

OUR WEEKLY MENU



02 / 03 / 25

02/07/25

M

- Breakfast: Oatmeal with cinnamon and apples, milk
- AM Snack: Carrot sticks with ranch dip
- Lunch: Turkey and cheese sandwich on whole wheat bread, broccoli, apple slices, milk
- PM Snack: Whole grain crackers with cheese

- Breakfast: Scrambled eggs, sausage, whole wheat toast with butter, milk
- AM Snack: Sliced cucumber with hummus/Ranch dressing
- Lunch: Chicken and vegetable stir fry with brown rice, mixed fruit, milk
- PM Snack: Yogurt with granola

W

- Breakfast: French toast strips with syrup, pineapple chunks, milk
- AM Snack: Apple slices with peanut butter/substitution
- Lunch: Grilled cheese sandwich, tomato soup, strawberries, milk
- PM Snack: Whole grain pretzels with banana

TH

- Breakfast: Whole wheat waffles with strawberries, milk
- AM Snack: Celery with cream cheese and raisins
- Lunch: Spaghetti with ground beef, marinara sauce, steamed broccoli, mixed berries, milk
- PM Snack: Cottage cheese with pineapple

F

- Breakfast: Whole grain cereal with milk and mixed berries
- AM Snack: Sliced cucumber with dip
- Lunch: Fish sticks, sweet potato fries, peas, apple slices, milk
- PM Snack: Raisins and whole grain crackers



OUR WEEKLY MENI





- Breakfast: Whole grain waffles with syrup, milk
- AM Snack: Sliced pears with cheese

02 / 10 / 25

- Lunch: Chicken quesadilla with salsa, steamed corn, orange slices, milk
- PM Snack: Trail mix with whole grain cereal, dried fruit, and seeds

- Breakfast: Yogurt with granola and berries, milk
- AM Snack: Veggie sticks with ranch dip
- Lunch: Macaroni and cheese with ground beef and peas, side of apple slices, milk
- PM Snack: Rice cakes with almond butter/substitution

- Breakfast: Scrambled eggs scramble with sausage and cheese with toast, milk
- AM Snack: Sliced peaches with a sprinkle of cinnamon
- Lunch: Turkey meatballs with mashed potatoes, green beans, mixed fruit, milk
- PM Snack: Whole grain crackers with cheddar cheese

- Breakfast: Whole grain pancakes with sliced strawberries, milk
- AM Snack: Baby carrots with ranch dip
- Lunch: Beef tacos with shredded lettuce, diced tomatoes, and cheese, side of corn, milk
- PM Snack: Banana with peanut butter/substitution



- · Breakfast: Smoothie with milk, strawberries, banana, yogurt, for a fun Valentine's twist
- AM Snack: Valentine's Day Cookies/Cupcakes with strawberries
- Lunch: Valentine's heart-shaped turkey sandwiches, carrot sticks, apple sauce, milk
- PM Snack: Yogurt with whip cream and pink sprinkles

Parents are encouraged to communicate any allergy or health-related concerns with the provider. Menus are CACFP inspired Please indicate any items not served and provide substitutions in the designated space. Additionally, all food should be appropriately cut into manageable pieces to ensure safety. Access to water should be available throughout the day.



OUR WEEKLY MENI





- Breakfast: Heart-shaped whole wheat pancakes with strawberries and pink yogurt, milk
- AM Snack: Mixed berries and crackers
- Lunch: Fish sticks, mashed potatoes, steamed peas,
- Trail mix with dried fruit, seeds, and whole grain cereal

- Breakfast: Scrambled eggs with diced tomatoes, whole wheat toast, milk
- AM Snack: Mandarin oranges and crackers
- Lunch: Chicken nuggets, sweet potato fries, steamed broccoli, milk
- PM Snack: Whole grain pretzels and cheese

- Breakfast: Oatmeal with raisins and cinnamon, milk
- AM Snack: Celery sticks with cream cheese and raisins
- Lunch: Grilled cheese sandwich, tomato soup, apple sauce, milk
- PM Snack: Sliced peaches with yogurt

- Breakfast: Whole grain waffles with apple slices, milk
- AM Snack: Baby carrots with ranch dip
- Lunch: Beef and vegetable stir-fry with brown rice, orange slices, milk
- PM Snack: Rice cakes with almond butter/substitute

- Breakfast: Smoothie with strawberries, spinach, banana, and yogurt, milk
- AM Snack: Sliced apples with cheese
- Lunch: Cheese pizza, steamed carrots, side of apple sauce, milk
- PM Snack: Whole wheat crackers with hummus

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OUR WEEKLY MENU



02 / 24 / 25

02/28/25

M

- Breakfast: Whole grain cereal with milk and sliced bananas
- AM Snack: Apple slices with peanut butter/substitute
- Lunch: Chicken and cheese wrap with lettuce, carrot sticks, apple sauce, milk
- PM Snack: Whole grain crackers with cheese

- Breakfast: Yogurt with granola and berries, milk
- AM Snack: Sliced cucumber with hummus/Ranch dip
- Lunch: Spaghetti with meatballs, side of steamed broccoli, apple slices, milk
- PM Snack: Rice cakes with almond butter/substitute

W

- Breakfast: Scrambled eggs with shredded cheese with whole wheat toast, milk
- AM Snack: Celery with cream cheese and raisins
- Lunch: Turkey and cheese sandwich, baby carrots, apple sauce, milk
- PM Snack: Whole grain pretzels

TΗ

- Breakfast: Pancakes with syrup and sliced strawberries, milk
- AM Snack: Veggie sticks with ranch dip
- Lunch: Chicken tenders, sweet potato fries, green beans, apple sauce, milk
- PM Snack: Yogurt with granola

F

- Breakfast: Whole grain waffles with syrup, sausage, milk
- AM Snack: Sliced pears with cheese
- Lunch: Beef taco salad with lettuce, tomatoes, cheese, and salsa, milk
- PM Snack: Banana with peanut butter/substitute

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DAYCARE GROCERY LISTS

02 / 03 / 25 -

02/14/25

Week 1:

Proteins:

- Ground turkey (for sandwiches)
- Sausage (for scrambled eggs)
- Chicken breast (for stir fry)
- Ground beef (for spaghetti)
- Fish sticks
- Cheese (cheddar, American, shredded)
- Cottage cheese
- Peanut butter
- Yogurt (plain or vanilla)
- Turkey slices (for sandwiches)

Vegetables

- Carrots (baby and whole)
- Cucumber
- Stir Fry Vegetables
- Tomatoes
- Broccoli (fresh or frozen)
- Sweet potatoes (for fries)
- Peas (frozen)
- Spinach (for smoothies)

- Whole wheat bread
- Whole wheat crackers/pretzels
- Whole grain waffles
- Whole grain cereal
- Whole wheat flour mix
- Brown rice (for stir fry)
- Pasta (for macaroni and cheese)
- Whole wheat tortillas

Dairy

- Milk (for all meals)
- Cream cheese
- Cheddar cheese

- Apples
- Bananas
- Strawberries (fresh or frozen)
- Oranges
- Pears (for snacks)
- Mixed berries (for smoothies and
- Applesauce (for lunch and snacks)

Extras

- Raisins
- Granola
- Ranch dip
- Salsa
- Trail mix ingredients (dried fruit, seeds,
- Tomato soup (canned)

Week 2: **Proteins:**

- Ground beef
- Chicken breast/Nuggets
- Turkey meatballs
- Turkey Sandwich Meat

- Peanut butter

Vegetables:

- Cucumber
- Stir Fry Vegetables
- Tomatoes

- Sweet potatoes (for fries)
- Spinach (for smoothies)

Grains:

- Whole wheat bread
- Whole wheat crackers/pretzels
- Whole grain flour mix
- Whole wheat tortillas
- Brown rice (for stir fry)
- Pasta or Mac & Cheese
- Whole grain cereal
- Granola

Dairy:

- Milk (for all meals)
- Cream cheese
- Cheddar/Mozzarella cheese

Fruits:

- Orange slices
- Mixed berries

- Applesauce
- Strawberries

Extras:

- Ranch dip
- Hummus
- Cinnamon
- Raisins
- Pancake syrup
- Trail mix ingredients
- Sprinkles (for Valentine's Day)

Quick Tip: If your program happens to be a home child care business, plan your weekly menu to double as family dinner options! Buying enough ingredients to prepare a little extra for dinner will help create leftovers to serve the kids the next day. Also, before heading out for your weekly shopping, take a quick inventory of your pantry. You should remove items you still have on hand. This can make a big difference in your grocery bill and cut down on excess. Lastly, make water accessible all day!

Additional Items:



This list includes the main ingredients needed for each week's menu. Adjust quantities based on the number of children and servings needed per day. Make adjustments based on your specific preferences, dietary needs, and any additional items you may already have on hand. This list covers the essentials needed to prepare the meals and snacks outlined in the menu plan for a month of child care.

DAYCARE GROCERY LISTS

02/28/25

Week 3:

Proteins

- Ground turkey (for sandwiches)
- Chicken breast (for nuggets)
- Sausage (for scrambled eggs)
- Fish sticks
- Cheese (cheddar, American, shredded)
- Yogurt (plain or vanilla)

- Carrots (baby and whole)
- Cucumber
- Broccoli (fresh or frozen)
- Sweet potatoes (for fries)
- Peas (frozen)
- Spinach (for smoothies)
- Tomatoes (for soup and sandwiches)
- Lettuce (for salads)

- Whole wheat bread
- Whole wheat crackers
- Whole grain waffles
- Whole wheat tortillas (for wraps)
- Whole grain pretzels
- Brown rice (for stir fry)
- Whole grain cereal
- Whole wheat pancakes
- Whole grain cereal
- Rice cakes

- Milk (for all meals)
- Butter
- Mozzarella cheese
- Cream cheese
- Sour cream
- Cottage cheese

- Strawberries (fresh or frozen)
- Orange slices
- Peaches (for snack)
- Mixed berries (for smoothies)
- Apple slices
- **Applesauce**
- Banana
- Pineapple (for cottage cheese snack)

- Hummus
- Tomato soup (canned)
- Cinnamon
- Raisins
- Granola
- Trail mix ingredients
- Valentine's Day cookies or cupcakes
- Sprinkles (for Valentine's Day)

Week 4:

Proteins

02 / 17 / 25

- Ground beef
- Chicken breast (for tenders and
- Sausage (for breakfast)
- Turkey slices (for sandwiches)
- Cheese (cheddar, mozzarella, shredded cheese)

Vegetables

- Carrots (baby and whole)
- Tomatoes (for taco salad)
- Lettuce (for taco salad and wraps)
- Green beans (fresh or frozen)
- Sweet potatoes (for fries)
- Bell peppers
- Celerv
- Spinach (for smoothies)

- · Whole wheat bread
- Whole grain crackers/pretzels
- Whole wheat tortillas
- Whole grain pancake mix
- Rice cakes
- Whole wheat cereal
- Spaghetti noodles

Dairy

- Milk (for all meals)
- Butter
- Cream cheese
- Cheese • Cottage cheese
- Yogurt

Fruits

- Bananas
- Apples
- Apple sauce
- Peaches • Strawberries
- Mandarin oranges
- Orange slices
- Raisins
- Mixed berries

Extras

- Marinara sauce
- Ranch dip Salsa
- Cinnamon • Raisins
- Granola

Additional Items:



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down on excess. Lastly, make water accessible all day!

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FAIRY BERRY PARFAIT



YOU WILL NEED:

- 1 CUP OF MIXED BERRIES (STRAWBERRIES, BLUEBERRIES, RASPBERRIES)
- 1 CUP OF VANILLA YOGURT (OR GREEK YOGURT FOR A CREAMIER TEXTURE)
- 1 TBSP OF HONEY OR MAPLE SYRUP (OPTIONAL FOR ADDED SWEETNESS)
- 1/2 CUP OF GRANOLA
- EDIBLE GLITTER OR RAINBOW SPRINKLES (OPTIONAL, FOR FAIRY DUST)
- MINT LEAVES (FOR GARNISH, OPTIONAL)

Instructions:

Prepare the yogurt:

• In a small bowl, mix the vanilla yogurt with honey or maple syrup for sweetness. Stir until smooth and well-combined.

Assemble the Parfaits:

- In clear glasses or small cups, layer the yogurt mixture first.
- Add a layer of mixed berries, followed by a sprinkle of granola.
- Repeat the layers until the glass is filled, finishing with a top layer of yogurt and berries.

Add the Fairy Dust:

- Sprinkle edible glitter or rainbow sprinkles on top of the final yogurt layer to give it that magical, fairy dust look.
- Garnish with fresh mint leaves for an extra touch of color and freshness.

Serve and Enjoy: These fairy berry parfaits make a healthy and fun snack, full of vitamins and nutrients while adding a bit of magic!

FAIRY DUST POPCORN



YOU WILL NEED:

- 1 BAG OF MICROWAVE POPCORN (OR ABOUT 8 CUPS OF POPPED POPCORN)
- 1/2 CUP WHITE CHOCOLATE CHIPS
- 1 TABLESPOON EDIBLE GLITTER OR SHIMMERING SUGAR
- 1/2 TEASPOON VANILLA EXTRACT
- A PINCH OF PINK, PURPLE, AND BLUE COLORED SUGAR CRYSTALS (OPTIONAL)

Instructions:

Prepare the yogurt:

- Pop the popcorn and set it aside in a large mixing bowl, removing any unpopped kernels.
- In a microwave-safe bowl, melt the white chocolate chips. Microwave in 20-second intervals, stirring in between, until fully melted and smooth.
- Stir the vanilla extract into the melted white chocolate and drizzle it evenly over the popcorn.
- Sprinkle the edible glitter or shimmering sugar over the popcorn to give it a magical, sparkling appearance.
- If you'd like, add a few colorful sugar crystals in pink, purple, and blue to create an extra enchanting touch.
- Gently toss the popcorn to coat it evenly with the magical toppings.
- Let the popcorn cool for a few minutes to set the chocolate, then serve in cute bow or jars for a fun fairy-themed treat!

This popcorn is perfect for creating a whimsical, fairy-themed snack!