

GREAT HOPE PRESCHOOL

Week 1 Rev 1/2020

***Casserole COMBINE BREAD,MEAT,VEGGIE**

DATE: / / 20 to / / 20

Breakfast		Monday	Tuesday	Wednesday	Thursday	Friday	INFANT MENU Birth to 3 Months
	Milk	Milk	Milk	Milk	Milk	Milk	Breakfast, Lunch, and Snack: Milk or soy based iron-fortified infant formula
	Juice/ Fruit/ Vegetable	Apple Sauce	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Can Mixed Fruit (Or Fresh Mixed)	Seasonal Fresh Fruit	
	Bread/ Bread Alternative	Cereal	Raisen Bread	Whole Grain English Muffin	Eggs	Bagel w side of Jelly	INFANT MENU 4 to 7 Months
Lunch	Milk	MILK	MILK	MILK	MILK	MILK	Breakfast: Milk or soy based iron-fortified infant formula. For babies eating solid foods: Iron-fortified infant cereal Snack: Milk or soy based iron-fortified infant formula Lunch or Supper: Milk or soy based iron-fortified infant formula. For babies eating solid foods: Iron-fortified infant cereal. A variety of strained vegetables and fruits: • Green beans • Carrots • Squash • Peas • Potatoes • Sweet Potatoes • Applesauce • Pears • Bananas • Peaches • Prunes
	Meat/ Meat Alternative	Black Bean Burger	*Beef Pasta Bake	CURRY BAKED FISH	TURKEY MEATBALLS W/GRAVY	HAM & CHEESE SANDWICH	
	Vegetable or Fruit	CUT HERB POTATOES	PEAS	Green Beans	YAMS (SEASONAL) or sweet potatoe	Cauliflower w/cheese sauce	
	Vegetable or Fruit	PINEAPPLE TIDBITS (canned) or Fresh	PEACHES	PEARS (SEASONAL)	APPLE SAUCE	Can Mixed Fruit Fruit (Or Fresh Mixed)	
	Bread/ Bread Alternative	Hawaiian Roll cut in half (1 whole roll)	Whole Grain ELBOW NOODLES	White Rice	STUFFING	Whole Grain BREAD (Two 1/4 slices)	
Snack		Water in Pouring Pitcher	Water in Pouring Pitcher	Water in Pouring Pitcher	Water in Pouring Pitcher	Water in Pouring Pitcher	
	Meat/ Meat Alternative	Peanut butter	YOGURT mixed with ranch dip powder	Cheese Stick	Hummus		
	Juice/ Fruit/ Vegetable	Apple Wedges	mixed w/ bell pepper		Spread on	Seasonal Fresh Fruit	
	Bread/ Bread Alternative			Saltines Crackers	Whole Grain Pita	Graham Crackers	

INFANT MENU 8-11 Months

Breakfast:
Milk or soy based iron-fortified infant formula
Iron-fortified infant cereal
A variety of fruits and vegetables of an appropriate texture and consistency.

Snack: Milk or soy based iron-fortified infant formula
or 100% Fruit Juice
For babies eating bread products:
Small strips or pieces of dry bread or toast
Small pieces of plain low salt crackers or graham crackers made without honey
Small pieces of soft tortilla or soft pita bread
Teething biscuits

Lunch or Supper: Milk or soy based iron-fortified infant formula
A variety of vegetables and fruits: Choice of infant cereal, meat or meat alternates:
 • Green beans • Carrots • Squash • Peas • Potatoes • Sweet potatoes
 • Assorted mixed vegetables • Applesauce • Pears
 • Bananas • Peaches • Prunes • Assorted mixed fruits
 • Variety of meats, poultry (cooked plain or from jar)
 • Fish – cooked plain, boneless • Egg yolk – hard cooked,
 • Dry beans and peas – cooked plain • Cheese, regular plain – sliced thin or thin strips • Cottage cheese

Whole Grain Components Can Not Be Replaced

* Note: Milk must be served w/breakfast and lunch. Whole milk is provided for ages 1-2 and 1% for 2 years and older. All grains are whole grain except white and yellow rice, bagels, and cinnamon/raisin breads. All juice is 100%.

GREAT HOPE PRESCHOOL

Week 2 REV 1/2020

*Casserole COMBINE BREAD, MEAT, VEGGIE

DATE: / / 20 to / / 20

Breakfast		Monday	Tuesday	Wednesday	Thursday	Friday	INFANT MENU Birth to 3 Months
	Milk	MILK	MILK	MILK	MILK	MILK	Breakfast, Lunch, and Snack: Milk or soy based iron-fortified infant formula
	Juice/ Fruit/ Vegetable	Can/ Fresh frozen blueberries	Orange Juice	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	
	Bread/ Bread Alternative	Cereal	Whole Grain toast w/Jelly	Waffle w/syrup	Corn Bread	Grits w Cheese	INFANT MENU 4 to 7 Months
Lunch	Milk	MILK	MILK	MILK	MILK	MILK	Breakfast: Milk or soy based iron-fortified infant formula. For babies eating solid foods: Iron-fortified infant cereal
	Meat/ Meat Alternative	BEEF Vegie CASSEROLE* Mix in 2-3 cups vegies	SWEET AND SOUR CHICKEN	TUNA CASSEROLE* Mix in 2-3 cups of the peas	TACO SALAD w/ GROUND BEEF	TURKEY and cheese sandwich	
	Vegetable or Fruit	MIXED VEGETABLE	stir fry vegetables	Peas	lettuce/tomato (canned)	broccoli	Snack: Milk or soy based iron-fortified infant formula
	Vegetable or Fruit	apple sauce	Oranges	PINEAPPLE TIDBITS (canned) or Fresh	Can Mixed Fruit (Or Fresh Mixed)	PEACHES	
	Bread/ Bread Alternative	YELLOW RICE	white rice	Whole Grain egg noodle	TORTILLA	Whole Grain BREAD (Two 1/4 slices)	
Snack		Water in Pouring Pitcher	Water in Pouring Pitcher	Water in Pouring Pitcher	Water in Pouring Pitcher	Water in Pouring Pitcher	Lunch or Supper: Milk or soy based iron-fortified infant formula. For babies eating solid foods: Iron-fortified infant cereal. A variety of strained vegetables and fruits: • Green beans • Carrots • Squash • Peas • Potatoes • Sweet Potatoes • Applesauce • Pears • Bananas • Peaches • Prunes
	Meat/ Meat Alternative		YOGURT mixed w ranch dip powder	Cottage Cheese	Peanut Butter	Orange juice	
	Juice/ Fruit/ Vegetable	Celery sticks w/ranch Dressing	Mixed w/ Cucumber	Mixed with			
	Bread/ Bread Alternative	saltine cracker		Peaches	Whole Grain Toast and Jelly	Ritz Crackers	

INFANT MENU 8-11 Months

Breakfast: Milk or soy based iron-fortified infant formula Iron-fortified infant cereal A variety of fruits and vegetables of an appropriate texture and consistency.	Snack: Milk or soy based iron-fortified infant formula or 100% Fruit Juice For babies eating bread products: Small strips or pieces of dry bread or toast Small pieces of plain low salt crackers or graham crackers made without honey Small pieces of soft tortilla or soft pita bread Teething biscuits	Lunch or Supper: Milk or soy based iron-fortified infant formula A variety of vegetables and fruits: Choice of infant cereal, meat or meat alternates: • Green beans • Carrots • Squash • Peas • Potatoes • Sweet potatoes • Assorted mixed vegetables • Applesauce • Pears • Bananas • Peaches • Prunes • Assorted mixed fruits • Variety of meats, poultry (cooked plain or from jar) • Fish – cooked plain, boneless • Egg yolk – hard cooked, • Dry beans and peas – cooked plain • Cheese, regular plain – sliced thin or thin strips • Cottage cheese	Whole Grain Components Can Not Be Replaced
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GREAT HOPE PRESCHOOL

Week 3

REV 1/2020

*casserole combine veggie, meat, and bread

DATE: / / 20 to / / 20

Breakfast		Monday	Tuesday	Wednesday	Thursday	Friday	INFANT MENU Birth to 3 Months
	Milk	MILK	MILK	MILK	MILK	MILK	Breakfast, Lunch, and Snack: Milk or soy based iron-fortified infant formula
	Juice/ Fruit/ Vegetable	Applesauce	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Frozen Strawberries	INFANT MENU 4 to 7 Months
	Bread/ Bread Alternative	Cereal	Whole Grain English Muffin w/peanut butter	Oatmeal w/cinnamon	Bagel w/ Jelly	Biscuit (Honey)	Breakfast: Milk or soy based iron-fortified infant formula. For babies eating solid foods: Iron-fortified infant cereal
Lunch	Milk	MILK	MILK	MILK	MILK	MILK	Snack: Milk or soy based iron-fortified infant formula
	Meat/ Meat Alternative	Hamburger	CREAM OF CHICKEN	BEAN CHILI w/ tomato (no meat)	MEAT LOAF	FISH TACOS	
	Vegetable or Fruit	BAKED BEANS	candied carrots (Brown Sugar, Butter, dash of cinnamon)	corn	MASHED POTATOES	GREEN SALAD tossed w/Ranch dressing	
	Vegetable or Fruit	PEARS (Seasonal)	Applesauce	Canned Mixed Fruit Fruit (Or Fresh	ORANGES	Peaches	
	Bread/ Bread Alternative	Whole Grain BREAD (Two 1/4 slices)	Whole Grain egg noodle	SALTINES	Whole Grain Bread	Tortilla	
Snack		Water in Pouring Pitcher	Water in Pouring Pitcher	Water in Pouring Pitcher	Water in Pouring Pitcher	Water in Pouring Pitcher	Lunch or Supper: Milk or soy based iron-fortified infant formula. For babies eating solid foods: Iron-fortified infant cereal. A variety of strained vegetables and fruits: • Green beans • Carrots • Squash • Peas • Potatoes • Sweet Potatoes • Applesauce • Pears • Bananas • Peaches • Prunes
	Meat/ Meat Alternative		Cheese Stick	Hummus	Yogurt	Peanut butter	
	Juice/ Fruit/ Vegetable	Grape Juice	Apple	Spread on	Mixed with		
	Bread/ Bread Alternative	Nutella/ Whole Grain Bread		Whole Grain Pita	Peaches	Celery Sticks	

Breakfast:
Milk or soy based iron-fortified infant formula
Iron-fortified infant cereal
A variety of fruits and vegetables of an appropriate texture and consistency.

Snack: Milk or soy based iron-fortified infant formula or 100% Fruit Juice
For babies eating bread products:
Small strips or pieces of dry bread or toast
Small pieces of plain low salt crackers or graham
crackers made without honey
Small pieces of soft tortilla or soft pita bread
Teething biscuits

Lunch or Supper: Milk or soy based iron-fortified infant formula
A variety of vegetables and fruits: Choice of infant cereal, meat or meat alternates:
• Green beans • Carrots • Squash • Peas • Potatoes • Sweet potatoes
• Assorted mixed vegetables • Applesauce • Pears
• Bananas • Peaches • Prunes • Assorted mixed fruits
• Variety of meats, poultry (cooked plain or from jar)
• Fish – cooked plain, boneless • Egg yolk – hard cooked,
• Dry beans and peas – cooked plain • Cheese, regular plain – sliced thin or thin strips • Cottage cheese

Whole Grain Components Can Not Be Replaced

* Note: Milk must be served w/breakfast and lunch. Whole milk is provided for ages 1-2 and 1% for 2 years and older. All grains are whole grain except white and yellow rice, bagels, and cinnamon/raisin breads. All juice is 100%.

GREAT HOPE PRESCHOOL

Week 4

1/2020

*casserole combine, veggie, meat, and bread

DATE: / / 20 to / / 20

Breakfast		Monday	Tuesday	Wednesday	Thursday	Friday	INFANT MENU Birth to 3 Months
	Milk	MILK	MILK	MILK	MILK	MILK	Breakfast, Lunch, and Snack: Milk or soy based iron-fortified infant formula
	Juice/ Fruit/ Vegetable	Frozen Blueberries	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Apples	Seasonal Fresh Fruit	INFANT MENU 4 to 7 Months
	Bread/ Bread Alternative	Cereal	Raisin Bread	Eggs	Bagel w/Jelly	Oatmeal w/blueberries	Breakfast: Milk or soy based iron-fortified infant formula. For babies eating solid foods: Iron-fortified infant cereal
Lunch	Milk	MILK	MILK	MILK	MILK	MILK	Snack: Milk or soy based iron-fortified infant formula
	Meat/ Meat Alternative	Shredded chicken Alfredo	Black Bean and Sweet Potato stew	SLOPPY JOES	TUNA SALAD	HAM & CHEESE SANDWICH	
	Vegetable or Fruit	PEAS	MASHED POTATOES	CORN	Green salad tossed w/ranch dressing	Tomato and Cucumbers w/Italian dressing	
	Vegetable or Fruit	PINEAPPLE TIDBITS (canned) or Fresh	PEARS	ORANGES	Canned Mixed Fruit Fruit (Or Fresh Mixed)	Seasonal Fresh Fruit	Lunch or Supper: Milk or soy based iron-fortified infant formula. For babies eating solid foods: Iron-fortified infant cereal. A variety of strained vegetables and fruits: • Green beans • Carrots • Squash • Peas • Potatoes • Sweet Potatoes • Applesauce • Pears • Bananas • Peaches • Prunes
	Bread/ Bread Alternative	Whole Grain ELBOW NOODLES	Dinner ROLLS	Whole Grain Bread	SALTINE Crackers	Whole Grain BREAD (Two 1/4 slices)	
		Water in Pouring Pitcher	Water in Pouring Pitcher	Water in Pouring Pitcher	Water in Pouring Pitcher	Water in Pouring Pitcher	
	Meat/ Meat Alternative	Sliced Cheese				Cottage Cheese	
	Juice/ Fruit/ Vegetable		Cucumber Salad (italian dressing)	Applesauce	apple juice	Mixed w/ Pineapple	
	Bread/ Bread Alternative	saltine cracker	Whole Wheat Pita	Ritz Crackers	carrots w/ranch dressing		

INFANT MENU 8-11 Months

Breakfast:
Milk or soy based iron-fortified infant formula
Iron-fortified infant cereal
A variety of fruits and vegetables of an appropriate texture and consistency.

Snack: Milk or soy based iron-fortified infant formula or 100% Fruit Juice
For babies eating bread products:
Small strips or pieces of dry bread or toast
Small pieces of plain low salt crackers or graham
crackers made without honey
Small pieces of soft tortilla or soft pita bread
Teething biscuits

Lunch or Supper: Milk or soy based iron-fortified infant formula
A variety of vegetables and fruits: Choice of infant cereal, meat or meat alternates:
• Green beans • Carrots • Squash • Peas • Potatoes • Sweet potatoes
• Assorted mixed vegetables • Applesauce • Pears
• Bananas • Peaches • Prunes • Assorted mixed fruits
• Variety of meats, poultry (cooked plain or from jar)
• Fish – cooked plain, boneless • Egg yolk – hard cooked,
• Dry beans and peas – cooked plain • Cheese, regular plain – sliced thin or thin strips • Cottage cheese

Whole Grain Components Can Not Be Replaced

† Note: Milk must be served w/breakfast and lunch. Whole milk is provided for ages 1-2 and 1% for 2 years and older. All grains are whole grain except white and yellow rice, bagels, and cinnamon/raisin breads. All juice is 100%.

GREAT HOPE PRESCHOOL

Week 5

REV 1/2020

*casserole combine meat, veggie, bread

DATE: / / 20 to / / 20

Breakfast		Monday	Tuesday	Wednesday	Thursday	Friday	INFANT MENU Birth to 3 Months
	Milk	MILK	MILK	MILK	MILK	MILK	Breakfast, Lunch, and Snack: Milk or soy based iron-fortified infant formula
	Juice/ Fruit/ Vegetable	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Applesauce	Seasonal Fresh Fruit	INFANT MENU 4 to 7 Months
	Bread/ Bread Alternative	Cereal	Grits w/jelly mixed	Whole Grain Toast	Pancakes w/syrup	Cinnamon/Sugar Whole Grain Toast	Breakfast: Milk or soy based iron-fortified infant formula. For babies eating solid foods: Iron-fortified infant cereal
Lunch	Milk	MILK	MILK	MILK	MILK	MILK	Snack: Milk or soy based iron-fortified infant formula
	Meat/ Meat Alternative	CHICKEN	PASTA w/ MEAT SAUCE	PICADILLO made w/apples	CHICKEN DRUM (1 per, deboned tods)	BLACK BEAN & Vegie SOUP	
	Vegetable or Fruit	Salad tossed w Ranch dressing	GREEN BEANS	Wedged Herb POTATOES	Corn	MIXED VEGGIES	
	Vegetable or Fruit	Peaches	PINEAPPLE TIDBITS (canned) or Fresh	Seasonal Fresh Fruit	Canned Mixed Fruit Fruit (Or Fresh Mixed)	PEACHES	
	Bread/ Bread Alternative	Yellow Rice	Whole Grain ELBOW NOODLES	White RICE	Whole Grain Bread	Dinner Roll	
Snack		Water in Pouring Pitcher	Water in Pouring Pitcher	Water in Pouring Pitcher	Water in Pouring Pitcher	Water in Pouring Pitcher	Lunch or Supper: Milk or soy based iron-fortified infant formula. For babies eating solid foods: Iron-fortified infant cereal. A variety of strained vegetables and fruits: • Green beans • Carrots • Squash • Peas • Potatoes • Sweet Potatoes • Applesauce • Pears • Bananas • Peaches • Prunes
	Meat/ Meat Alternative	Peanut Butter			Cottage Cheese mixed w/		
	Juice/ Fruit/ Vegetable		Oranges	Tomato Salsa	PINEAPPLE TIDBITS (canned) or Fresh	apple juice	
	Bread/ Bread Alternative	Apples	Ritz Crackers	Tortilla		Carrots w / Ranch Dressing	

INFANT MENU 8-11 Months

Breakfast:
Milk or soy based iron-fortified infant formula
Iron-fortified infant cereal
A variety of fruits and vegetables of an appropriate texture and consistency.

Snack: Milk or soy based iron-fortified infant formula or 100% Fruit Juice
For babies eating bread products:
Small strips or pieces of dry bread or toast
Small pieces of plain low salt crackers or graham
crackers made without honey
Small pieces of soft tortilla or soft pita bread
Teething biscuits

Lunch or Supper: Milk or soy based iron-fortified infant formula
A variety of vegetables and fruits: Choice of infant cereal, meat or meat alternates:
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† Note: Milk must be served w/breakfast and lunch. Whole milk is provided for ages 1-2 and 1% for 2 years and older. All grains are whole grain except white and yellow rice, bagels, and cinnamon/raisin breads. All juice is 100%.

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