chicken Salad with Crackers	Sunflower Butter	FH Tuna Salad and Apple Slices CC Tuna Salad and Apple Slices	FH Very Berry Parfaits CC Very Berry Parfaits
Veg or Fruit	Pepper Slices	**Apples and Cranberries** from Fruited Chicken Salad	N/A	Celery Sticks	**Frozen Berries** from Very Berry Parfaits
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 Asian Chicken Wraps	**WG Elbow Macaroni** from FH Macaroni and Cheese CC Macaroni and Cheese	WG Hamburger Bun	**Brown Rice** from Bean Burrito Bowl	**WG Pita** from Pizza Kebab
Meat/Alt	FH or CC Asian Chicken Wraps	**Cheese** from Macaroni and Cheese	FH Barbecued Turkey or Chicken Salad CH Barbecued Chicken	FH Bean Burrito Bowl CC Bean Burrito Bowl	FH or CC Pizza Kebab
Veg	FH Baked Carrot Fries with Yogurt-Sunflower Seed Butter Dip CC Baked Carrot Fires with Yogurt-Sunflower Seed Butter Dip	CC Broccoli Bites FH Squash Casserole	Steamed Cauliflower	Steamed Carrot Sticks	Side Salad with Fresh Lettuce, Sliced Tomatoes, Radishes, and Cucumbers with Low-Fat Ranch Dressing
Fruit	Apple Slices	**Cantaloupe Slices**	Apple Slices	Pineapple Tidbits	Orange Slices
Milk	Low/Fat-Free Milk	**WG Elbow Macaroni** from FH Macaroni and Cheese CC Macaroni and Cheese	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk