Weekly Menu

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Whole Wheat Tortilla* with PB and Banana	Milk Yogurt Raspberries	Milk Life Cereal* Nectarines	Milk Pancakes Apple Slices	Milk Scrambled Egg Cantaloupe
Lunch	Milk Chili with ground Turkey and Black Beans Peaches Saltine Crackers		Milk Sloppy Joes Chopped Spinach salad Pineapple		Milk Grilled Cheese Sandwich on Whole Wheat* Cucumbers Pears
Snack	Water Blueberries Colby Jack Cheese	Water Sugar Snap Peas with Low-fat dip Ritz Crackers	Water String Cheese Clementine	Peanut Butter Sandwich on Whole Wheat* Milk	Water Chilaques* (corn tortilla and eggs)
Notes:					

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Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Cottage Cheese Strawberries	Milk Corn Chex Blackberries	Milk Whole Wheat Bagel* Banana	Milk String Cheese Apple Slices	Milk Overnight Oats* with Blueberries
Lunch	Milk Egg cups with whole wheat bread* Broccoli Kiwi	Milk HM Ham and Bean Soup Saltine Crackers Plums	Milk Pulled pork taco on a corn tortilla* Green Beans Oranges	Milk Tuna Sandwich on whole wheat* Celery Honey Dew Melon	Milk Beef stew with carrots and potatoes Roll Pears
Snack	Water Whole Wheat Pita* with veggies and dressing	Water Frozen Yogurt Bites Mixed Berries	Water Zucchini Pizza (zucchini with tomato sauce and cheese)	Water Whole grain Goldfish* Grapes	Jicama sticks with dip Muenster Cheese
Notes:					

Weekly Menu

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Very Merry Berries (Low-sugar Yogurt Apples, blueberries, oats)	Milk Baked Eggs Peaches	Milk Cheerios* Blackberries	Milk Oatmeal* Banana	Milk Whole wheat toast* Strawberries
Lunch	Milk Ham Sandwich on Whole Wheat* with spinach/tomato Raspberries	Milk Bean and Cheese burritos Watermelon	Milk Cheese Pizza on a whole wheat crust* Mango Cauliflower	Milk Chicken Quinoa* Soup Carrots Grapes	Milk Fish in Blankets (cod w/ lettuce and tomatoes on a whole grain tortilla* Mixed Fruit
Snack	Water Kix* Milk	Water Banana Whole wheat bagel*	Water Burrito Bowl (wheat tortilla cut into strips, topped with black beans and veggies)	Water Pears Low-sugar Yogurt	Water Pineapple Cottage Cheese
Notes:					

Weekly Menu

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Kix* Banana	Milk Ham and potato breakfast skillet	Milk Johnny Applesauce Pancakes Strawberries	Milk Hard boiled egg Blueberries	Milk Whole Grain Bagel* Oranges
Lunch	Milk Turkey Burgers Chopped Spinach Salad Nectarines	Milk Egg and Cheese Toast (whole wheat*) bake Broccoli Cantaloupe	Milk Spaghetti w/ whole grain pasta* Zucchini Kiwi	Milk Bean and Barley* Soup Celery Plums	Milk Oven Baked Chicken Green Beans Honey Dew Melon Biscuit
Snack	Water Carrots and Celery w/ low-fat dip Cheddar Cheese	Water Non-honey Graham Cracker Apples	Water Super drink smoothie (yogurt and mixed fruit)	Water Corn Chips Salsa	Water Watermelon Cottage Cheese
Notes:					

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Breakfast					
Lunch					
Snack					
Notes:					

Recipes

Chilaquiles Toddler Style

Ingredients:

- 8oz Corn Tortillas
- 3 eggs
- Oil for cooking

Directions : Cut tortillas in half, a few at a time. Then cut into ¼" strips. Crack eggs into a mixing bowl and whisk with a fork. Add tortilla strips and mix to coat. Heat a frying pan on medium high, coated with oil. Add the mixture and cook, stirring occasionally until eggs are completely set. Serve warm. * Optional- serve with tomatoes or avocado Hummus. Source: *123 The Toddler Years

Hummus

Ingredients:

- 3- 15oz cans chickpeas
- ¼ cup sesame tahini (sesame butter)
- Juice of ½ lemon
- ½ clove garlic
- ¼c virgin olive oil
- 1/4tsp salt

Directions: Drain garbanzos and rinse in a strainer. Place in food processor (with tahini, lemon juice, garlic, oil and salt). Blend, stop, scrape down the sides of the processer bowl and blend again until smooth. If the hummus is too thick, you can add a little water and blend to desired thickness. Source: *123 The Toddler Years

Egg cups

Ingredients

- Bread
- Eggs

Directions: Spray a muffin pan, push a piece of bread (with crust cut off) into each spot, Crack an egg into each piece of bread, bake at 375 for 20 minutes.

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A Special Thank you to:
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