

## Menu Planning Form

**Provider/Program:** Toddler's Workshop  
**Address:** 12 May Street, Webster NY 14580

**Dietician Approved**  
 \*Originals on file in main office

### Color Legend

Red = Dairy  
 Yellow = Eggs  
 Green = Pork  
 Purple = Beef  
 Blue = Seeds

**Week of:** Fall/Winter Week 1

**Effective:** October 14, 2019

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast:</b> Fruit or Fruit Juice Enriched Bread or Cereal Milk	Assorted Hot/Cold <b>Cereal</b> Fruit or 100% Juice  <b>Raisin Bread</b> with <b>Butter</b>  <b>Milk</b>	Assorted Hot/Cold <b>Cereal</b> Fruit or 100% Juice  <b>Waffles</b> With Syrup  <b>Milk</b>	Assorted Hot/Cold <b>Cereal</b> Fruit or 100% Juice  <b>Yogurt</b> Granola  <b>Milk</b>	Assorted Hot/Cold <b>Cereal</b> Fruit or 100% Juice  <b>Pancake &amp; Sausage Wrap</b> with Syrup  <b>Milk</b>	Assorted Hot/Cold <b>Cereal</b> Fruit or 100% Juice  Whole Wheat English Muffins with Jam or <b>Sun Butter</b>  <b>Milk</b>
<b>Lunch:</b> Meat or Meat Alternate Vegetable or fruit (choose 2) Enriched Bread/Bread Alternate Other (optional) Milk	<b>Cheese Sandwich</b> on Whole Wheat  Chicken Rice Soup with Diced Carrots  Pears  <b>Milk</b>	Swedish <b>Meatballs</b> with Rice  Green beans  Bananas  <b>Milk</b>	<b>Cheese &amp; Pepperoni</b> Pizza  Tossed Salad with <b>Ranch</b> or Italian  Fruit Salad  <b>Milk</b>	<b>Tuna Noodle Casserole</b> with <b>Cheese</b>  Peas  Pineapple  <b>Milk</b>	Sloppy Joes with Ground Turkey on Whole Wheat Bun  Corn  Sliced Apples  <b>Milk</b>
<b>Afternoon Snack:</b> Choose a combination of any two foods from- Milk, Fruit, Fruit Juice, Vegetables, Enriched Bread/Crackers/Cookies/C ereal, Cheese, Eggs, Milk, Dessert	Trail Mix with Raisins  <b>Milk</b>	<b>Rice Cakes</b>  Applesauce  <b>Water</b>	Ritz Crackers  <b>Sun Butter</b>  Water	Animal Crackers  <b>Milk</b>	Tortillas with <b>Cream Cheese</b>  Dried Fruit  Water

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**Week of:** Fall/Winter Week 2

**Effective:** October 14, 2019

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast:</b> Fruit or Fruit Juice Enriched Bread or Cereal Milk	Assorted Hot/Cold <b>Cereal</b> Fruit or 100% Juice  Whole Wheat Bagel w/ choice of <b>Cream Cheese</b> or <b>Sun Butter</b>  <b>Milk</b>	Assorted Hot/Cold <b>Cereal</b> Fruit or 100% Juice  <b>French Toast Sticks</b> with Syrup  <b>Sausage</b>  <b>Milk</b>	Assorted Hot/Cold <b>Cereal</b> Fruit or 100% Juice  <b>Buttermilk Biscuits</b> with choice of Jam or Honey  <b>Milk</b>	Assorted Hot/Cold <b>Cereal</b> Fruit or 100% Juice  <b>Pancakes</b> with Syrup  <b>Milk</b>	Assorted Hot/Cold <b>Cereal</b> Fruit or 100% Juice  <b>Assorted Muffins</b>  <b>Milk</b>
<b>Lunch:</b> Meat or Meat Alternate Vegetable or fruit (choose 2) Enriched Bread/Bread Alternate Other (optional) Milk	<b>Cheese Tortellini</b> with <b>Mozzarella</b>  Wax Beans  Applesauce  <b>Milk</b>	<b>Macaroni &amp; Cheese</b>  <b>Diced Ham</b>  Snap Peas with <b>Ranch Dressing</b>  Peaches  <b>Milk</b>	<b>Chicken Nuggets</b>  Whole Wheat Dinner Roll  Tossed Salad with <b>Dressing</b>  Pineapple  <b>Milk</b>	Enchilada Casserole with <b>Cheese</b> , Ground Turkey & Tortillas  Bean & Corn Salad  Pears  <b>Milk</b>	<b>Tuna Salad</b> on Honey Wheat Bread  <b>Veggie Soup</b>  Fruit Cocktail  <b>Milk</b>
<b>Afternoon Snack:</b> Choose a combination of any two foods from- Milk, Fruit, Fruit Juice, Vegetables, Enriched Bread/Crackers/Cookies/C ereal, Cheese, Eggs, Milk, Dessert	<b>Yogurt</b>  Granola  Water	<b>Cheddar Cheese</b> <b>Goldfish Crackers</b>  100% Fruit Juice	Fresh Veggies with <b>Ranch Dressing</b>  Ritz Crackers  Water	Wheat Tortilla with <b>Sun Butter</b>  Bananas  Water	<b>Cereal Bars</b>  <b>Milk</b>

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**Week of:** Fall/Winter Week 3

**Effective:** October 14, 2019

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast:</b> Fruit or Fruit Juice Enriched Bread or Cereal Milk	Assorted Hot/Cold Cereal Fruit or 100% Juice  Raisin Bread with Butter  Milk	Assorted Hot/Cold Cereal Fruit or 100% Juice  Pancake & Sausage Wraps with syrup  Milk	Assorted Hot/Cold Cereal Fruit or 100% Juice  Yogurt Granola  Milk	Assorted Hot/Cold Cereal Fruit or 100% Juice  Waffles with Syrup  Milk	Assorted Hot/Cold Cereal Fruit or 100% Juice  Whole Wheat English Muffins with Jam or Sun Butter  Milk
<b>Lunch:</b> Meat or Meat Alternate Vegetable or fruit (choose 2) Enriched Bread/Bread Alternate Other (optional) Milk	Turkey Hot Dog on Whole Wheat Bun  Baked Beans  Pineapple  Milk	Meatball Subs with Mozzarella on Whole Wheat Bun  Tossed Salad with Dressing  Mandarin Oranges  Milk	Hamburger/Cheeseburger on Whole Wheat Bun  Tater Tots  Applesauce  Milk	Soft Taco with Ground Turkey  Lettuce, Cheese, Salsa, Sour Cream  Pears  Milk	Cheese/Pepperoni Pizza  Cucumbers with Ranch  Peaches  Milk
<b>Afternoon Snack:</b> Choose a combination of any two foods from- Milk, Fruit, Fruit Juice, Vegetables, Enriched Bread/Crackers/Cookies/C ereal, Cheese, Eggs, Milk, Dessert	String Cheese  Ritz Crackers  Water	Multi-Grain Cheerios  Dried Fruit  Water	Honey Wheat Bread Thins  Sun Butter  Water	Apples  Cream Cheese/Caramel Dip  Water	Goldfish Grahams  Bananas  Water

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**Week of:** Fall/Winter Week 4

**Effective:** October 14, 2019

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast:</b> Fruit or Fruit Juice Enriched Bread or Cereal Milk	Assorted Hot/Cold Cereal Fruit or 100% Juice  Whole Wheat Bagel w/ choice of Cream Cheese or Sun Butter  Milk	Assorted Hot/Cold Cereal Fruit or 100% Juice  French Toast Sticks with Syrup  Sausage  Milk	Assorted Hot/Cold Cereal Fruit or 100% Juice  Buttermilk Biscuits with choice of Jam or Honey  Milk	Assorted Hot/Cold Cereal Fruit or 100% Juice  Pancakes with Syrup  Milk	Assorted Hot/Cold Cereal Fruit or 100% Juice  Assorted Muffins  Milk
<b>Lunch:</b> Meat or Meat Alternate Vegetable or fruit (choose 2) Enriched Bread/Bread Alternate Other (optional) Milk	Turkey & Cheese on Whole Wheat  Diced Carrots  Fruit Cocktail  Milk	Diced Ham  Mashed Potatoes  Whole Wheat Roll  Pineapple  Milk	Chicken Breast Patty  Vegetable Rice  Peaches  Milk	Cheese Quesadilla with Sour Cream  Tomato Soup  Pears  Milk	Fish Nuggets with Tartar Sauce  Green Beans  Whole Wheat Roll  Mandarin Oranges  Milk
<b>Afternoon Snack:</b> Choose a combination of any two foods from- Milk, Fruit, Fruit Juice, Vegetables, Enriched Bread/Crackers/Cookies/C ereal, Cheese, Eggs, Milk, Dessert	Colby Jack Cheese Cubes  Ritz Crackers  Water	Soft Pretzel  Honey Mustard  100% Fruit Juice	Apple Wrap with Sun Butter  Water	Yogurt  Bananas  Water	Graham Crackers  Milk

