



School Name: \_\_\_\_\_  
Date: \_\_\_\_\_

## SCHOOL AGE / KINDERGARTEN BREAKFAST AND SNACK MENU

FALL/WINTER

WEEK ONE	BREAKFAST	AFTERNOON SNACK
<b>MONDAY</b>	<ul style="list-style-type: none"> <li>○ Cold cereal</li> <li>○ WW/WG toast/Butter/★ Wow butter</li> <li>Water ★ Milk</li> <li>■ _____</li> </ul>	Tuna/Chicken Mini Sandwich (○ WW/WG crackers, ★ light tuna/chicken, ■ lettuce, ★ hummus, mayo/mustard) Water
<b>TUESDAY</b>	<ul style="list-style-type: none"> <li>Yogurt Parfait (◆ yogurt, ■ mixed berries)</li> <li>Apple Cinnamon Bites (○ Oats, ★ Wow Butter, ■ apple, maple syrup)</li> <li>Water ★ Milk</li> </ul>	Fruit/Veggie Salad (■ Spinach, ■ romaine, ■ pear, ■ lettuce, ■ carrot, ■ tomato) Salad dressing ★ Grated parmesan ○ WW/WG mini pita, Water
<b>WEDNESDAY</b>	<ul style="list-style-type: none"> <li>○ Cold cereal</li> <li>○ WW/WG English muffin/Butter/★ NoNut butter</li> <li>Water ★ Milk</li> <li>■ _____</li> </ul>	<ul style="list-style-type: none"> <li>★ Cottage cheese/Mozzarella cheese</li> <li>■ Cantaloupe chunks</li> <li>○ WW Melba toast/crackers</li> <li>Water</li> </ul>
<b>THURSDAY</b>	<ul style="list-style-type: none"> <li>○ Cold cereal</li> <li>Breakfast Burrito (Naan, ■ yellow pepper strips, ★ Swiss Cheese)</li> <li>Water ★ Milk</li> <li>■ _____</li> </ul>	Raw Veggies ■ _____, ■ _____, ■ _____ Zippy Dip (★ hummus, salsa, ★ Greek yogurt) ○ WW/WG crackers Water
<b>FRIDAY</b>	<ul style="list-style-type: none"> <li>○ Cold cereal</li> <li>Pancakes/Butter/maple syrup</li> <li>Water ★ Milk</li> <li>■ _____</li> </ul>	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:  
 1. Spoon Size Shredded Wheat  
 2. Oatmeal Squares  
 3. Weetabix  
 4. Multigrain Cheerios  
 5. Brown Rice, Rice Krispies  
 6. 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.

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## SCHOOL AGE / KINDERGARTEN BREAKFAST AND SNACK MENU

FALL/WINTER

WEEK THREE	BREAKFAST	AFTERNOON SNACK
<b>MONDAY</b>	<ul style="list-style-type: none"> <li>○ Cold cereal</li> <li>○ WW/WG toast/butter/★ Wow butter</li> <li>Water</li> <li>■ _____ ★ Milk</li> </ul>	Banana Yogurt Wrap-up (○ WW Tortilla, ★ yogurt, ■ banana) Water
<b>TUESDAY</b>	<ul style="list-style-type: none"> <li>○ Cold cereal</li> <li>○ Breakfast pita (○ WW/WG pita, ★ yogurt, ■ _____)</li> <li>Water</li> <li>★ Milk</li> </ul>	Fruit Salad (■ _____, ■ _____, ■ _____) (■ _____, ■ _____) ○ WW/WG crackers, ★ hummus Water
<b>WEDNESDAY</b>	<ul style="list-style-type: none"> <li>○ Cold cereal</li> <li>(○ WW/WG English Muffin/butter/★ NoNut butter)</li> <li>Water</li> <li>★ Milk</li> <li>■ _____</li> </ul>	Chicken/Tuna Salad Sandwich (○ WW/WG bread, ★ canned chicken/tuna, onion, ■ tomato, ★ hummus) Water
<b>THURSDAY</b>	<ul style="list-style-type: none"> <li>Apple and Cheese Wrap (○ WW/WG tortilla, ★ mozzarella cheese, ■ apple)</li> <li>Water</li> <li>★ Milk</li> </ul>	Raw Veggies (■ _____, ■ _____, ■ _____) (■ _____) Zippy dip (★ hummus, salsa, ★ Greek yogurt) ○ WW/WG mini pita Water
<b>FRIDAY</b>	<ul style="list-style-type: none"> <li>○ Cold cereal</li> <li>Pancakes/butter/maple syrup</li> <li>Water</li> <li>★ Milk</li> <li>■ _____</li> </ul>	<ul style="list-style-type: none"> <li>○ WW/WG crackers</li> <li>★ Swiss cheese slices, ★ hummus</li> <li>■ _____</li> <li>Water</li> </ul>

■ 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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 5. Brown Rice, Rice Krispies  
 6. Bran Flakes  
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FALL/WINTER

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

WEEK FOUR	BREAKFAST	AFTERNOON SNACK
<b>MONDAY</b>	<ul style="list-style-type: none"> <li>○ Cold cereal</li> <li>○ WW/WG toast/Butter/★ NoNut butter</li> <li>Water ★ Milk</li> <li>■ _____</li> </ul>	<ul style="list-style-type: none"> <li>Veggie/Cheese/Mixed Bean Wrap</li> <li>○ WW/WG tortilla, (★ Mixed beans, ★ shredded mozzarella cheese, ■ _____)</li> <li>Water</li> </ul>
<b>TUESDAY</b>	<ul style="list-style-type: none"> <li>○ Cold cereal</li> <li>Bagel Boomerang</li> <li>(○ WW/WG bagel, butter, ■ apple, ★ mozzarella cheese)</li> <li>Water ★ Milk</li> </ul>	<ul style="list-style-type: none"> <li>Raw Veggies (■ _____, ■ _____, ■ _____) Garlic/Dill Dip</li> <li>(★ plain yogurt, onion, parsley, minced garlic, ■ red pepper, mayo, dill weed)</li> <li>○ WW/WG crackers</li> <li>Water</li> </ul>
<b>WEDNESDAY</b>	<ul style="list-style-type: none"> <li>Yogurt Parfait (★ yogurt, ■ mixed berries)</li> <li>○ WW/WG toasted English muffin/Butter</li> <li>Water ★ Milk</li> </ul>	<ul style="list-style-type: none"> <li>Jazzed Up Tuna/Chicken Salad, (★ Light tuna/chicken, ★ hummus, mustard, ■ celery, ■ red pepper, ★ cheddar cheese)</li> <li>○ WW/WG mini pitas</li> <li>Water</li> </ul>
<b>THURSDAY</b>	<ul style="list-style-type: none"> <li>○ Cold cereal</li> <li>○ WW/WG toasted bagel/Butter/★ Wow butter</li> <li>Water ★ Milk</li> <li>■ _____</li> </ul>	<ul style="list-style-type: none"> <li>Salad Bar (■ romaine lettuce, ★ chick peas, ■ _____, pickles) parmesan cheese</li> <li>Salad dressing</li> <li>○ WW/WG Crackers</li> <li>Water</li> </ul>
<b>FRIDAY</b>	<ul style="list-style-type: none"> <li>○ Cold cereal</li> <li>Waffles/butter/maple syrup</li> <li>Water ★ Milk</li> <li>■ _____</li> </ul>	<ul style="list-style-type: none"> <li>○ WW/WG Crackers</li> <li>★ Swiss cheese slices, ★ Wow butter</li> <li>■ _____</li> <li>Water</li> </ul>

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