

Little Sprouts Childcare & Preschool

Breakfast Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Whole Wheat English Muffin Peaches	Whole Grain Cereal Banana	Whole Grain French Toast Sticks Pineapple	Whole Grain Waffles Mandarin Oranges	Whole Grain Bagel Fruit Cocktail
Week 2	Whole Wheat Toast w/Jelly Diced Pears	Whole Grain Waffles Mandarin Oranges	Whole Grain Cereal Banana	Whole Grain Pancakes Peaches	Whole Wheat English Muffin Fruit Cocktail
Week 3	Whole Wheat Cinnamon Raisin Toast Peaches	Whole Grain Cereal Bar Pears	Whole Grain Waffles Mandarin Oranges	Whole Grain Cereal Banana	Whole Grain French Toast Sticks Fruit Cocktail
Week 4	Whole Grain Bagel Fruit Cocktail	Whole Grain Cereal Banana	Whole Wheat English Muffin Applesauce	Whole Grain Pancakes Pineapple	Whole Grain Cereal Banana
Week 5	Whole Wheat Toast w/Jelly Peaches	Whole Grain Cereal Banana	Whole Wheat Cinnamon Raisin Toast Peaches	Whole Grain French Toast Sticks Pineapple	Whole Grain Cereal Bar Pears

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

Breakfast is served from 8:00am - 8:30 am (children must arrive by 8:15am to participate in breakfast)

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Snack Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Animal Crackers Apple Slices *Applesauce	Veggie Straws Raisins *Pears	Honey Graham Cracker String Cheese	Cheese-Its 100% Apple Juice *Applesauce	Whole Grain Wheat Thins Carrot Sticks *Peaches
Week 2	Goldfish Raisins *Peaches	Whole Grain Cereal Bar Apple Sauce	Whole Grain Ritz Crackers String Cheese	Graham Crackers Pudding Milk	Snack Mix (Cheerios, Cheese its, Goldfish) Apple Slices *Pears
Week 3	Animal Crackers Apple Slices *Applesauce	Club Crackers Carrots *Pears	Honey Graham Cracker Raisins *Peaches	Saltine Crackers Slice Cheese	Cheese-Its 100% Apple Juice *Applesauce
Week 4	Veggie Straws Raisins *Pears	Saltine Crackers Slice Cheese	Goldfish Apple Slices *Pears	Whole Wheat Wheat Thins Carrot Sticks *Peaches	Whole Grain Cereal Bar Pineapple
Week 5	Cheese Its String Cheese	Whole Grain Ritz Crackers Slice Cheese	Vanilla Wafers Craisins *Applesauce	Club Crackers Mandarin Oranges	Snack Mix String Cheese

Beverage – Water (Unless noted otherwise)

*Alternative Toddler option