



### Four Seasons Early Learning Center Menus

Portion sizes are for children ages three to five years old. Four Seasons Early Learning Center may change some of the meals shown, rearrange the order or make substitutions within a meal. The menus offer the food components that USDA meal patterns require. Note: the variety of culturally diverse menu suggestions. Condiments were included to enhance the meals.



## Day 1

### Breakfast

1% / Skim milk – ¾ cup  
 Fresh fruit cup – ½ cup  
 (grape halves, melon,  
 strawberries)  
 English muffin half w/jelly

### Snack

1% / Skim milk – ½ cup  
 “Ants on a log” (celery sticks  
 w/1 tbsp peanut butter,  
 raisins)

### Lunch/ Supper

1% / Skim milk – ¾ cup  
 Peas & carrots – ¼ cup  
 Apple slices – ¼ cup  
 Dinner roll – 1  
 Breaded chicken nuggets –  
 3 oz

Barbecue sauce



## Day 2

### Breakfast

1% / Skim milk – ¾ cup  
 Sliced pears – ½ cup  
 Kix® cereal – ⅓ cup

### Snack

Apple juice – ½ cup  
 Soft pretzel – 1 small (½ oz)

### Lunch/ Supper

1% / Skim milk – ¾ cup  
 Yellow corn – ¼ cup  
 Lettuce & tomato garnish –  
 ¼ cup  
 Whole wheat roll – 1  
 Turkey burger – 1½ oz meat

Ketchup, mayonnaise



## Day 3

### Breakfast

1% / Skim milk – ¾ cup  
 Citrus sections – ½ cup  
 Bagel half w/low-fat cream  
 cheese

### Snack

Plain granola bar – 1  
 Raspberry yogurt – ¼ cup  
 Water

### Lunch/ Supper

1% / Skim milk – ¾ cup  
 Plum – 1  
 Submarine sandwich:  
 ham – ½ oz meat  
 turkey – ½ oz meat  
 low-fat cheese – ½ oz  
 hot dog bun – 1/2  
 lettuce & tomato garnish –  
 ¼ cup

Mustard, mayonnaise,  
 pickles



## Day 4

### Breakfast

1% / Skim milk – ¾ cup  
 Cran-apple juice – ½ cup  
 Cheerios – ⅓ cup or ½ oz

### Snack

Wheat Thins  
 Mandarin oranges – ½ cup  
 Water

### Lunch/ Supper

1% / Skim milk – ¾ cup  
 Tuna chef's salad:  
 water-packed tuna –  
 1½ oz meat  
 lettuce, tomato, shredded  
 carrots, celery,  
 cucumbers – ½ cup  
 Whole wheat roll w/soft  
 margarine – 1 small  
 Watermelon – ¼ cup

Low-fat salad dressing



## Day 5

### Breakfast

1% / Skim milk – ¾ cup  
 Sliced peaches – ½ cup  
 Blueberry muffin – 1 small

### Snack

Milk – ½ cup  
 Kiwi – *optional*  
 Bread sticks

### Lunch/ Supper

1% / Skim milk – ¾ cup  
 Mexican pizza:  
 tortilla – 1  
 tomato sauce – ⅛ cup  
 refried beans – ¼ cup  
 low-fat cheese – ½ oz  
 Garden salad – ¼ cup  
 Grape halves – ¼ cup

Low-fat salad dressing



## Day 6

### Breakfast

1% / Skim milk – ¾ cup  
Blueberries – ½ cup  
Waffle – ½

Syrup

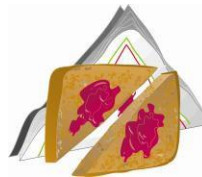
### Snack

1% / Skim milk – ½ cup  
Animal crackers – 5

### Lunch/ Supper

1% / Skim milk – ¾ cup  
Chicken pita pocket:  
round pita – ½  
cooked chicken – 1½ oz  
meat  
lettuce & tomato – *optional*  
Green peas – ¼ cup  
Canned mandarin oranges –  
¼ cup

Low-fat salad dressing, sour  
cream



## Day 7

### Breakfast

1% / Skim milk – ¾ cup  
Fresh banana – 1 regular  
Raisin toast w/margarine – 1  
slice

### Snack

Fresh fruit cup – ½ cup  
Bran muffin – 1 oz  
Water

### Lunch/ Supper

1% / Skim milk – ¾ cup  
Red, green, yellow pepper  
strips – ¼ cup  
Orange slices – ¼ cup  
Baked macaroni & cheese –  
¼ cup  
Fish sticks, shapes or  
pieces – 3 oz

Ketchup



## Day 8

### Breakfast

1% / Skim milk – ¾ cups  
canned peaches – ½ cup  
French toast – 2 slices (½  
oz each)

Fruit spread

### Snack

Fresh banana – 1 regular  
Nabisco® Nilla Wafers – 5  
Water

### Lunch/ Supper

1% / Skim milk – ¾ cup  
Steamed broccoli – ¼ cup  
Winter squash – ¼ cup  
Dinner roll – 1  
Ham & scalloped potatoes:  
ham – 1½ oz meat  
potatoes – ¼ cup



## Day 9

### Breakfast

1% / Skim milk – ¾ cup  
Orange juice – ½ cup  
Farina® or Cream of  
Wheat® – ¼ cup  
1 scrambled egg – *optional*

### Snack

1% / Skim milk – ½ cup  
Graham crackers w/peanut  
butter – 2 (½ oz)

### Lunch/ Supper

1% / Skim milk – ¾ cup  
Green beans – ¼ cup  
Canned cherries – ¼ cup  
Italian bread – 1 slice  
*optional*  
Beef goulash:  
beef – 1½ oz meat  
pasta & sauce – ¼ cup



## Day 10

### Breakfast

1% / Skim milk – ¾ cup  
Pineapple tidbits &  
mandarin oranges – ½  
cup  
Carrot muffin – 1 small

### Snack

Carrot & green pepper  
sticks – ½ cup  
Saltine crackers – 4  
Water

Low-fat ranch dressing

### Lunch/ Supper

1% / Skim milk – ¾ cup  
Bean soup – ½ cup  
Strawberries – ¼ cup  
Peanut butter & fruit spread  
or jam sandwich:  
bread – 1 slice  
peanut butter – 1½ tbsp  
Cantaloupe – ¼ cup



## Day 11

### Breakfast

1% / Skim milk – ¾ cup  
Orange juice – ½ cup  
Cornflakes – ⅓ cup

### Snack

Vanilla yogurt – ¼ cup  
Fruit cocktail – ½ cup  
Water

### Lunch/ Supper

1% / Skim milk – ¾ cup  
Marinated cucumber & tomato slices – ¼ cup  
Canned apricots – ¼ cup  
Egg salad on whole wheat bread:  
egg – 1  
bread – 1 slice  
  
Mayonnaise, lettuce leaves



## Day 12

### Breakfast

1% / Skim milk – ¾ cup  
Fruit cocktail – ½ cup  
Biscuit – 1  
Baked scrambled egg – 2  
tbsp

### Snack

1% / Skim milk – ½ cup  
Cinnamon toast – ½ slice

### Lunch/ Supper

1% / Skim milk – ¾ cup  
French cut green beans – ¼ cup  
Pineapple cubes – ¼ cup  
Steamed brown rice – ¼ cup  
Turkey meat loaf – 1½ oz meat  
  
Ketchup or gravy



## Day 13

### Breakfast

1% / Skim milk – ¾ cup  
Sliced banana – ½ cup  
Crisp-rice cereal – ⅓ cup

### Snack

Tomato juice – ½ cup  
Cheese stick – ½ oz  
Oyster crackers – ½ oz

### Lunch/ Supper

1% / Skim milk – ¾ cup  
Peas – ¼ cup  
Carrot stick – 1  
Mashed potatoes – ¼ cup  
Stuffing – ½ oz  
Baked chicken – 1½ oz meat  
  
Cranberry sauce – *optional*



## Day 14

### Breakfast

1% / Skim milk – ¾ cup  
Fruit cup – ½ cup  
Whole wheat toast – ½ slice

### Snack

1% / Skim milk – ½ cup  
Peanut butter cookie – 1.1 oz each

### Lunch/ Supper

1% / Skim milk – ¾ cup  
Zucchini – ¼ cup  
Green salad – ¼ cup  
French bread – ½ slice  
Spaghetti – ½ cup  
Meat sauce – 1½ oz  
  
Black olives, chopped



## Day 15

### Breakfast

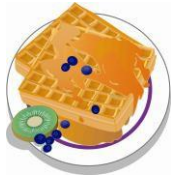
1% / Skim milk – ¾ cup  
Grapefruit sections – ½ cup  
Rolled oats – ¼ cup  
  
Cinnamon, sugar

### Snack

Pineapple juice – ½ cup  
Pretzel sticks – ½ oz

### Lunch/ Supper

1% / Skim milk – ¾ cup  
Spinach – ¼ cup  
Fresh pear half – ¼ cup  
Corn bread – 1 square  
Chili con carne



### Day 16

#### Breakfast

1% / Skim milk – ¾ cup  
Apricot halves – ½ cup  
Corn muffin – ½

#### Snack

Cottage cheese dip – ¼ cup  
Carrot sticks  
Melba toast – 3  
Water

#### Lunch/ Supper

1% / Skim milk – ¾ cup  
Mixed vegetables – ¼ cup  
Orange sections – ¼ cup  
Pasta & sauce – ¼ cup  
Oven-baked parmesan  
chicken – 1½ oz meat

Parmesan cheese



### Day 17

#### Breakfast

1% / Skim milk – ¾ cup  
Apple-grape juice – ½ cup  
Toast w/peanut butter – 1  
slice

#### Snack

Wheat pita bread – ½ small  
Hummus (chick pea spread)  
– 2 tbsp  
Shredded carrots as garnish  
Water

#### Lunch/ Supper

1% / Skim milk – ¾ cup  
Baked beans – ¼ cup  
Apple salad - ¼ cup  
(apples, crushed  
pineapple, raisins)  
Roll – 1 small  
Roast turkey sandwich – 1½  
oz meat

Lettuce leaves, mayonnaise



### Day 18

#### Breakfast

1% / Skim milk – ¾ cup  
Applesauce – ½ cup  
Pancake – 1

Syrup

#### Snack

Apple – 1 medium  
Rice cakes – ½ oz  
Water

#### Lunch/ Supper

1% / Skim milk – ¾ cup  
Sweet potatoes – ¼ cup  
Spinach or collard greens –  
¼ cup  
Corn bread – 1 square  
Roast pork w/gravy – 1½ oz  
meat  
Plantains – *optional*



### Day 19

#### Breakfast

1% / Skim milk – ¾ cup  
Pineapple rings – ½ cup  
Cheerios® – ⅓ cup

#### Snack

Grape juice – ½ cup  
Wheat crackers – 4 (½ oz)

#### Lunch/ Supper

1% / Skim milk – ¾ cup  
Honeydew melon – ¼ cup  
Rice – ¼ cup  
Stir fry:  
chicken – 1½ oz meat  
broccoli – ¼ cup  
snow peas, carrots –  
*optional*

Soy sauce



### Day 20

#### Breakfast

1% / Skim milk – ¾ cup  
Cantaloupe – ½ cup  
Corn grits – ¼ cup

#### Snack

Cheese cubes – ½ oz  
Banana muffin – 1 small  
Water

#### Lunch/ Supper

1% / Skim milk – ¾ cup  
Corn & okra – ¼ cup  
Carrot/raisin salad – ¼ cup  
Macaroni salad – ¼ cup  
Baked fish fillet – 3 oz

Lemon wedges