

Green Trees ELC Winter Menu (December-February)

1-2yrs	3-5yrs	6+yrs	Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
			Breakfast					
4oz	6oz	8oz	Milk	1% or whole milk	1% or whole milk	1% or whole milk	1% or whole milk	1% or whole milk
2oz	4oz	4oz	Veg/Fruit	Apples	Bananas	Blueberries	Applesauce	Oranges
.5oz	.5oz	1oz	Grains	French Toast Sticks	Whole Grain Oatmeal	Pancakes	Bagels	Whole Grain Cereal Cheerios
			AM Snack					
.5oz	.5oz	1oz	Meat (or alt)			Yogurt		
4oz	4oz	6oz	Fruits	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
.5oz	.5oz	1oz	Grains	Animal Crackers	Grahamn Crackers	Whole Grain Granola	Whole Grain Wheat Thins	Cheese Crackers
			Lunch	Arroz Con Pollo	Mac and Cheese	Pizza	BBQ Chicken	Fish Sticks
4oz	6oz	8oz	Milk	1% or whole milk	1% or whole milk	1% or whole milk	1% or whole milk	1% or whole milk
1oz	1.5oz	2oz	Meat (or alt)	Chicken Breast	Cheese	Cheese/ Cheese Sticks	Chicken	Fish Sticks
1oz	2oz	4oz	Vegetables	Green Beans	Mixed Veggies	Corn	Corn	Broccoli
1oz	2oz	2oz	Fruits	Pears	Oranges	Peaches	Applesauce	Fruit cocktail
.5oz	.5oz	1oz	Grains	Yellow Rice	Pasta	Pizza Crust	Rice	Egg Noodles
			PM Snack					
4oz	4oz	8oz	Milk	1% or whole milk	1% or whole milk	1% or whole milk	1% or whole milk	1% or whole milk
4oz	4oz	6oz	Fruits	Salsa		Sliced Apples		Applesauce
.5oz	.5oz	1oz	Grains	Whole Grain Tortilla Chips	Whole Grain Goldfish	Saltines	Ritz Crackers	Pretzels

Green Trees ELC Winter Menu (December-February)

1-2yrs	3-5yrs	6+yrs	Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
			Breakfast					
4oz	6oz	8oz	Milk	1% or whole milk	1% or whole milk	1% or whole milk	1% or whole milk	1% or whole milk
2oz	4oz	4oz	Veg/Fruit	Apples	Bananas	Blueberries	Applesauce	Oranges
.5oz	.5oz	1oz	Grains	French Toast Sticks	Whole Grain Oatmeal	Pancakes	Bagels	Whole Grain Cereal Cheerios
			AM Snack					
.5oz	.5oz	1oz	Meat (or alt)			Yogurt		
4oz	4oz	6oz	Fruits	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
.5oz	.5oz	1oz	Grains	Animal Crackers	Grahamn Crackers	Whole Grain Granola	Whole Grain Wheat Thins	Cheese Crackers
			Lunch	Baked Ziti	Walking Taco	Egg-celent Lunch	Chicken and Gravy	Chilli
4oz	6oz	8oz	Milk	1% or whole milk	1% or whole milk	1% or whole milk	1% or whole milk	1% or whole milk
1oz	1.5oz	2oz	Meat (or alt)	Cheese sticks & Cheese Shreds	Ground Beef	Hard Boiled Eggs	Chicken	Ground Beef
1oz	2oz	4oz	Vegetables	Green Beans	Mixed Veggies	Corn	Corn	Broccoli
1oz	2oz	2oz	Fruits	Pears	Oranges	Peaches	Applesauce	Fruit cocktail
.5oz	.5oz	1oz	Grains	Ziti	Tortilla Shell	Pancakes	Cornbread	Bun
			PM Snack					
4oz	4oz	8oz	Milk	1% or whole milk	1% or whole milk	1% or whole milk	1% or whole milk	1% or whole milk
4oz	4oz	6oz	Fruits	Salsa		Sliced Apples		Applesauce
.5oz	.5oz	1oz	Grains	Whole Grain Tortilla Chips	Whole Grain Goldfish	Saltines	Ritz Crackers	Pretzels

Green Trees ELC Winter Menu (December-February)

1-2yrs	3-5yrs	6+yrs	Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
			Breakfast					
4oz	6oz	8oz	Milk	1% or whole milk	1% or whole milk	1% or whole milk	1% or whole milk	1% or whole milk
2oz	4oz	4oz	Veg/Fruit	Apples	Bananas	Blueberries	Applesauce	Oranges
.5oz	.5oz	1oz	Grains	French Toast Sticks	Whole Grain Oatmeal	Pancakes	Bagels	Whole Grain Cereal Cheerios
			AM Snack					
.5oz	.5oz	1oz	Meat (or alt)			Yogurt		
4oz	4oz	6oz	Fruits	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
.5oz	.5oz	1oz	Grains	Animal Crackers	Grahamn Crackers	Whole Grain Granola	Whole Grain Wheat Thins	Cheese Crackers
			Lunch	Chicken Parm	Spaghetti and Meatballs	Chicken and Veggie Soup	Apple Honey Chicken	Cheese Quesadilla
4oz	6oz	8oz	Milk	1% or whole milk	1% or whole milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
1oz	1.5oz	2oz	Meat (or alt)	Chicken	Meatballs	Chicken	Chicken	Cheddar Cheese
1oz	2oz	4oz	Vegetables	Green Beans	Mixed Veggies	Corn	Corn	Broccoli
1oz	2oz	2oz	Fruits	Pears	Oranges	Peaches	Applesauce	Fruit cocktail
.5oz	.5oz	1oz	Grains	Bow Tie Pasta	Spaghetti	Rice	Rice	Tortillas
			PM Snack					
4oz	4oz	8oz	Milk	1% or whole milk	1% or whole milk	1% or whole milk	1% or whole milk	1% or whole milk
4oz	4oz	6oz	Fruits	Salsa		Sliced Apples		Applesauce
.5oz	.5oz	1oz	Grains	Whole Grain Tortilla Chips	Whole Grain Goldfish	Saltines	Ritz Crackers	Pretzels

Green Trees ELC Winter Menu (December-February)

1-2yrs	3-5yrs	6+yrs	Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
			Breakfast					
4oz	6oz	8oz	Milk	1% or whole milk	1% or whole milk	1% or whole milk	1% or whole milk	1% or whole milk
2oz	4oz	4oz	Veg/Fruit	Apples	Bananas	Blueberries	Applesauce	Oranges
.5oz	.5oz	1oz	Grains	French Toast Sticks	Whole Grain Oatmeal	Pancakes	Bagels	Whole Grain Cereal Cheerios
			AM Snack					
.5oz	.5oz	1oz	Meat (or alt)			Yogurt		
4oz	4oz	6oz	Fruits	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
.5oz	.5oz	1oz	Grains	Animal Crackers	Grahamn Crackers	Whole Grain Granola	Whole Grain Wheat Thins	Cheese Crackers
			Lunch	Chicken & Broccoli	Chicken Nuggets	Breakfast for Lunch	Alfredo Chicken	Beef and Potato Stew
4oz	6oz	8oz	Milk	1% or whole milk	1% or whole milk	1% or whole milk	1% or whole milk	1% or whole milk
1oz	1.5oz	2oz	Meat (or alt)	Chicken	Chicken Nuggets	Sausage	Chicken	Beef
1oz	2oz	4oz	Vegetables	Broccoli	Mixed Veggies	Corn	Corn	Potatoes
1oz	2oz	2oz	Fruits	Pears	Oranges	Peaches	Applesauce	Fruit cocktail
.5oz	.5oz	1oz	Grains	Rice	Rice	Pancakes/ Waffles	Pasta	Noodles
			PM Snack					
4oz	4oz	8oz	Milk	1% or whole milk	1% or whole milk	1% or whole milk	1% or whole milk	1% or whole milk
4oz	4oz	6oz	Fruits	Salsa		Sliced Apples		Applesauce
.5oz	.5oz	1oz	Grains	Whole Grain Tortilla Chips	Whole Grain Goldfish	Saltines	Ritz Crackers	Pretzels

Green Trees ELC Winter Menu (December-February)

1-2yrs	3-5yrs	6+yrs	Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
			Breakfast					
4oz	6oz	8oz	Milk	1% or whole milk	1% or whole milk	1% or whole milk	1% or whole milk	1% or whole milk
2oz	4oz	4oz	Veg/Fruit	Apples	Bananas	Blueberries	Applesauce	Oranges
.5oz	.5oz	1oz	Grains	French Toast Sticks	Whole Grain Oatmeal	Pancakes	Bagels	Whole Grain Cereal Cheerios
			AM Snack					
.5oz	.5oz	1oz	Meat (or alt)			Yogurt		
4oz	4oz	6oz	Fruits	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
.5oz	.5oz	1oz	Grains	Animal Crackers	Grahamn Crackers	Whole Grain Granola	Whole Grain Wheat Thins	Cheese Crackers
			Lunch	Arroz Con Pollo	Mac and Cheese	Pizza	Fiesta Chicken	Chicken Sandwhich
4oz	6oz	8oz	Milk	1% or whole milk	1% or whole milk	1% or whole milk	1% or whole milk	1% or whole milk
1oz	1.5oz	2oz	Meat (or alt)	Chicken Breast	Cheese	Cheese/ Cheese Sticks	Chicken	Chicken Nuggets
1oz	2oz	4oz	Vegetables	Green Beans	Mixed Veggies	Corn	Corn	Broccoli
1oz	2oz	2oz	Fruits	Pears	Oranges	Peaches	Applesauce	Fruit cocktail
.5oz	.5oz	1oz	Grains	Yellow Rice	Pasta	Pizza Crust	Tortilla Chips	Roll
			PM Snack					
4oz	4oz	8oz	Milk	1% or whole milk	1% or whole milk	1% or whole milk	1% or whole milk	1% or whole milk
4oz	4oz	6oz	Fruits	Salsa		Sliced Apples		Applesauce
.5oz	.5oz	1oz	Grains	Whole Grain Tortilla Chips	Whole Grain Goldfish	Saltines	Ritz Crackers	Pretzels