healthMpowers

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

October 2024 Week 1 • Vegetarian Awareness Month • Parsley Harvest of Month

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast*					
Grain	Whole Grain (WG) English Muffin	WG Cereal	Family Homes (FH) and Childcare Centers and Schools (CC&S) Oatmeal Muffin Square (Page 98)	WG Bagel	Granola for FH and CC&S Breakfast Banana Split (Page 102)
Meat/Alt	N/A	N/A	N/A	Scrambled Eggs	Low-Fat Yogurt from Breakfast Banana Split
Veg or Fruit	Strawberries	Raspberries	Banana	Cantaloupe Cubes	Bananas and Pineapples from Breakfast Banana Split
Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk and/or Water
Snack*					
Grain	N/A	WG English Muffin	Pretzel Sticks	N/A	WG Crackers
Meat/Alt/ Other	Vanilla Low-Fat Yogurt	Sunflower Butter	Sunflower Butter	Low-Fat Cheese Cubes	Hummus
Veg or Fruit	Mixed Berries	Orange Slices	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	FH Tabbouleh CC&S Tabbouleh	WG Bread Stick	WG Elbow Macaroni from Macaroni and Cheese	WG Meatball Submarine Rolls
Meat/Alt	FH Cuban Black Beans and Rice CC&S Cuban Black Beans and Rice	FH Chickpeas and Tomatoes CC&S Chickpeas and Tomatoes	FH and CC&S Oven Fried Chicken (Page 64)	Cheese from FH Macaroni and Cheese CC&S Macaroni and Cheese	FH Meatballs with Marinara and Low-Fat Mozzarella Cheese CC&S Meatballs with Marinara and Low-Fat Mozzarella Cheese
Veg	Steamed Broccoli	Sautéed Peppers	Steamed Green Beans	FH and CC&S Baked Okra Chips with Dipping Sauce (Page 27)	Salad Lettuce, Carrots, and CucumbCer 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

SNAP Supplemental Nutrition Assistance Program

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Learn more at: HealthMPowers.org

Georgia SNAP-Ed

Week 2 of October 2024 Menu Sample

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast *					
Grain	**FH and CC&S Breakfast Muffins**	**Grits with Reduced Fat Cheese**	**FH and CC&S 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	Brown Rice	WG Sliced Bread	**WG French Bread**
Meat/Alt	**FH Confetti Soup CC&S Confetti Soup**	FH Mini Meatloaf Patties CC&S Volcanic Meatloaf	FH Stir-Fry Pork CC&S Beef Stir Fry	FH and CC&S Orange Chicken Lettuce Boat (Page 15)	**FH Powerhouse Chili CC&S Smokin' Powerhouse Chili**
Veg	Steamed Green Beans	**FH Gingered Carrots CC&S Baby Potatoes Persillade**	**Broccoli and Carrots** in Stir-Fry Pork and Beef Stir Fry	Steamed Carrot Rounds	**Side Salad with Lettuce, Shredded Carrots, Cucumbers, and Low-Fat Ranch Dressing**
Fruit	Apple Slices	Green Beans	Apple Slices	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**

*__Parsley__ is the Harvest of the Month for October 2024. All meals including parsley are indicated in __green__. __Vegetarian__ meals are indicated in __purple__ and __bolded blue links__.*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 October 2024 Menu Sample

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast*					
Grain	**Granola Cereal** from **FH and CC&S 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 FH and CC&S 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**	**FH and CC&S Oatmeal Muffin Square (Page 98)**	**WG Crackers**	**WG Corn Tortilla Chips**	**Graham Crackers**
Meat/Alt	**Sunflower Butter**	**Yogurt from Oatmeal Muffin Square**	**Cheese**	**FH and CC&S 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)**	**Side Salad with WG Bread Stick**	**WG Pizza Dough from Pizza Cup**
Meat/Alt	FH Chicken Fajita CC&S Chicken Fajita	**Pepper Chicken** Wrap (Page 11)	**Reduced-Fat Cheese Sandwich**	**Cuban Black Beans and Rice**	**FH Eagle Pizza CC&S Pizza Cup with Cheese**
Veg	FH and CC&S 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**	**FH and CC&S 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 October 2024 Menu Sample

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast*					
Grain	**WG Bagel in FH,CC&S Strawberry Smile (Page 23)**	**WG English Muffin**	**WG Cereal**	**WG Toast**	**FH Peachy Oatmeal Bake CC&S Peachy Oatmeal Bake**
Meat/Alt	**Yogurt or Sunflower Seed Butter**	**FH Eggs and Broccoli Scramble CC&S Scrambled Eggs**	**N/A**	**FH Vegetable Frittata CC&S 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	FH Turkey and Dressing Supreme CC&S Turkey and Dressing Supreme	**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)	**FH Quick Quesadilla CC&S Quick Quesadilla**
Veg	Green Beans	**FH Gingered Carrots CC&S Gingered Carrots**	Fresh Lettuce and Sliced Tomatoes	**Mixed Vegetables** in the Pumpkin With Chicken Vegetable Soup	**Sauteed 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**