

Squiggle Room
2022-2023 Menu
Week A

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> 8:30	Milk and Oatmeal	Milk and Whole Grain Cereal	Milk and Oatmeal	Milk and Whole Grain Cereal	Milk and Oatmeal
<u>AM Snack</u> 10:30-11:00	Milk	Milk	Milk	Milk	Milk
	Organic Cereal and Bananas	Whole Wheat Bagels with Cream Cheese	Yogurt w/ Granola Topping (nut free)	Cheerios and Apple Sauce	Goldfish and thawed or blanched peas
<u>Lunch</u> 12:30-1:00	Milk	Milk	Milk	Milk	Milk
	Spaghetti	Cheese Ravioli	Vegetable Stir Fry	Grilled Cheese	Black Bean and Brown Rice Quesadilla
	Whole Grain Pasta marinara sauce	WG Ravioli stuffed with cheese and marinara	Brown Rice	Whole Wheat Bread	Brown Rice, Whole Wheat Tortilla
	Peas	Broccoli	Mixed Vegetables	Tomato Soup	Green Beans
	Oranges	Pears	Apple Slices	Peaches	Bananas
<u>PM Snack</u> 3:30-4:00	Water	Water	Water	Water	Water
	Graham Crackers and Strawberries	Ritz crackers and Cheese Slices	Animal Crackers and Dried Fruit (Raisins and Craisins)	Whole Grain English Muffins and vegetable cream cheese	Cereal/Crackers (or Veggie Straws) and Raisins/Craisins

PLEASE NOTE THAT CEREAL WILL BE AVAILABLE FOR CHILDREN WITH EARLY ARRIVALS

Unsweetened Dry Cereal: Cheerios, Bran Flakes, Rice or Corn Chex, Kix, and Original Life Cereal (DO NOT SERVE: Wheaties Fuel)

Lightly Sweetened Dry Cereal: Cinnamon Life, Fruity Cheerios, Cinnamon Toast Crunch and Honey Kix

Children 12 months to 2 years will be served unflavored, whole cow's milk.

Children 2 years+ will be served unflavored, 1% cow's milk.

Water is offered continuously throughout the day and at all meals and snacks.

Squiggle Room
2022-2023 Menu
Week B

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> 8:30-9:00	Milk and Whole Grain Cereal	Milk and Oatmeal	Milk and Whole Grain Cereal	Milk and Oatmeal	Milk and Whole Grain Cereal
<u>AM Snack</u> 10:30-11:00	Milk Cottage Cheese w/ Pears	Milk Bagels with Vegetable Cream Cheese	Milk Yogurt with Granola Topping (nut free)	Milk Goldfish Crackers and Bananas	Milk Kix cereal and Dried Fruit (Raisins and Craisins)
<u>Lunch</u> 12:30-1:00	Milk Grilled Cheese WG Bread Cheese Slices Peas Apple Slices	Milk Veggie Pasta Salad Whole Grain Pasta Diced Cucumbers, Bell Peppers, and Mozzarella Cheese Peaches	Milk Cheese and Black Bean Quesadilla Whole Grain Tortilla Cheese Black Beans Green Beans Applesauce	Milk Pineapple Teriyaki Brown Rice, Mixed veggies, pineapple, teriyaki sauce Mixed Vegetables Oranges	Milk Macaroni & Cheese Whole Grain Pasta Broccoli Bananas
<u>PM Snack</u> 3:30-4:00	Water Animal Crackers and Oranges	Water Graham Crackers w/ Applesauce	Water Ritz Crackers and thawed or blanched Peas	Water Whole Grain English Muffin and Strawberries	Water Cereal/Crackers (or Veggie Straws) and Raisins/Craisins

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Lightly Sweetened Dry Cereal: Cinnamon Life, Fruity Cheerios, Cinnamon Toast Crunch and Honey Kix

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Week C

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> 8:30	Milk and Whole Grain Cereal	Milk and Oatmeal	Milk and Whole Grain Cereal	Milk and Oatmeal	Milk and Whole Grain Cereal
<u>AM Snack</u> 10:30-11:00	Milk	Milk	Milk	Milk	Milk
	Yogurt and Granola Topping (nut free)	Whole Grain English Muffin with Vegetable Cream Cheese	Cottage Cheese and Pears	Goldfish and thawed or blanched Peas	Whole Grain Bagels with Berry Preserves
<u>Lunch</u> 12:30-1:00	Milk	Milk	Milk	Milk	Milk
	Vegetable Stir Fry	Vegetarian Chili with Vegetable Broth	WG Flatbread Pizza	Grilled Cheese	Black Beans, Broccoli, and Brown Rice
	Brown Rice Boiled Egg	Ritz Crackers	WG Flatbread, Mozzarella, Marinara	Whole Wheat Bread	Brown Rice Broccoli Brown Rice
	Mixed Vegetables	Tomatoes, Corn, and Kidney Beans	Peas	Tomato Soup	Broccoli
	Peaches	Apple Slices	Oranges	Bananas	Applesauce
<u>PM Snack</u> 3:30-4:00	Water	Water	Water	Water	Water
	Ritz Crackers and Cheese Slices	Applesauce and Animal Crackers	Bananas and Graham Crackers	Cheerios and Dried Fruit (Raisins and Craisins)	Cereal/Crackers (or Veggie Straws) and Raisins/Craisins

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<u>AM Snack</u> 10:30-11:00	Milk	Milk	Milk	Milk	Milk
	Goldfish Crackers with thawed or blanched Peas	Whole Wheat English Muffins with Vegetable Cream Cheese	Cottage Cheese and Pears	Whole Wheat Bagels and Vegetable Cream Cheese	Yogurt and Granola Topping (nut free)
<u>Lunch</u> 12:30-1:00	Milk	Milk	Milk	Milk	Milk
	Veggie Pasta Salad	Bean and Cheese Roll Up	Brunch: Waffles and Boiled Eggs	Cream of Broccoli Soup with Toast	Macaroni & Cheese
	Whole Grain Pasta	Whole Wheat Tortilla Black Beans Cheese Slices	Whole Wheat Waffles Boiled Eggs	Whole Grain Bread Cream Of Broccoli Soup	Whole Grain Pasta Cheese
	Diced Cucumbers, Bell Peppers, and Mozzarella Cheese	Broccoli	Green Beans	Peas	Mixed Vegetables
	Oranges	Applesauce	Strawberries	Bananas	Apple Slices
<u>PM Snack</u> 3:30-4:00	Water	Water	Water	Water	Water
	Animal Crackers and Bananas	Ritz Crackers and Cheese Slices	Graham Crackers and Applesauce	Goldfish Crackers and Dried Fruit (Raisins and Craisins)	Cereal/Crackers (or Veggie Straws) and Raisins/Craisins

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