

## *Small Blessings Menu – Four Week Rotation*

<i>WEEK 1</i>	<i>MORNING SNACK</i>	<i>LUNCH</i>	<i>AFTERNOON SNACK</i>
<i>Monday</i> <b>1</b>	Apples with digestive cookie Water	Whole wheat spaghetti with vegetable & meat sauce Slice of multi-grain bread Melon wedges Milk	Homemade bits & bites with cheerios/ life cereal/shreddies/multi-grain goldfish 100% fruit juice
<i>Tuesday</i> <b>1</b>	Graham crackers with honey (cheese for under 12 mos) Milk	Chicken and rice casserole with peas Homemade orange/pineapple muffin Milk	Fresh fruit tray – minimum 3 fruit Whole grain cracker Water
<i>Wednesday</i> <b>1</b>	Yogurt with seasonal fresh fruit Water	Tuna melt on whole wheat english muffin Peaches in juice Milk	Cinnamon quick bread with sliced apple Water
<i>Thursday</i> <b>1</b>	Melon (2 varieties) with graham wafer Water	Chicken breast with potatoes and carrots Banana Bread Milk	Multi-grain bagel with honey (cheese cubes for under 12 mos) 100% fruit juice
<i>Friday</i> <b>1</b>	Bananas & Digestive Cookie Water	Ham, broccoli & cheese quiche Multi-grain bread Juice popsicle Milk	Apple spice muffin and sliced apples Water

<i>WEEK 2</i>	<i>MORNING SNACK</i>	<i>LUNCH</i>	<i>AFTERNOON SNACK</i>
<i>Monday</i> <b>2</b>	Oatmeal with honey & cinnamon and apples Water	Whole wheat english muffin pizza with meat sauce, veggies & cheese topping Apple sauce Milk	Dry whole grain cereal mix 100% fruit juice
<i>Tuesday</i> <b>2</b>	Melon (2 varieties) with graham wafer Water	Fish sticks with rice & green bean Yogurt & fruit popsicle Milk	Fresh vegetable tray with tzatziki Milk
<i>Wednesday</i> <b>2</b>	Broccoli and cheese corn meal muffins 100% fruit juice	Ham, mashed potatoes and carrots Melon wedges Milk	Peaches in juice with digestive cookie Water
<i>Thursday</i> <b>2</b>	Fresh fruit tray – minimum 3 fruit Digestive Cookie Water	Chicken and broccoli alfredo with whole wheat rotini pasta Apple spice cake Milk	Banana & digestive cookie Water
<i>Friday</i> <b>2</b>	Multi-grain cracker and cheddar cubes Water	Beef Stew with potatoes, carrots, and turnip Bananas Milk	Blueberry bran muffin Apple slices Water

<i>WEEK 3</i>	<i>MORNING SNACK</i>	<i>LUNCH</i>	<i>AFTERNOON SNACK</i>
<i>Monday</i> <b>3</b>	Dry whole grain cereal mix 100% fruit juice	Chili with veggies & ground beef Multi-grain bread Banana Milk	Applesauce and digestive cookie Water
<i>Tuesday</i> <b>3</b>	Yogurt with seasonal fresh fruit Water	Ham and potato scallop with green beans Gingerbread Milk	Sliced apple with multi-grain crackers Water
<i>Wednesday</i> <b>3</b>	Fresh fruit tray – 3 fruits Graham crackers Water	Homemade macaroni & cheese with tuna salad Bananas Milk	Homemade bits & bites with cheerios/ life cereal/shreddies/multi-grain goldfish 100% fruit juice
<i>Thursday</i> <b>3</b>	Melon (2 varieties) with graham wafer Water	White meat chicken nuggets, rice and green beans Fruit juice pop Milk	Fresh vegetable tray with tzatziki Milk
<i>Friday</i> <b>3</b>	Peaches in juice with digestive cookie Water	Egg salad and chicken salad sandwiches on multi-grain bread Melon wedges Milk	Orange and pineapple muffin and bananas Water

**Substitutions:** For children under 3 years, vegetables will be blanched. Honey will not be served to infants under 12 months. Infant and toddlers will have whole milk while 2% milk will be served to two years and up.

<i>WEEK 4</i>	<i>MORNING SNACK</i>	<i>LUNCH</i>	<i>AFTERNOON SNACK</i>
<i>Monday 4</i>	Oatmeal with honey & cinnamon and apples Water	Chicken vegetable rice soup Grilled cheese on multi-grain bread Digestive cookie Milk	Fruit smoothies and graham crackers Water
<i>Tuesday 4</i>	Multi-grain bagels with whipped cream cheese & fruit Water	Shepherd's pie with mixed vegetables Bananas Milk	Pita triangles with hummus or salsa 100% fruit juice
<i>Wednesday 4</i>	Melon (2 varieties) with graham wafer Water	Tuna & egg noodle casserole with peas Banana bran muffin Milk	Applesauce and whole grain cracker Water
<i>Thursday 4</i>	Fresh fruit tray – 3 fruits Milk	Veggie egg bake with cheese, spinach, carrot & hash browns Ginger crisp cookie Milk	Dry whole grain cereal mix 100% fruit juice
<i>Friday 4</i>	Bananas and digestive cookie Water	Hamburger soup with barley and veggies Yogurt & fruit pop Milk	Apple slices and multi-grain crackers Water