


YDI Breakfast Menu (Age 1 up to 2nd Birthday)

		+ = High in Vitamin C	March 2025			* = High in Vitamin A	Nutrition Ed					
		Monday	Tuesday	Wednesday	Thursday	Friday						
week III	3	1/2 c Whole Milk 1/4 c +Strawberries (Fresh in Season) ripe, remove stems, cut in sm pcs Scrambled Egg (1/4 c), x-tra Sandwich on WG/WW Biscuit,14 gms	4	1/2 c Whole Milk 1/8 c +Orange Slices & 1/8 c banana slices, peel & cut in sm pcs remove membranes to prevent choking when developmentally appropriate 1/4 c WG Oatmeal, (14 gms dry)	5	1/2 c Whole Milk 1/4 c +Pineapple Tidbits Toasted WG Bagel,14 gms, w/1-2 Tbl. Jelly	6	1/2 c Whole Milk 1/4 c + Cantaloupe, ripe, cut in sm pcs 17 gms, WG Waffle w/ 1-2 Tbl. Syrup	7	1/2 c Whole Milk 1/4 c +Mandarin Oranges 14 gms Warm Cheese Pita (1/2 oz Melted Cheddar Cheese-x-tra, on Pita Bread)		
	week IV	10	1/2 c Whole Milk 1/8 c +Strawberries & 1/8 c Blueberries (Fresh in Season) ripe, remove stems, cut 1/4 c Scrambled Egg w/ Ketchup 14 gms Warm WW Tortilla	11	1/2 c Whole Milk 1/4 c +Pineapple Tidbits 1/4 c Cream of Wheat (14 gms dry)	12	1/2 c Whole Milk 1/4 c +Fresh Orange Sections, peel & cut in small pieces, remove membranes to prevent choking when developmentally appropriate 28 gms WG Banana Whole Wheat Muffins (No nuts)	13	1/2 c Whole Milk 1/4 c + Cantaloupe, ripe, cut in sm pcs 1/2 c WG Cheerios, 14 gms	14	1/2 c Whole Milk 1/4 c +Mandarin Oranges Mc Head Start Muffin (Toasted WW English Muffin,14 gms w/ 1/4 c Scrambled Egg-xtra & Sprinkling of Cheese-x-tra)	
		week I	17	1/2 c Whole Milk 1/4 c + Mandarin Oranges 1/4 c Scrambled Egg, x-tra w/ 2 Tbl. Ketchup Warm WG/WW Tortilla, 14 gms	18	1/2 c Whole Milk 1/4 c +Honedew, ripe, peel & cut in small pieces 17 gms WG/WW Pancakes w/ 1-2 Tbl. Syrup	19	1/2 c Whole Milk 1/4 c +Kiwi, ripe, peel & slice in small pieces 1/4 c Cream of Wheat, (14 gms dry)	20	1/2 c Whole Milk 1/4 c +Fresh Orange Sections, peel & cut in small pieces, remove membranes to prevent choking when developmentally appropriate 14 gms WG/WW Biscuit w/ 1-2 Tbl. Jelly	21	1/2 c Whole Milk 1/4 c + Pineapple Tidbits 14 gms Pita Bread w/ 1/2 oz Melted Cheddar Cheese, x-tra
	week II		24	1/2 c Whole Milk 1/4 c +Pineapple Tidbits 35 gms WG/WW French Toast Sticks w/ 2 Tbl warm cinnamon Applesauce, x-tra	25	1/2 c Whole Milk 1/4 c + Cantaloupe, ripe, cut in sm pcs 1/2 c WG Oatmeal, (14 gms dry)	26	1/2 c Whole Milk 1/4 c +Kiwi, ripe, peel & cut in sm pcs 14 gms WG Toasted Bagel w/1/2 oz Melted Mozzarella Cheese, x-tra	27	1/2 c Whole Milk 1/4 c +Fresh Orange Sections, peel & cut in small pieces, remove membranes to prevent choking when developmentally appropriate 28 gms WG Banana Whole Wheat Muffin (No Nuts)	28	1/4 c +Strawberries (Fresh in Season) ripe, remove stems, cut in sm pcs 3/4 c Vegetable Skillet Frittata (1/4 c Egg & w/ vegetables xtra) 14 gms WG/WW toast Lightly Buttered
		week III	31	1/2 c Whole Milk 1/4 c +Strawberries (Fresh in Season) ripe, remove stems, cut in sm pcs Scrambled Egg (1/4 c), x-tra Sandwich on WG/WW Biscuit,14 gms								

** subject to availability** These menus were developed and approved for the sole use of Youth Development Inc. and are not for public distribution.

Notes: 1) texture will be modified for each child's developmental level. 2) YDI menus are nut free and do not permit outside food. 8/1/2019

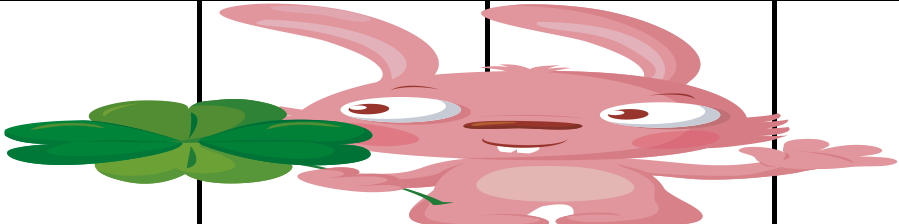
Non-Discrimination Statement: This explains what to do if you believe you have been treated unfairly. In accordance with Federal Law and U.S. Department of Agriculture (USDA) civil rights, regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation) disability, age, or reprisal or retaliation for prior civil rights activity. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

YDI Lunch Menu (Age 1 up to 2nd Birthday)

+ = High in Vitamin C

March 2025

* = High in Vitamin A

		<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Nutrition Ed</i>			
week III	3	1/2 c Whole Milk 1/6 Cottage Pie (1 1/2 oz grnd beef 1/4 c mash potato lf gravy 1/8 c * Steamed Broccoli, cut in small pcs & well cooked 14 grms WG/WW Bread lightly buttered	4	1/2 c Whole Milk 1/2 Chicken Enchilada (1 1/2 oz Chicken & Cheese, 14 gms WG Corn Tortilla & Mild Green Chile) 1/8 c *Zucchini w/ Onions, x-tra	5	1/2 c Whole Milk 1/2 Hamburger on 14 gms wwvg bun (1 1/2 oz Meat, Pickles, , Ketchup, Mustard) 1/8 c *Baked Sweet Potato Fries 1/8 c +Honeydew or Watermelon (In Season) ripe, peel & cut in sm pcs	6	1/2 c Whole Milk 1 c Maccaroni and Cheese with Tuna (1 oz Cheddar Cheese, 1/2 oz Tuna 1/4 c WG Rotini Pasta 1/8 C Peas and Carrots 1/8 c +Strawberries (ripe, remove stems, cut in sm pcs)		
	10	1/2 c Whole Milk 1/2 c Beef & Spaghetti Casserole (1 1/2 oz meat, 1/4 c *Sauce, and 1/4 c WG Spaghetti Noodles) 1/8 c Pears	11	1/2 c Whole Milk 3/4 c Chile Con Carne (1 1/2 oz Ground Turkey, 1/4 c Red Beans & *Sauce) 1/8 c +Kiwi, ripe, peel & cut 17 gms WG Corn Bread	12	1/2 c Whole Milk 1 oz BBQ Chicken (8 pc) 1/8 c * Green Beans, cut in small pcs & well cooked 1/8 c Diced Peaches 14 gms, WW/WG Bread, Lightly Buttered	13	1/2 c Whole Milk 3/4 c *WG Penne Pasta w/four cheeses (1 1/2 oz Cheddar, Mozzarella, shredden Parmesan & *Sauce extra) 1/8 c Sautéed Spinach w/ Onion-x-tra 1/8 c Honeydew, ripe, peel & cut in sm pcs 14 gms WG Bread Stick w/ garlic butter		
	17	1/2 c Whole Milk 1 oz Salisbury Steak 1/8 c mash potato 1/8 c Green beans 14 grms WG/WW Bread, lightly buttered	18	1 oz Teriyaki Chicken (8 pc) well cooked & deboned 1/2 c Broccoli & Stir Fry Noodles (1/4 c WG spaghetti noodles stir Fried w/ 1/4 c * Broccoli, cut up in sm pcs, cook until soft & green onions x-tra 1/8 c Banana Chunks (Dip in PA juice)	19	1/2 c Whole Milk 1/2c Green Chili Stew w/ 1 oz diced pork loin, 1/8 c Potato, Tomato & green chili to taste 1/4c Calabacitas w/ peppers & onion 1/8 c +Cantaloupe, ripe, cut in sm pcs warm WGWW tortilla 14 gms	20	1/2 c Whole Milk Pizza Pup-1 1/2 oz Grnd Beef on 14 gms ww Bun w/ a Sprinkling of mozzarella Cheese, x-tra & *sauce extra (see recipe) 1/8 c Green Beans w/ Sautéed onion extra 1/8 c Sliced Apples (Dip in +PA Juice-x-tra) remove skin, Steam, Chill, peel & cut in small pcs.	21	1/2 c Whole Milk Bean Burrito on 14 gms Warm WG WW Tortilla (1/2 c Refried beans & Sprinkl of Monterey jack cheese extra) 2 Tbl. * Tomato Salsa, x-tra no lett or tom 1/4 c Spinach w/ Onion-x-tra 1/8 c +Strawberries ripe, remove stems, cut in sm pcs)
	24	1/2 c Whole Milk Sloppy Joe on a 14 gms WGWW Bun (1/3 c Meat Mixture= 2 oz) 1/8 *Fresh Steamed Broccoli, cut in sm pcs & well cooked 1/8 c +Mandarin Oranges	25	1/2 c Whole Milk Bean Tostada w/ 1/2 c homemade Refried Beans & a Sprinkl of cheddar Cheese, x-tra on WG tostada shell (14grms) No Lettuce & Tomato 2 Tbl. *Tomato Salsa, x-tra 1/8 c Green Beans w/ Onions, x-tra 1/8 c Applesauce	26	1/2 c Whole Milk 1 1/4 oz Oven Baked Parmesan Chicken (Thigh Meat) 1/8 c Zucchini w/ onion, extra 1/8 c Fruit Cocktail, cut grapes in half 14 gms WG/WW Bread	27	1/2 c Whole Milk 3/4 c Beefaroni (11/2 oz grnd beef 1/4 cWG Elbow Macaroni, & 1/4 c Tomato Jc, tomato, corn. Onion 1/4 c * Sautéed Spinach w/ onion extra 1/8 c Sliced Apples (Dip in + PA jce) remove skin, steam, chill, cut in small pcs extra	28	1/2 c Whole Milk 1 oz Baked buttered Tilapia w/ lemon pepper 1/4 c Roasted Vegetables (1/8 c Red/New Potato, 1/8 c *Carrot & Onion-x-tra) 1/8 c +Honeydew, ripe, cut in sm pcs 14 gms WG/WW Dinner Roll
week III	31	1/2 c Whole Milk 1/6 Cottage Pie (1 1/2 oz grnd beef 1/4 c mash potato lf gravy 1/8 c * Steamed Broccoli, cut in small pcs & well cooked 14 grms WG/WW Bread lightly buttered								

** subject to availability** These menus were developed and approved for the sole use of Youth Development Inc. and are not for public distribution.

Notes: 1) texture will be modified for each child's developmental level. 2) YDI menus are nut free and do not permit outside food. 8/1/2019





Non-Discrimination Statement: This explains what to do if you believe you have been treated unfairly. In accordance with Federal Law and U.S. Department of Agriculture (USDA) civil rights, regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation) disability, age, or reprisal or retaliation for prior civil rights activity. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

YDI PM Snack Menu (Age 1 up to 2nd Birthday)

+ = High in Vitamin C

March 2025

* = High in Vitamin A

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Nutrition Ed</i>
week III	3 1/2 c Cold Water 1/2 c Cucumber Sticks peel and remove seeds 1 Tbl FF Ranch Drsg 11 gms WG Goldfish Crackers	4 1/2 c Cold Water 1/2 c Apple Slices, remove skin, steam, chill, peel & cut in small pcs. (Dip in +PA Juice, x-tra) 1/2 oz Mozz. String Cheese	5 1/2 c Whole Milk 1/2 c Peaches	6 1/2 c Whole Milk 14 gms Graham Crackers (No Honey)	7 1/2 c Cold Water 1/2 c Banana 1/4 c Vanilla Yogurt Dip Topped with a Sprinkling of WG Cherrios, x-tra	
week IV	10 1/2 c Cold Water 1/2 c +Pineapple 1/2c WG Kix Cereal	11 1/2 c Cold Water 1/2 oz String Cheese 1/2 c Broccoli Florettes (steam & chill) 1-2 Tbl. FF Ranch Dressing	12 1/2 c Cold Water Whole Banana 11 gms WG Gold Fish Crackers	13 1/2 c Cold Water 1/2 c Applesauce Toasted Cinnamon Raisin Bagel, 14 grms, lightly buttered	14 1/2 c Cold Water 1/8 c / 2 Tbl Hummus Dip, x-tra 1/2 c Cucumber Slices 14 gms Pita Crisps (Crispy baked pita triangles)	
week I	17 1/2 c Cold Water 1/4 c *Carrot Sticks, Steam & Chill 1/4 c Cucumber Sticks peel and remove seeds w/ 1-2 Tbl FF Ranch Drsg. 1/2 oz Cheddar Cheese Cubes	18 1/2 c Whole Milk 28 gms WG Banana Whole Wheat Muffin (No nuts)	19 1/2 c Cold Water 1/2 c Applesauce 14 gms WGWW English Muffins, Lightly Buttered	20 1/2 c Cold Water 1/2 c Fruit Cocktail 14 gms Graham Crackers (No Honey)- Aprox. 2 cracker squares (cut grapes in half)	21 3/4 c Peach Smoothie (1/4 c Yogurt, 1/2 c peaches) 11 gms WG Gold Fish Crackers	
week II	24 1/2 c Cold Water 1/2 c *Strawberries, ripe, remove stems, cut in sm pcs (Fresh in Season) 1/2 oz Mozz String Cheese	25 1/2 c Cold Water 14 gms WWWG toast lightly buttered 1/2 c Apple, +Orange, Banana Salad, peel & cut in sm pcs, remove membrane from oranges w/ OJ Con (see recipe) steam apples if needed	26 1/2 c Whole Milk Toasted WGWW English Muffin, 14 gms, w/ 1-2 Tbl. Jelly	27 1/2 c Whole Milk 1/2 c WG Kix, 14 gms (corn)	28 1/2 c Cold Water 1/2 c Black Bean and Corn Salad 14 gms Seasoned Pita Crisps (crispy Baked Pita Triangles)	
week III	31 1/2 c Cold Water 1/2 c Cucumber Sticks peel and remove seeds 1 Tbl FF Ranch Drsg 11 gms WG Goldfish Crackers					

** subject to availability** These menus were developed and approved for the sole use of Youth Development Inc. and are not for public distribution.

Notes: 1) texture will be modified for each child's developmental level. 2) YDI menus are nut free and do not permit outside food. 8/1/2019

Non-Discrimination Statement: This explains what to do if you believe you have been treated unfairly. In accordance with Federal Law and U.S. Department of Agriculture (USDA) civil rights, regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation) disability, age, or reprisal or retaliation for prior civil rights activity. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.