


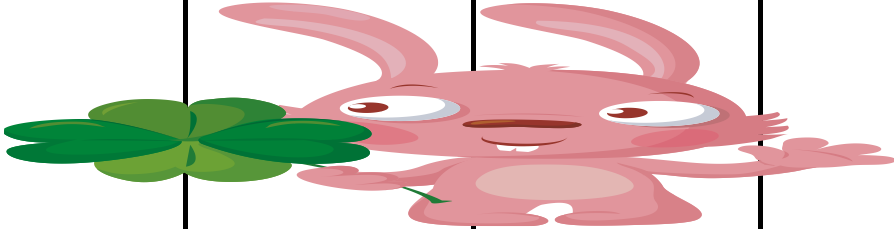
YDI Breakfast Menu (Age 24mos-5yrs)

+ = High in Vitamin C		Mar 2025				* = High in Vitamin A	Nutrition
	Monday	Tuesday	Wednesday	Thursday	Friday	Ed	
week III	3 3/4 c 1% Milk 1/2 c +Strawberries (Fresh in Season) Scrambled Egg(1/4 c), x-tra Sandwich on WG/WW Biscuit,14 gms	4 3/4 c 1% Milk 1/4 c +Orange Slices & 1/4 c Banana Slices 1/4 c WG Oatmeal, (14 gms dry)	5 3/4 c 1% Milk 1/2 c +Pineapple Tidbits Toasted WG Bagel,14 gms, w/ 1-2 Tbl. Jelly	6 3/4 c 1% Milk 1/2 c + Cantaloupe 17 gms, WG Waffle w/ 1-2 Tbl. Syrup	7 3/4 c 1% Milk 1/2 c +Mandarin Oranges 1/2 SL., 14 gms Warm Cheese Pita (1/2 oz Melted Cheddar Cheese, x-tra, on Pita Bread)	Let's Get Cooking Pineapple Straws	
	week IV	10 3/4 c 1% Milk 1/4 c +Strawberries & 1/4 c Blueberries (Fresh in Season) 1/4 c Scrambled Egg, x-tra w/ Ketchup 14 gms Warm WWWG Tortilla	11 3/4 c 1% Milk 1/2 c +Pineapple Tidbits 1/4 c Cream of Wheat, (14 gms dry)	12 3/4 c 1% Milk 1/2 c +Orange Slices 28 gms WG Banana Whole Wheat Muffin (No nuts)	13 3/4 c 1% Milk 1/2 c +Cantaloupe 1/2 c WG Cheerios, 14 gms	14 3/4 c 1% Milk 1/2 c +Mandarin Oranges Mc Head Start Muffin (Toasted WGW English Muffin,14 gms w/ 1/4 c Scrambled Egg-x-tra & Sprinkling of Cheese-x-tra)	Food Detectives Spinach
week I	17 3/4 c 1% Milk 1/2 c + Mandarin Oranges 1/4 c Scrambled Egg, x-tra w/ 2 Tbl. Ketchup Warm WWWG Tortilla, 14 gms	18 3/4 c 1% Milk 1/2 c + Honeydew 17 gms WG/WW Pancakes w/ 1-2 Tbl. Syrup	19 3/4 c 1% Milk 1/2 c + Kiwi, peel & cut 1/ 4 c Cream of Wheat, (14 gms dry)	20 3/4 c 1% Milk 1/2 c +Orange Wedges 14 gms WG/WW Biscuit w/ 1-2 Tbl Jelly	21 3/4 c 1% Milk 1/2 c + Pineapple Tidbits 14 gms Pita Bread w/ 1/2 oz Melted Cheddar Cheese, x-tra	Taste Testers Spinach	
	week II	24 3/4 c 1% Milk 1/2 c +Pineapple Tidbits 35 gms WG/WW French Toast Sticks w/ 2 Tbl Warm Cinnamon Applesauce, x-tra	25 3/4 c 1% Milk 1/2 c + Cantaloupe 1/4 c WG Oatmeal (14 gms dry)	26 3/4 c 1% Milk 1/2 c +Kiwi, peel & cut 14 gms WG Toasted Bagel w/1/2 oz Melted Mozzarella Cheese, x-tra	27 3/4 c 1% Milk 1/2 c +Fresh Orange Wedges 28 gms WG Banana whole wheat muffins (No Nuts)	28 3/4 c 1% Milk 1/2 c +Strawberries 3/4 c Vegetable Skillet Frittata (1.5 oz meat 1/4 vegetables) 1/2 SL., 14 gms WG/WW toast, Lightly buttered	Let's Get Cooking spinach Salad
week III	31 3/4 c 1% Milk 1/2 c +Strawberries (Fresh in Season) Scrambled Egg(1/4 c), x-tra Sandwich on WG/WW Biscuit,14 gms					Let's Get Cooking Spinach Lasagna	

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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 24mos-5yrs)

+ = High in Vitamin C		Mar 2025				* = High in Vitamin A	Nutrition
		Monday	Tuesday	Wednesday	Thursday	Friday	Ed
week III	3	3/4 c 1% Milk 1/6 Cottage Pie (1 1/2 oz Grnd Beef 1/4 c Mashed Potato LF Gravy & pie crust, x-tra) 1/4 c *Steamed Broccoli 1/2 Sl. WG/WW Bread, 14 grms lightly buttered	3/4 c 1% Milk 1/2 Chicken Enchilada (1 1/2 oz Chicken & Cheese 14 gms WG Corn Tortilla Mild Green Chile (see recipe for amts) 1/4 c Zucchini w/ Sautéed Onion, extra 1/4 c Pears (Fresh in Season)	3/4 c 1% Milk Pork Burrito 1 1/2 oz Shredded Pork, & 1/2c * vegetable on warm 6" wgwv tortilla 1/4 c Fruit Cocktail (Cut grapes in half)	3/4 c 1% Milk 1/2 Hamburger on 14 gms WGWW Bun (1 1/2 oz Meat, Pickles, extra, ketchup, mustard) 1/4 c *baked sweet potato fries 1/4 c +Honeydew or Watermelon (In Season)	3/4 c 1% Milk 1 c Macaroni and cheese w/ Tuna (1 oz cheddar cheese, 1/2 oz Tuna 1/4 c WG Rotini Pasta 1/4 c* Peas & Carrots, 1/4 c +Strawberries	Let's Get Cooking Pineapple Straws
	10	3/4 c 1% Milk 1/2 c Beef & Spaghetti Casserole (1 1/2 oz Grnd Beef, 1/4 c *Sauce, and 1/4 c WG Spaghetti Noodles) 1/4 c Pears	3/4 c 1% Milk 3/4 c Chile Con Carne (1 1/2 oz Ground Turkey, 1/4 c Red Beans, plus bell pepper & *Sauce) 1/4 c +Kiwi, ripe, peel & cut 17 gms Corn Bread	3/4 c 1% Milk 1 1/2 oz BBQ Chicken (8 PC) 1/4 c Green Beans 1/4 c Peaches 1/2 Sl, 14 gms, WW/WG Bread, Lightly Buttered (if desired)	3/4 c 1% Milk 1 1/2 oz Beef Pot Roast 1/4 c Oven Baked Potatoes 1/4 c * Steamed Carrots 1/2 Sl, 14 gms WG/WW Bread	3/4 c *WG Penne Pasta w/Three Cheese (1 1/2 cheddar, Mozzarella, shredded Parmesan and sauce, extra) 1/2 c *Sautéed Spinach w/ Onion-x-tra 1/4 c +Honeydew 14 gms WG Bread Stick w/ garlic butter	
	17	3/4 c 1% Milk 1.75 oz. Salisbury Steak 1/4C Mashed Potatoes 1/4C Green Beans 14 grms WWWG Bread, lightly buttered	1 1/2 oz Teriyaki Chicken (8pc) 1/2 c Broccoli & Stir Fry Noodles (1/4 c WG noodles, stir fried w/ 1/4 c * Steamed Broccoli & Green Onions-extra) 1/4 c Banana Chunks (Dip in +PA Juice, x-tra)	3/4 c 1% Milk 3/4 Green Chili Stew w/ 1 1/2 oz Diced Pork Loin w/(1/8 c pork Tomato and Green Chili to taste) xtra 1/4 c Calabacitas w/ (peppers and onions) xtra 1/4 c +Cantaloupe 14 grms warm wwwg tortilla	3/4 c 1% Milk Pizza Pup-1 1/2 oz Grnd Beef on 14 gm WWWG Bun w/a Sprinkling of mozzarella cheese extra & *Sauce, x-tra (see recipe) 1/2 c Tossed Salad w/ *Dark Greens & 1 Tbl LF 1000 Island Drsg. 1/4 c Apple Wedges (Dip in PA juice xtra)	3/4 c 1% Milk Bean Burrito on 14 gms warm WG tortilla (1/2 c Refried Beans & Sprinkle of of Monterey jack cheese extra) 2 Tbl. * tomato salsa, x-tra 1/4 c *Lettuce & 1/8 c *Tomato 1/4 c +Strawberries	
	24	3/4 c 1% Milk Sloppy Joe on a 14 gms WWWG Bun (1/3 c Meat Mixture= 2 oz) 1/4 c *Fresh Broccoli w/ 1 Tbl. FF Ranch Drsg 1/4 c +Mandarin Oranges	3/4 c 1% Milk Bean Tostada w/ 1/2 c homemade refried Beans & a sprinkle of cheddar ,extra on a WG Tostada Shell (14 grms) 1/4 c *Shredded Lettuce & 1/8 c *Diced Tomato 2 Tbl. *Tomato Salsa, x-tra 1/4 c Applesauce	3/4 c 1% Milk 2 oz Oven Baked Parmesan Chicken (Thigh Meat) 1/4 c Zucchini w/ onion, extra 1/4 c Fruit Cocktail, cut grapes in half 1/2 Sl, 14 gms WG/WW Bread	3/4 c 1% Milk 3/4 c Beefaroni (1 1/2 oz grnd beef 1/4 c WG Elbow Macaroni & 1/4c Tomato Jc, tomato, corn & onion) Salad w/ 1/4 c *Spinach & 1/8 c cucumber 1 Tbl LF 1000 Island Drsg 1/4 c Sliced Apples (Dip in +PA juice, extra)	3/4 c 1% Milk 1 1/2 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) 1/4 c +Honeydew 14 gm WG/WW Dinner Roll lightly buttered	
	31	3/4 c 1% Milk 1/6 Cottage Pie (1 1/2 oz Grnd Beef 1/4 c Mashed Potato LF Gravy & pie crust, x-tra) 1/4 c *Steamed Broccoli 1/2 Sl. WG/WW Bread, 14 grms lightly buttered					Let's Get Cooking Spinach Lasagna

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YDI Snack Menu (Age 24mos-5yrs)

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Mar 2025											
		Monday	Tuesday	Wednesday	Thursday	Friday	Nutrition Ed				
week	III	3 1/2 c Cold Water 1/2 c Cucumber Rounds 1 tbl FF Ranch Drsg 11 gms Wheat Thins Crackers	4 1/2 c Cold Water 1/2 c Apple Slices, (Dip in +PA juice, xtra) 1/2 oz Mozz String Cheese	5 1/2 c 1% Milk 1/2 c Peaches	6 1/2 c 1% 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 Sprinkling of WG Cheerios-x-tra	Let's Get Cooking Pineapple Straws				
	IV	10 1/2 c Cold Water 1/2 c +Pineapple Tidbits 11 gms WG Wheat Thin Crackers	11 1/2 c Cold Water 1/2 oz Mozz String Cheese 1/2 c Broccoli Florettes 1-2 Tbl. FF Ranch Drsg	12 1/2 c Cold Water Whole Banana (1/2 c) 11 gms WG Gold Fish Crackers	13 1/2 c Cold Water 1/2 c Applesauce Toasted cinnamon Raisin Bagel 14 gms lightly buttered	14 1/2 c Cold Water 1/8 c/2 T Bean Dip, (hummus) 1/2 c Cucumber Slices 14 gms Pita Crisps (crispy Baked Pita triangles)	Food Detectives Spinach				
	I	17 1/2 c Cold Water 1/4 c *Carrot Sticks 1/4 c Cucumber Rounds w/ 1-2 Tbl FF Ranch Drsg. 1/2 oz Cheddar Cheese Cubes	18 1/2 c 1% Milk 28 gms WG Banana Whole Wheat Muffins (No nuts)	19 1/2 c Cold Water 1/2 c Applesauce 14 gms WGWW English Muffin, Lightly Buttered	20 1/2 c Cold Water 1/2 c Fruit Cocktail 14 gms Graham Crackers- No Honey-Approx. 2 Cracker Squares (Cut grapes in half)	21 3/4 c Peach Smoothie 1/4 cYogurt, 1/2 cPeaches 11 gms WG Gold Fish Crackers	Taste Testers Spinach				
	II	24 1/2 c Cold Water 1/2 c +Stawberries 1/2 oz Mozz String Cheese	25 1/2 c Cold Water 11 gms Wheat Thins 1/2 c Apple, +Orange, Banana Salad made w/ OJ Concentrate (see recipe)	26 1/2 c 1% Milk Toasted WGWW English Muffin, 14 gms, w/ 1-2 Tbl. Jelly	27 1/2 c 1% Milk 1/2 c WG Kix, 14 gms	28 1/2 c Cold Water 1/2 c Black Bean and Corn Salad 14 grms Baked Pita Crisps (crispy Baked Pita Triangles)	Let's Get Cooking spinach Salad				
	III	31 1/2 c Cold Water 1/2 c Cucumber Rounds 1 tbl FF Ranch Drsg 11 gms Wheat Thins Crackers					Let's Get Cooking Spinach Lasagna				

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