**Little Sprouts Childcare & Preschool**

**Breakfast Menu**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Week 1 | Whole Grain Cheerios  Banana | Whole Wheat English Muffin  Peaches | Whole Grain  French Toast Sticks  Pineapple\* | Whole Grain Waffles  Mandarin Oranges | Whole Grain Bagel w/cream Cheese  Fruit Cocktail |
| Week 2 | Whole Grain Rice Chex  Banana | Whole Grain Waffles  Mandarin Oranges | Whole Wheat Toast  w/Jelly  Peaches | Whole Grain Kix Cereal  Banana | Whole Wheat English Muffin  Fruit Cocktail |
| Week 3 | Whole Grain Cheerios  Banana | Whole Grain Cereal Bar  Pears & Yogurt | Whole Grain Waffles  Mandarin Oranges | Whole Wheat Toast  Fruit Cocktail | Whole Wheat  Cinnamon Raisin Toast  Peaches |
| Week 4 | Whole Grain Kix  Banana | Bagel w/cream Cheese  Fruit Cocktail | Whole Wheat English Muffin  Applesauce | Whole Grain Waffles  Mandarin Oranges | Whole Grain Cereal  Banana |
| Week 5 | Whole Grain Cheerios  Banana | Whole Grain Waffles  Mandarin Oranges | Whole Wheat  Cinnamon Raisin Toast  Peaches | French Toast Sticks  Pineapple\* | Croissant w/Ham & Cheese  Pears |

\*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 Crackers  Apple Slices/Applesauce | Pretzels  String Cheese  Gold Fish\* | Honey Graham Cracker  Yogurt | Cheese-Its  100% Apple Juice  \*Applesauce | Whole Grain  Wheat Thins  Carrot Sticks/Peaches\* |
| Week 2 | Gold Fish  Raisins  Peaches\* | Whole Grain  Ritz Crackers  String Cheese | Whole Grain Cereal Bar  Yogurt | Graham Crackers  Pudding  Milk | Snack Mix  (Cheerios, Pretzels, Cheese its, Gold Fish)  Pears |
| Week 3 | Club Crackers  Carrots  Pears\* | Cinnamon Graham Crackers  Banana | Pretzels  String Cheese  \*Saltine Crackers | Cottage Cheese  Pears | Cheese-Its  100% Apple Juice  \*Applesauce |
| Week 4 | Animal Crackers  Apple Slices/Applesauce\* | Saltine Crackers  Slice Cheese | Gold Fish  Pears | Whole Wheat  Wheat Thins  Carrot Sticks/Peaches\* | Whole Grain Cereal Bar  Yogurt |
| Week 5 | Snack Mix  (Cherrios, Pretzels, Cheese its, Gold Fish)  Apple Slices/Applesauce\* | Whole Grain  Ritz Crackers  String Cheese | Honey Graham Cracker  Yogurt | Club Crackers  Mandarin Oranges | Cheese Its  Slice Cheese |

Water is served with snack unless noted other beverage

\*Toddler Fruit or snack option