YWkids

YW KIDS MENU WEEK ONE

Date

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	**Whole Grain Cereal with Milk** Fresh Seasonal Fruit BANANA **Dairy-Free Milk**	**Yogurt with Mixed Berries** **Plant-Based Yogurt**	**Fresh Baked Vegan Loaf** with Yogurt **Plant-Based Yogurt**	**Bagels and Cream Cheese Spread** Fresh Seasonal Fruit GRAPES **Plant-Based Cream Cheese**	**Breakfast Buffet** Leftover cereal, baking, bagels, yogurt and fruit Fresh Seasonal Fruit ORANGE
Lunch	**Macaroni Minestrone:** *Macaroni noodles, carrots, celery, onion, tomato, parsley, green pepper, potato* **with Mini Vegan buns**	**Grilled Turkey and Cheese Sandwich with Broccoli Cheese Soup:** *Turkey, cheese, margarine, whole wheat bread* **Grilled Hummus and cheese sandwich, Vegan Broccoli cheese soup**	**Butter Chicken:** *Chicken, coconut milk, tomato puree, spices, garlic,* with Rice. Fresh Seasonal Fruit PEAR **Butter Tofu with Rice**	**Green Noodles:** *Pasta with spinach basil Pesto and lentils with whole wheat vegan focaccia bread*	**Beef Taco Bowls with Tortilla chips/Naan bread:** *beef, tomato, onion, bell pepper, black beans,* Salsa, sour cream, and cheddar cheese on the side **Vegan Veggie Bean Chili with plant-based cheese**
Afternoon Snack	**Cheese and Crackers** Fresh Seasonal Fruit ORANGE **Plant-based cheese**	**Tofu Fruit Smoothie** with Arrowroot Cookies	**Pretzel Bites** with Ranch Dip and Marinara sauce Fresh Seasonal Fruit APPLE	**Fruit Oat Bar** Fresh Seasonal Fruit APPLE	**Banana Black Bean Brownies** Fresh Seasonal Fruit APPLE

- Children with allergies and/or food intolerances may provide alternatives from home.
- Milk offered at lunch - Water offered freely throughout the day.
- Fresh Fruit will be offered based on what is in season and available.
- Foods prepared to a developmentally appropriate size and texture for infants.
- Modifications include Vegan, vegetarian, or dairy-free.
- VEGAN FRIENDLY.
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YWkids

YW KIDS MENU WEEK TWO

Date

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	**Whole Grain Cereal with Milk** Fresh Seasonal Fruit BANANA **Dairy-Free Milk**	**Yogurt with Mixed Berries** **Plant-Based Yogurt**	**Vegan Fresh Baked Loaf** with Yogurt **Plant-Based Yogurt**	**Coconut Mando Pudding** Fresh Seasonal Fruit GRAPES	**Breakfast Buffet** Leftover cereal, baking, bagels, yogurt and fruit Fresh Seasonal Fruit ORANGE
Lunch	**Lasagna Soup:** *Ground beef, cheese, carrots, celery, onion, tomato, tomato sauce, parsley, basil, bowtie pasta with Bread with margarine.* **Tomato Bean Noodle Soup:** chickpea and black bean	**Chicken Stir-Fry with Rice:** *Carrots, celery, onion, peas, corn* **Tofu Stir Fry**	**Cheese Pizza:** *Vegetable sauce, Zucchini, carrot, onion, celery, garlic, tomato sauce, white beans with mozzarell a cheese* **Plant-Based Cheese**	**Turkey and Cheese Sandwich:** *Sliced chicken, sliced cheese, mayo, cucumber slices in whole wheat bread* Fresh Seasonal Fruit ORANGE **Veggie/Hummus Sandwich**	**Pan Roasted Chicken with Baby Potatoes:** *Chicken, Steamed Veggies, corn, peas, carrots* **Pan Roasted Tofu**
Afternoon Snack	**Apple Nachos and Wow Butter with Fruit Compote Sunflower Seeds**	**Hummus with soft Naan Bread** Fresh Seasonal Fruit PEAR **Whole Wheat Crackers or Vegan Nann Bread**	**Veggie Platters, Whole Wheat Crackers and Ranch Dip** **Hummus**	**Fresh Baked Fruit or Veg Muffin** Fresh Seasonal Fruit ORANGE	**Whole Wheat Chocolate Chip Cookies** Fresh Seasonal Fruit PEAR

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YWkids

YW KIDS MENU WEEK THREE

Date

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	**Whole Grain Cereal with Milk** Fresh Seasonal Fruit BANANA **Dairy-Free Milk**	**Yogurt with Mixed Berries** **Plant-Based Yogurt**	**Vegan Fresh Baked Loaf** with Yogurt **Plant-Based Yogurt**	**Bagels and Cream Cheese Spread** Fresh Seasonal Fruit GRAPES **Plant-Based Cream Cheese**	**Breakfast Buffet** Leftover cereal, baking, bagels, yogurt and fruit Fresh Seasonal Fruit ORANGE
Lunch	**Mac and Cheese:** *Pasta, cheddar cheese, milk, margarine, seasoning with steamed corn, carrots, peas* **Plant-Based Mac and Cheese:** *plant-based cheese, coconut milk*	**Hamburger Stew:** *Carrots, celery, onion, barley, tomatoes, seasoning, beef stock, sandwich* bread with margarine **Vegetable Stew:** *Sub veg stock, sub beans*	**Grilled Cheese Sandwich and Tomato Basil Soup:** *whole wheat bread, sliced cheddar cheese, margarine, tomato, basil,* **Plant-Based Cheese**	**Chicken Stew and Grain Buns:** *Chicken, Coconut milk, steamed Veggies, corn, Peas, Carrots* **Veggie Stew and Grain Buns**	**Swedish Meatballs and Egg Noodles:** *Parsley, garlic, breadcrumbs, eggs, onion, milk, veg stock, coconut milk, peas and carrots.* **Ground Round Swedish Meatballs** and sauce with (egg-free) noodles
Afternoon Snack	**Fruit Tofu Smoothie** with Arrowroot Cookies	**Cheese and Crackers** Fresh Seasonal Fruit APPLE **Plant-Based Cheese**	**Pretzel Bites** with Ranch Dip and Marinara sauce Fresh Seasonal Fruit PEAR	**Fruit Oat Bar** Fresh Seasonal Fruit APPLE	**Fruit Popsicle** With Graham Crackers

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YW KIDS MENU WEEK FOUR

Date

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	**Whole Grain Cereal with Milk** Fresh Seasonal Fruit BANANA **Dairy-Free Milk**	**Yogurt with Mixed Berries** **Plant-Based Yogurt**	**Vegan Fresh Baked Loaf** with Yogurt **Plant-Based Yogurt**	**Bagels and Cream Cheese Spread** Fresh Seasonal Fruit GRAPES **Plant-Based Cream Cheese**	**Breakfast Buffet** Leftover cereal, baking, bagels, yogurt and fruit Fresh Seasonal Fruit ORANGE
Lunch	**Classy Chicken:** *Sautéed chicken, broccoli and cheddar cream sauce: cream, onion, garlic, lemon juice, curry powder With Rice* **With Tofu, coconut cream and Vegan cheese**	**Broken Lasagna:** *Ground Beef, tomato sauce, shredded Zucchini, carrot, parsley, noodle, cheese* **Tomato Sauce**	**Turkey and Cheese Sandwich:** *Sliced Turkey, sliced cheese, mayo, cucumber slices in whole wheat bread* Fresh Seasonal Fruit PEAR **Veggie/Hummus Sandwich:** *Vegan Mayo and vegan cheese, cucumber*	**Cheese Pizza:** *Vegetable sauce, Zucchini, carrot, onion, celery, garlic, tomato sauce, white beans with mozzarella cheese* **Plant-Based Cheese**	**Chicken Noodle Soup:** *chicken, pasta, onion, carrot, celery, broth* **Tofu Vegan Noodle Soup**
Afternoon Snack	**Apple Nachos and Wow Butter** *with Fruit Compote, sunflower seeds*	**Hummus with Soft Naan Bread** Fresh Seasonal Fruit PEAR **Whole Wheat Crackers or Vegan Nann Bread**	**Veggie Platters, whole Wheat Crackers and Ranch Dip** **Hummus**	**Fresh Baked Muffin** Fresh Seasonal Fruit PEAR	**Whole Wheat Chocolate Chip Cookie** Fresh Seasonal Fruit APPLE

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