

Bluebird Playschool's

Meal Plan

Week 1

Dates: _____

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Oatmeal Peaches	Milk Whole Grain Pancakes Strawberries	Milk Cheerios Banana	Milk Waffles Oranges	Milk Scrambled Eggs Hash Browns
Lunch	Milk Grilled Cheese Broccoli Blueberries	Milk Beef Taco with Lettuce & Tomato Roasted Sweet Potato	Milk Mac n Cheese Chicken Sausage Peas Raspberries	Milk Open Face Turkey Sandwich Asparagus Peaches	Milk Fish Sticks Corn Strawberries
Snack	Apple Slices Cheddar Cheese	Yogurt Dip Bell Pepper Slices	Ritz Crackers Cream Cheese Mixed Fruit	Grape Tomatoes String Cheese	Pretzels Peanut Butter

Healthy eating is so important for infants, toddlers and preschoolers to help them grow and develop. We strive to offer a wide variety of fruits, vegetables, grains, protein, and dairy in their diet. All our meals are in accordance with the CACFP nutrition guidelines.

Fresh water is always available to children throughout the day. Per guidelines, at meals children, ages 12-24 months, are offered whole milk and children, ages 2-5 years, are offered 1% milk. We do not allow sugary drinks but will occasionally offer 100% fruit juice.

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Week 2

Dates: _____

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Cinnamon Toast Strawberries	Milk Pancakes Pears	Milk Banana Bread	Milk Granola Berries Yogurt	Milk Sausage Biscuit Peaches
Lunch	Milk Pasta Alfredo with Chicken and Spinach Raspberries	Milk PB&J Sandwich Cucumbers Kiwi	Milk Grilled Chicken Strips on Whole Grain Bun Peas Oranges	Milk Mini Pepperoni Pizzas Peppers slices Apples	Milk Cheeseburgers Sweet Potato Fries Pears
Snack	Goldfish Dried Cranberries	Apples Sugar Snap Peas	Cucumbers Hummus	Celery Peanut Butter	Cheese Stick Banana

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Week 3

Dates: _____

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk English Muffins Grapefruit	Milk Shredded Wheat Strawberries	Milk Broccoli, Egg and Cheese Mini Quiche	Milk Muffins Blueberries	Milk Waffle Avocado
Lunch	Milk Chicken Noodle Soup Carrots Blueberries	Milk Ham and Cheese on whole grain tortilla Cucumber Mango	Milk Beef and Broccoli Stir Fry Apples	Milk Tuna Fish Salad with Crackers Bell Pepper Cantaloupe	Milk Meatballs Whole Wheat Pasta Spinach Grapes
Snack	Yogurt Graham Cracker	Animal Crackers Cantaloupe	Banana & Nutella Roll Up	Cottage Cheese Strawberries	Apples Peanut Butter

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Meal Plan

Week 4

Dates: _____

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Bagel Cream Cheese	Milk French Toast Raspberries	Milk English Muffin SunButter	Milk Oatmeal Energy Balls Banana	Milk Veggie Cheese Omlette
Lunch	Milk Hot Dog with Bun Cauliflower Clementine	Milk Baked Ziti Mango	Milk Cheese Quesadilla Salsa Guacamole	Milk Chicken Stir Fry Brown Rice Watermelon	Milk Pork Chops Sweet Potatoes Apples
Snack	Triscuits Cheddar Cheese	Banana Peanut Butter	Veggie Straws Applesauce	Yogurt Bark with Mixed Berries	Orange Slices Granola Bar

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Week

Dates: _____

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Lunch					
Snack					

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