

SCHOOL AGE / KINDERGARTEN BREAKFAST AND SNACK MENU

FALL/WINTER

WEEK ONE	BREAKFAST	AFTERNOON SNACK
MONDAY	Cold cereal WW/WG toast/Butter/★Wow butter Water ★Milk _____	Tuna/Chicken Mini Sandwich (WW/WG crackers, ★light tuna/chicken, lettuce, ★hummus, mayo/mustard) Water
TUESDAY	Yogurt Parfait (yogurt, mixed berries) Apple Cinnamon Bites (Oats, ★Wow Butter, apple, maple syrup) Water ★Milk	Fruit/Veggie Salad (Spinach, romaine, pear, lettuce, carrot, tomato) Salad dressing ★Grated parmesan WW/WG mini pita, Water
WEDNESDAY	Cold cereal WW/WG English muffin/Butter/★NoNut butter Water ★Milk _____	★Cottage cheese/Mozzarella cheese Cantaloupe chunks WW Melba toast/crackers Water
THURSDAY	Cold cereal Breakfast Burrito (Naan, yellow pepper strips, ★Swiss Cheese) Water ★Milk _____	Raw Veggies _____, _____, _____ Zippy Dip (★hummus, salsa, ★Greek yogurt) WW/WG crackers Water
FRIDAY	Cold cereal Pancakes/Butter/maple syrup Water ★Milk _____	Veggie and Mixed Bean Pita (WW/WG pitas, lettuce, carrot, tomato, ★mixed beans) Water

Vegetables and Fruit

Grain (WW is Whole Wheat, WG is Whole grain)

★ Protein

Cold Cereals:

- Spoon Size Shredded Wheat
- Oatmeal Squares
- Weetabix
- Multigrain Cheerios
- Brown Rice, Rice Krispies
- Bran Flakes

Substitutes for food allergies/restriction are accommodated

★ Wow butter is nut free and soy based
(please see Program Director for further information and literature)

★ NoNut butter is nut free and pea based
(please see Program Director for further information and literature)

COMPLETE EACH "BLANK LINE" DAILY WITH A FRUIT OR VEGETABLE.

POST THE CURRENT WEEK AND UPCOMING WEEKS MENU IN EACH PROGRAM.

KEEP COMPLETED MENUS ON SITE UNTIL THE YEAR END.

* PLASP collaborates with registered dietitians and uses the **Student Nutrition Program guidelines** to develop standard menus for all of our programs

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WEEK THREE	BREAKFAST	AFTERNOON SNACK
MONDAY	Cold cereal WW/WG toast/butter/★Wow butter Water _____★Milk	Banana Yogurt Wrap-up (WW Tortilla, ★yogurt, banana) Water
TUESDAY	Cold cereal Breakfast pita (WW/WG pita, ★yogurt, _____) Water ★Milk	Fruit Salad (_____, _____, _____) WW/WG crackers, ★hummus Water
WEDNESDAY	Cold cereal WW/WG English Muffin/butter/★NoNut butter Water _____★Milk	Chicken/Tuna Salad Sandwich (WW/WG bread, ★canned chicken/tuna, onion, tomato, ★hummus) Water
THURSDAY	Apple and Cheese Wrap (WW/WG tortilla, ★mozzarella cheese, apple) Water ★Milk	Raw Veggies (_____, _____, _____) Zippy dip (★hummus, salsa, ★Greek yogurt) WW/WG mini pita Water
FRIDAY	Cold cereal Pancakes/butter/maple syrup Water _____★Milk	WW/WG crackers ★Swiss cheese slices, ★hummus _____ Water

■ Vegetables and Fruit

○ Grain (WW is Whole Wheat, WG is Whole grain)

★ Protein

Cold Cereals:

1. Spoon Size Shredded Wheat
2. Oatmeal Squares
3. Weetabix
4. Multigrain Cheerios
5. Brown Rice, Rice Krispies
6. Bran Flakes

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Date: _____

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WEEK TWO	BREAKFAST	AFTERNOON SNACK
MONDAY	<p>○ Cold cereal ○ WW/WG toast/Butter/★ NoNut butter Water ★ Milk ■ _____</p>	<p>Pizza Muffin (○ WW English muffin, pizza sauce, ★ shredded mozzarella cheese) ■ _____ Water</p>
TUESDAY	<p>○ Cold cereal ○ WW/WG toasted English muffin/Butter Water ★ Milk ■ _____</p>	<p>Tuna/Chicken Wraps (○ WW tortilla, ★ light tuna/chicken, ★ hummus, ■ romaine lettuce, ■ tomato) ■ _____ Water</p>
WEDNESDAY	<p>○ Cold cereal Yogurt Parfait (★ yogurt, ■ mixed berries) Water ★ Milk</p>	<p>○ WW/WG crackers/★ hummus ★ Swiss cheese slices ■ _____ Water</p>
THURSDAY	<p>○ Cold cereal ○ WW bagel/★ hummus, ■ sliced tomato Water ★ Milk ■ _____</p>	<p>Salad Bar (■ baby spinach, ■ _____, ■ _____, ■ _____, Ranch dressing) ○ WW/WG croutons Water</p>
FRIDAY	<p>○ Cold Cereal Waffles/butter/maple syrup Water ★ Milk ■ _____</p>	<p>Veggie & Bean Wrap (○ WW tortilla, ■ diced tomato, ■ green pepper, ★ grated parmesan cheese, ★ mixed beans) Water</p>

■ **Vegetables and Fruit**

○ **Grain (WW is Whole Wheat, WG is Whole grain)**

★ **Protein**

Cold Cereals:

1. Spoon Size Shredded Wheat
2. Oatmeal Squares
3. Weetabix
4. Multigrain Cheerios
5. Brown Rice, Rice Krispies
6. Bran Flakes

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WEEK FOUR	BREAKFAST	AFTERNOON SNACK
MONDAY	<p>○ Cold cereal ○ WW/WG toast/Butter/★ NoNut butter Water ★ Milk ■ _____</p>	<p>Veggie/Cheese/Mixed Bean Wrap ○ WW/WG tortilla, (★ Mixed beans, ★ shredded mozzarella cheese, ■ _____) Water</p>
TUESDAY	<p>○ Cold cereal Bagel Boomerang (○ WW/WG bagel, butter, ■ apple, ★ mozzarella cheese) Water ★ Milk</p>	<p>Raw Veggies (■ _____, ■ _____, ■ _____) Garlic/Dill Dip (★ plain yogurt, onion, parsley, minced garlic, ■ red pepper, mayo, dill weed) ○ WW/WG crackers Water</p>
WEDNESDAY	<p>Yogurt Parfait (★ yogurt, ■ mixed berries) ○ WW/WG toasted English muffin/Butter Water ★ Milk</p>	<p>Jazzed Up Tuna/Chicken Salad, (★ Light tuna/chicken, ★ hummus, mustard, ■ celery, ■ red pepper, ★ cheddar cheese) ○ WW/WG mini pitas Water</p>
THURSDAY	<p>○ Cold cereal ○ WW/WG toasted bagel/Butter/★ Wow butter Water ★ Milk ■ _____</p>	<p>Salad Bar (■ romaine lettuce, ★ chick peas, ■ _____, pickles) parmesan cheese Salad dressing ○ WW/WG Crackers Water</p>
FRIDAY	<p>○ Cold cereal Waffles/butter/maple syrup Water ★ Milk ■ _____</p>	<p>○ WW/WG Crackers ★ Swiss cheese slices, ★ Wow butter ■ _____ Water</p>

■ **Vegetables and Fruit**

○ **Grain (WW is Whole Wheat, WG is Whole grain)**

★ **Protein**

Cold Cereals:

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2. Oatmeal Squares
3. Weetabix
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