**Little Sprouts Childcare & Preschool**

**Breakfast Menu**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Week 1 | Whole Wheat English MuffinPeaches  | Whole Grain Cheerios Banana | Whole Grain French Toast SticksPineapple\*  | Whole Grain WafflesMandarin Oranges  | Whole Grain Bagel Fruit Cocktail |
| Week 2 | Whole Wheat Toast w/JellyDiced Pears  | Whole Grain WafflesMandarin Oranges | Whole Grain Cheerios Banana | PancakesPeaches  | Whole Wheat English MuffinFruit Cocktail |
| Week 3 | Whole WheatCinnamon Raisin ToastPeaches  | Whole Grain Cereal BarPears & Yogurt  | Whole Grain WafflesMandarin Oranges |  Whole Grain Cheerios Banana | Whole Grain French Toast SticksFruit Cocktail  |
| Week 4 | Bagel w/cream CheeseFruit Cocktail | Whole Grain Cheerios Banana | Whole Wheat English MuffinApplesauce | PancakesPineapple\* |  Whole Grain CerealBanana |
| Week 5 | Whole Wheat Toast w/JellyPeaches | Whole Grain Cheerios Banana | Whole WheatCinnamon Raisin ToastPeaches  | French Toast SticksPineapple\* | Whole Grain Cereal BarPears & Yogurt |

\*Pears will be served to toddlers

Milk is served with all meals (Children under 2 are served whole milk/Children over 2 are served 1% or Skim)

Breakfast is served from 8:00-8:30 am (children must arrive by 8:15 if they need to eat breakfast)

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**Snack Menu**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Week 1 | Animal CrackersApple Slices/Applesauce  | Veggie StrawsRaisins/Pears  | Honey Graham CrackerYogurt | Cheese-Its100% Apple Juice\*Applesauce  | Whole Grain Wheat ThinsCarrot Sticks/Peaches\* |
| Week 2 | Gold FishRaisins Peaches\* | Whole GrainRitz CrackersString Cheese | Whole Grain Cereal BarBanana | Graham CrackersPuddingMilk  | Snack Mix(Cheerios, Cheese its, Gold Fish)Apple Slices/Pears |
| Week 3 | Animal CrackersApple Slices/Applesauce\*  | Club CrackersCarrots Pears\* | Honey Graham CrackerYogurt | Saltine CrackersSlice Cheese | Cheese-Its100% Apple Juice\*Applesauce  |
| Week 4 | Veggie StrawsRaisins/Pears | Saltine CrackersSlice Cheese | Gold FishApple Slices/Pears | Whole WheatWheat ThinsCarrot Sticks/Peaches\* | Whole Grain Cereal BarYogurt  |
| Week 5 | Snack Mix(Cherrios Cheese its, Gold Fish)Apple Slices/Applesauce\*  | Whole GrainRitz CrackersSlice Cheese  | Honey Graham CrackerYogurt | Club CrackersMandarin Oranges | Cheese Its String Cheese  |

Water is served with snack unless noted other beverage \*Toddler Fruit or snack option