



# EARLY EXPLORERS

illuminating early childhood education

## WEEK ONE

Monday	Tuesday	Wednesday	Thursday	Friday
Cereal (WG) Apples Milk	Pancakes Strawberries Milk	Oatmeal (WG) Blueberries Milk	French Toast Pears Milk	Toast (WG) Bananas Milk
Bun Turkey Hotdogs Pears Corn Milk	WW Noodles Gr. Beef Marinara Applesauce Mixed Vegetables Milk	Grilled Cheese (Protein: Cheese) Apples Tomato Soup Milk	Fried Brown Rice with Chicken Mandarin Oranges (Peas + Carrots) Milk	Mac & Cheese Fish Sticks Fruit Cocktail Broccoli Milk
Cucumbers + Ranch Saltines	French Fries Milk	Granola (WG) Yogurt	Blueberry Bread (WG) Milk	Melon Fruit Salad Animal Crackers

Whole Milk = 1-2 yrs old  
 1% or Skim = 2+ yrs old  
 (WG) = Whole Grain item



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## WEEK TWO

Monday	Tuesday	Wednesday	Thursday	Friday
Cereal (WG) Apples Milk	Biscuits & Gravy Strawberries Milk	Oatmeal (WG) Blueberries Milk	Bagels + Cream Cheese Pears Milk	Toast (WG) Bananas Milk
WW Goulash (WG) (Gr. Beef) Fruit Cocktail (Tomatoes) Milk	Brown Rice (WG) (Sausage) Peaches (Red Beans) Milk	Cornbread (WG) Vegetarian Chili Pears Mixed Vegetables Milk	Cheese Quesadilla Baked Chicken Pineapple Peas Milk	Roll Pork Loin Apples Mashed Potatoes Milk
Cottage Cheese Triscuits (WG)	Pretzels + Cheese Sauce Milk	Cereal Munch Mix Milk	Pumpkin Bread (WG) Milk	Grapes Graham Crackers

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## WEEK THREE

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Cereal (WG) Apples Milk	Granola (WG) + Yogurt Mixed Berries Milk	Oatmeal (WG) Blueberries Milk	Waffles (Frozen) Pears Milk	Toast (WG) Bananas Milk
Spaghetti Noodles Gr. Turkey Marinara Peaches Mixed Vegetables Milk	Buttered Noodles Chicken Nuggets Fruit Cocktail Corn Milk	Saltines Vegetarian Chili Pears Green Beans Milk	(WW Egg Noddles) Beef Stroganoff Apples Peas + Carrots Milk	Hawaiian Roll Fish Sticks Applesauce Broccoli Milk
String Cheese Goldfish	Apples + Sunbutter Ritz	Cucumbers + Ranch Triscuits	Apple Bread (WG) Milk	Pears Graham Crackers

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## WEEK FOUR

Monday	Tuesday	Wednesday	Thursday	Friday
Cereal (WG) Apples Milk	Pancakes Strawberries Milk	Oatmeal (WG) Blueberries Milk	Blueberry Bread (WG) Pears Milk	Toast (WG) Bananas Milk
Bun Turkey Hotdogs Applesauce Cheesy Cauliflower Milk	Roll (Gr. Beef) Fruit Cocktail Tatertot Casserole Milk	Rice (WG) + Red Beans Peaches Green Beans Milk	Chicken Noodle Soup (Chicken) Mandarin Oranges (Carrot) Milk	Brown Rice (WG) Gr. Beef Tacos Pineapple Corn Milk
Granola (WG) Yogurt	Garlic Bread + Marinara Milk	Grapes Belvita (WG)	Applesauce Animal Crackers	Cinnamon Muffin (WG) Milk

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## WEEK FIVE

Monday	Tuesday	Wednesday	Thursday	Friday
Cereal (WG) Apples Milk	French Toast Strawberries Milk	Oatmeal (WG) Blueberries Milk	Cornbread Pears Milk	Toast (WG) Bananas Milk
Mac & Cheese Fish Sticks Fruit Cocktail Peas Milk	WW Noodles (WG) Meatballs Pineapple Mixed Vegetables Milk	Vegetarian Lasagna (Noodles; Cheese; Mixed Veggies) Mandarin Oranges Milk	Cheesy Br. Rice Casserole (Chicken) Pears (Broccoli) Milk	Bun Pulled Pork Watermelon Baked Beans Milk
Cottage Cheese Triscuits (WG)	Cucumbers + Ranch Oyster Crackers	String Cheese Melon Fruit Salad	Applesauce Bread (WG) Milk	Apples Animal Crackers

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## WEEK SIX

Monday	Tuesday	Wednesday	Thursday	Friday
Cereal (WG) Apples Milk	Cinnamon Apple Bread Strawberries Milk	Oatmeal (WG) Blueberries Milk	Jelly Kolaches Pears Milk	Toast (WG) Bananas Milk
Bun Gr. Beef Sloppy Joes Watermelon Tater Tots Milk	WW Noodles (WG) Creamy Chicken Pasta Pineapple Mixed Vegetables Milk	Bread (WG) Sunbutter + Jelly Peaches Peas + Carrots Milk	Saltines Beef Chili Pears (Beans) Milk	Buttered WW Noodles Chicken Nuggets Mandarin Oranges Broccoli Milk
String Cheese Goldfish	Carrots + Ranch Triscuits (WG)	Apples Ritz	Applesauce Graham Crackers	Banana Bread (WG) Milk

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