**Little Sprouts Childcare & Preschool**

**Breakfast Menu**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Week 1 | Whole Grain Cheerios Banana | Whole Wheat English MuffinPeaches | Whole Grain French Toast SticksPineapple\*  | Whole Grain WafflesMandarin Oranges  | Whole Grain Bagel w/cream CheeseFruit Cocktail |
| Week 2 | Whole Grain Rice Chex Banana | Whole Grain WafflesMandarin Oranges | Whole Wheat Toast w/JellyPeaches | Whole Grain Kix CerealBanana | Whole Wheat English MuffinFruit Cocktail |
| Week 3 | Whole Grain Cheerios Banana | Whole Grain Cereal BarPears & Yogurt  | Whole Grain WafflesMandarin Oranges | Whole Wheat ToastFruit Cocktail  | Whole WheatCinnamon Raisin ToastPeaches |
| Week 4 | Whole Grain Kix Banana | Bagel w/cream CheeseFruit Cocktail | Whole Wheat English MuffinApplesauce | Whole Grain WafflesMandarin Oranges |  Whole Grain CerealBanana |
| Week 5 | Whole Grain CheeriosBanana | Whole Grain WafflesMandarin Oranges | Whole WheatCinnamon Raisin ToastPeaches  | French Toast SticksPineapple\* | Croissant w/Ham & CheesePears  |

\*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  | PretzelsString CheeseGold Fish\* | 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 BarYogurt | Graham CrackersPuddingMilk  | Snack Mix(Cheerios, Pretzels, Cheese its, Gold Fish)Pears |
| Week 3 | Club CrackersCarrots Pears\* | Cinnamon Graham CrackersBanana | PretzelsString Cheese\*Saltine Crackers  | Cottage CheesePears | Cheese-Its100% Apple Juice\*Applesauce  |
| Week 4 | Animal CrackersApple Slices/Applesauce\*  | Saltine CrackersSlice Cheese | Gold FishPears | Whole WheatWheat ThinsCarrot Sticks/Peaches\* | Whole Grain Cereal BarYogurt  |
| Week 5 | Snack Mix(Cherrios, Pretzels, Cheese its, Gold Fish)Apple Slices/Applesauce\*  | Whole GrainRitz CrackersString Cheese | Honey Graham CrackerYogurt | Club CrackersMandarin Oranges | Cheese Its Slice Cheese  |

Water is served with snack unless noted other beverage

\*Toddler Fruit or snack option