

2021

Calendar

January

01

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February

02

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

March

03

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

April

04

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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May

05

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

June

06

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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20	21	22	23	24	25	26
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July

07

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

August

08

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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8	9	10	11	12	13	14
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29	30	31				

September

09

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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12	13	14	15	16	17	18
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October

10

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

November

11

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
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December

12

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Menu for Week 1

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Egg Patties Fruit	Milk Cinnamon Toast Fruit	Milk Waffles Fruit	Milk Cheerios Fruit	Milk Toast Fruit
Age Appropriate Substitute					
Lunch	Macaroni & Cheese Green Beans Peaches Milk	Turkey & Bean Chili Cornbread Mixed fruit Milk	Grilled Cheese Mixed Veggies Apples Milk	Chicken Teriyaki Rice Corn Pears Milk	Pizza Salad Pinapples Milk
Age Appropriate Substitute					
PM Snack	Yogurt Granola Water	Tortilla and Salsa 100% Juice	Graham Crackers Milk	Cheese Crackers 100% Juice	Carrots & Ranch Milk
Age Appropriate Substitute					

Water is available to children throughout the day and at all meals and snacks. If no beverage is specified, the beverage offered will be water. All juice served is 100% full-strength fruit juice. Children (age 12-24 month) are served whole milk. After 24 months, all children are served 1% milk.

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272.

Centers may substitute food items as necessary.

Menu for Week 2

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Cheerios Fruit	Milk Bagels w/cream cheese Fruit	Milk Granola Bar Fruit	Milk Cinnamon Toast Fruit	Milk Pancakes Fruit
Age Appropriate Substitute					
Lunch	Grilled Cheese Sandwich Green Beans Oranges Milk	Marzetti w/ turkey meat sauce Salad Peaches Milk	Fish Sticks Broccoli Slice bread Pineapples	Chicken Sandwich Cooked Carrots Mixed fruit Milk	Pizza Salad Pears Milk
Age Appropriate Substitute					
PM Snack	Pretzels Milk	Chex-mix 100% Juice	Yogurt Granola Water	Hummus Carrots 100% Juice	Animal Crackers Milk
Age Appropriate Substitute					

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Menu for Week 3

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Waffles Fruit Milk	Cheerios Fruit Milk	Egg Patties Fruit Milk	Cinnamon Toast Cereal Fruit Milk	Whole wheat Toast Jelly Fruit Milk
Age Appropriate Substitute					
Lunch	Grilled chicken & cheese quesadilla Corn Peaches Milk	Macaroni & Cheese Salad Mixed Fruit Milk	Turkey Burger Soup Crackers Pears Milk	BBQ chicken w/Bun Tater Tots Applesauce Milk	Pizza Salad Pineapple Milk
Age Appropriate Substitute					
PM Snack	Carrots Ranch 100% Juice	String Cheese Ritz Crackers 100% juice	Yogurt Granola Water	Graham Crackers Milk	Animal Crackers Milk
Age Appropriate Substitute					

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Menu for Week 4

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Waffles Fruit Milk	Cinnamon Toast Fruit Milk	Muffins Fruit Milk	Cheerios Fruit Milk	Granola Bar Fruit Milk
Age Appropriate Substitute					
Lunch	Marzetti w/ turkey meat sauce Salad Oranges Milk	Tacos W/ Ground Turkey Cheese, lettuce, tomatoes sour cream, salsa Corn Milk	Chicken Nuggets Tater tots Apples	Breakfast for lunch Turkey Sausage links Pancakes Bananas Milk	Pizza Salad Pears Milk
Age Appropriate Substitute					
PM Snack	Graham Crackers Milk	Chex-mix 100% Fruit Juice	Granola Yogurt Water	Ritz Crackers Milk	Animal Crackers Water
Age Appropriate Substitute					

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