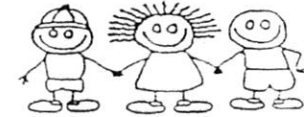


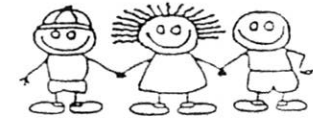
Babes on the Square Too
Week Beginning: September 19, 2022
11 month- 2Years



week - 3

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Milk	Milk 6oz	Milk 6oz	Milk 6oz	Milk 6oz	Milk 6oz
Juice/Fruit/Vegetable.	bananas ½	Strawberries ¼ C	Blueberries ¼ C	Fresh oranges ¼ C	Bananas ½
Bread/Cereal	Rice chex ½ C	French toast	Cream of wheat ½ C	Rice crispy ½ C	Bran muffin
Ages 1-2 Substitutes					
Lunch: Milk	Milk 6oz	Milk 6oz	Milk 6oz	Milk 6oz	Milk 6oz
Meat/Meat Alt.	Minestrone soup ½ C	Spinach-chicken quesadillas	Roast beef & swiss sandwiches	Hot open faced turkey & biscuits	Chef's Choice 2 oz protein
Vegetable. or Fruit	swiss chard - carrot & kale	Spinach	Baby carrot- Russian dressing	sauteed asparagus	Carrots and ranch 1/8 C
Vegetable. or Fruit	Apple 1 per serving	Pineapples ¼ C	peaches	Fresh pear 1 per serving	Mixed Fruit 1/8 C
Bread	Crackers	Tortillas	WW		Egg noodles ¼ c
Ages 1-2 Substitutes					
PM Snack: * (select 2 items)					
Milk					
Meat/Meat Alt.				Cheese dip	
Juice/Fruit/Vegetable.	Applesauce ¼ C	Fruit cocktail ¼ C	Apple slices ¼ C	Cucumbers & bell peppers	Apricots ¼ C
Bread / Cereal	Corn muffins 1 per serving	Soft pretzels 1 per serving	Fig newtons		Cheez-Its
Ages 1-2 Substitutes					

Babes on the Square Too
Week Beginning: September 19, 2022
3Years - 5Years



week - 3

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Milk	Milk 6oz	Milk 6oz	Milk 6oz	Milk 6oz	Milk 6oz
Juice/Fruit/Vegetable.	bananas ½	Strawberries ¼ C	Blueberries ¼ C	Fresh oranges ¼ C	Bananas ½
Bread/Cereal	Rice chex ½ C	French toast	Cream of wheat ½ C	Rice crispy ½ C	Bran muffin
Ages 1-2 Substitutes					
Lunch: Milk	Milk 6oz	Milk 6oz	Milk 6oz	Milk 6oz	Milk 6oz
Meat/Meat Alt.	Minestrone soup ½ C	Spinach-chicken quesadillas	Roast beef & swiss sandwiches	Hot open faced turkey & biscuits	Chef's Choice 2 oz protein
<u>Vegetable.</u> or Fruit	swiss chard - carrot & kale	Spinach	Baby carrot- Russian dressing	sauteed asparagus	Carrots and ranch 1/8 C
<u>Vegetable.</u> or Fruit	Apple 1 per serving	Pineapples ¼ C	peaches	Fresh pear 1 per serving	Mixed Fruit 1/8 C
Bread	Crackers	Tortillas	WW		Egg noodles ¼ c
Ages 1-2 Substitutes					
PM Snack: * (select 2 items)					
Milk					
Meat/Meat Alt.				Cheese dip	
Juice/Fruit/Vegetable.	Applesauce ¼ C	Fruit cocktail ¼ C	Apple slices ¼ C	Cucumbers & bell peppers	Apricots ¼ C
Bread / Cereal	Corn muffins 1 per serving	Soft pretzels 1 per serving	Fig newtons		Cheez-Its
Ages 1-2 Substitutes					