

**My World of Learning Child Care Association**  
**Menu – Week 1**

|                        | <b>Monday</b>                                   | <b>Tuesday</b>                               | <b>Wednesday</b>   | <b>Thursday</b>                            | <b>Friday</b>  |
|------------------------|---|--|--|--|--|
| <b>Morning Snack</b>   | <b>Strawberries, Wheat Squares Cereal, Milk</b> | <b>Grapes, Cottage Cheese</b>                | <b>Apples, Whole Wheat Bagels</b>                                  | <b>Peaches, Oatmeal</b>                    | <b>Cantaloupes, Whole Grain Crackers</b>             |
| Vegetables/Fruit       | Strawberries                                    | Grapes                                       | Apples   | Peaches                                    | Cantaloupes  |
| Whole Grain            | Wheat Squares Cereal                            | --   | Whole Wheat Bagels   | Oatmeal                                    | Whole Grain Crackers                                 |
| Protein                | Milk  | Cottage Cheese                               | --   | --   | --   |
| <b>Lunch Meal</b>      | <b>Tuna Sandwiches, Peas, Carrots, Milk</b>     | <b>Egg Sliders, Green Beans, Pears, Milk</b> | <b>Chickpea Macaroni and Cheese, Broccoli, Cauliflower, Milk</b>   | <b>Chicken Burgers, Garden Salad, Milk</b> | <b>Quesadillas, Peppers, Milk</b>                    |
| Vegetables/Fruit       | Peas<br>Carrots                                 | Green Beans<br>Pears                         | Broccoli<br>Cauliflower  | Romaine Lettuce<br>Tomatoes<br>Cucumbers   | Pumpkin<br>Green, Red, Orange<br>Peppers             |
| Whole Grain            | Whole Wheat Bread                               | Whole Wheat Hotdog Buns                      | Whole Grain Macaroni   | Whole Wheat Hamburger Buns                 | Whole Grain Tortillas                                |
| Protein                | Canned Tuna                                     | Eggs   | Chickpeas<br>Marble Cheese   | Chicken                                    | Black Beans<br>Cheddar Cheese                        |
| Milk                   | Milk  | Milk   | Milk   | Milk                                       | Milk   |
| <b>Afternoon Snack</b> | <b>Red Peppers, White Bean Dip</b>              | <b>Canary Melons, Whole Grain Crackers</b>   | <b>Mixed Berries&amp;Spinach Smoothies, Whole Wheat Pita Bread</b> | <b>Oranges, Whole Grain Melba Toast</b>    | <b>Fruit/Vegetable Tray including Turnips, Raita</b> |
| Vegetables/Fruit       | Red Peppers                                     | Canary Melons                                | Mixed Berries<br>Spinach   | Oranges                                    | Turnips  |
| Whole Grain            | --  | Whole Grain Crackers                         | Whole Wheat Pita Bread   | Whole Grain Melba Toast                    | --   |
| Protein                | White Navy Beans                                | --   | --   | --   | Unsweetened Yogurt                                   |

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I used the Food and Beverage Criteria to ensure this menu meets the Food and Nutrition Standards.

Date: August 20, 2025      Effective: September 1, 2025

Signature: Natasha Doreen Moxon, Executive Director

**My World of Learning Child Care Association**  
**Menu – Week 2**

|                        | <b>Monday</b>   | <b>Tuesday</b>                                 | <b>Wednesday</b>                            | <b>Thursday</b>  | <b>Friday</b>   |
|------------------------|---|--|---|--|---|
| <b>Morning Snack</b>   | <b>Oranges, Cheerios Cereal</b>                                 | <b>Apples, Hard-Boiled Eggs</b>                | <b>Bananas, Shredded Wheat Cereal, Milk</b> | <b>Applesauce, Homemade Granola</b>  | <b>Honeydew Melons, Mozzarella Cheese</b>                             |
| Vegetables/Fruit       | Oranges   | Apples   | Bananas                                     | Applesauce   | Honeydew Melons   |
| Whole Grain            | Multi Grain Cheerios Cereal                                     | --   | Shredded Wheat Cereal                       | Homemade Oat Granola   | --  |
| Protein                | --  | Hard-Boiled Eggs                               | Milk  | --   | Mozzarella Cheese   |
| <b>Lunch Meal</b>      | <b>Cold Plate with Celery, Carrots, Tabbouleh, Cheese, Milk</b> | <b>Salmon Sandwiches, Broccoli, Corn, Milk</b> | <b>Hamburgers, Coleslaw, Milk</b>           | <b>Spaghetti, Milk</b>   | <b>Tofu Tacos with Bok Choy and Peppers, Milk</b>                     |
| Vegetables/Fruit       | Celery<br>Carrots   | Broccoli<br>Corn                               | Romaine Lettuce<br>Tomatoes<br>Coleslaw     | Crushed Tomatoes,<br>Zucchini, Mushrooms,<br>Onions, Celery, Carrots,<br>Red/Green Peppers | Bok Choy<br>Orange Peppers<br>Crushed Tomatoes                        |
| Whole Grain            | Bulgur  | Whole Wheat Bread                              | Whole Wheat<br>Hamburger Buns               | Whole Grain Spaghetti  | Whole Grain Tortillas   |
| Protein                | Cheddar Cheese  | Canned Salmon                                  | Lean Ground Beef                            | Red Lentils  | Firm Tofu<br>Black Beans  |
|                        | Milk  | Milk   | Milk  | Milk   | Milk  |
| <b>Afternoon Snack</b> | <b>Edamame, Soy Spread &amp; Jam Cubes</b>                      | <b>Grapes, Whole Grain Crackers</b>            | <b>Carrots, Chickpea Hummus</b>             | <b>Fruit Yogurt Smoothies</b>  | <b>Fruit/Vegetable Tray including Cucumbers, Whole Grain Crackers</b> |
| Vegetables/Fruit       | Edamame   | Grapes   | Carrots                                     | Strawberries<br>Bananas  | Cucumbers   |
| Whole Grain            | Whole Wheat Bread   | Whole Grain Crackers                           | --  | --   | Whole Grain Crackers  |
| Protein                | Soy Spread  | --   | Chickpea Hummus                             | Unsweetened Yogurt   | --  |

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**Menu – Week 3**

|                        | <b>Monday</b>                                  | <b>Tuesday</b>  | <b>Wednesday</b>                                 | <b>Thursday</b>  | <b>Friday</b>   |
|------------------------|--|---|--|--|---|
| <b>Morning Snack</b>   | <b>Oranges, Whole Grain Crackers</b>           | <b>Bananas, Whole Grain Bagels</b>                                | <b>Fruit Cocktail, Whole Grain Melba Toast</b>   | <b>Cantaloupes, Yogurt Fruit Dip</b>                       | <b>Blueberries, Wheat Squares Cereal, Milk</b>        |
| Vegetables/Fruit       | Oranges  | Bananas   | Fruit Cocktail                                   | Cantaloupes  | Blueberries   |
| Whole Grain            | Whole Grain Crackers                           | Whole Grain Bagels  | Whole Grain Melba Toast                          | --   | Wheat Squares Cereal                                  |
| Protein                | --   | --  | --   | Unsweetened Yogurt   | Milk  |
| <b>Lunch Meal</b>      | <b>Dhal, Brown Rice, Honeydew Melons, Milk</b> | <b>Vegetable Chicken Noodle Soup, Milk</b>                        | <b>Tuna Burgers, Broccoli, Cauliflower, Milk</b> | <b>Chili, Tex Mex Corn Bread, Milk</b>                     | <b>Egg Sandwiches, Peas, Carrots, Milk</b>            |
| Vegetables/Fruit       | Spinach, Onions, Tomatoes<br>Honeydew Melons   | Mixed Vegetables-<br>Peas, Carrots, Green Beans, Corn, Lima Beans | Broccoli<br>Cauliflower                          | Tomatoes, Onions, Celery, Carrots, Red/Green Peppers, Corn | Peas<br>Carrots                                       |
| Whole Grain            | Brown Rice                                     | Whole Grain Spaghetti   | Whole Wheat Hamburger Buns                       | Tex Mex Corn Bread   | Whole Wheat Bread                                     |
| Protein                | Red Lentils                                    | Chicken   | Canned Tuna                                      | Kidney, Black, Pinto Beans                                 | Eggs  |
|                        | Milk   | Milk  | Milk   | Milk   | Milk  |
| <b>Afternoon Snack</b> | <b>Apples, Soy Spread</b>                      | <b>Peach Tofu Smoothies</b>                                       | <b>Cucumbers, Chickpea Hummus</b>                | <b>Grapes, Whole Grain Crackers</b>                        | <b>Fruit/Vegetable Tray including Peppers, Cheese</b> |
| Vegetables/Fruit       | Apples   | Peaches   | Cucumbers  | Grapes   | Green, Red, Orange Peppers                            |
| Whole Grain            | --   | --  | --   | Whole Grain Crackers                                       | --  |
| Protein                | Soy Spread                                     | Silken Tofu   | Chickpea Hummus                                  | --   | Cheddar Cheese  |

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**Menu – Week 4**

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|------------------------|--|---|---|---|--|
| <b>Morning Snack</b>   | <b>Applesauce, Homemade Granola</b>                            | <b>Peaches, Cottage Cheese</b>              | <b>Pears, Whole Grain Crackers</b>                            | <b>Bananas, Wheat Squares Cereal, Milk</b>  | <b>Apples, Yogurt Fruit Dip</b>                                      |
| Vegetables/Fruit       | Applesauce   | Peaches                                     | Pears   | Bananas   | Apples   |
| Whole Grain            | Homemade Oat Granola   | --  | Whole Grain Crackers  | Wheat Squares Cereal  | --   |
| Protein                | --   | Cottage Cheese                              | --  | Milk  | Unsweetened Yogurt   |
| <b>Lunch Meal</b>      | <b>Cold Plate with Peppers, Grapes, Crackers, Cheese, Milk</b> | <b>Chickpea Curry, Roti, Milk</b>           | <b>Warm Egg Sandwiches, Mixed Vegetables, Milk</b>            | <b>Goulash, Peas, Corn, Milk</b>  | <b>Soy Spread &amp; Jam Sandwiches, Edamame, Cauliflower, Milk</b>   |
| Vegetables/Fruit       | Green, Red, Orange Peppers<br>Grapes                           | Onions, Spinach, Butternut Squash, Tomatoes | Mixed Vegetables-Peas, Carrots, Green Beans, Corn, Lima Beans | Crushed Tomatoes, Zucchini, Mushrooms, Onions, Celery, Carrots, Red/Green Peppers, Peas, Corn | Edamame Cauliflower  |
| Whole Grain            | Whole Grain Crackers   | Roti  | Whole Wheat English Muffins                                   | Whole Grain Macaroni  | Whole Wheat Bread  |
| Protein                | Marble Cheese  | Chickpeas                                   | Eggs  | Red Lentils/Ground Beef   | Toasted Soy Spread   |
|                        | Milk   | Milk  | Milk  | Milk  | Milk   |
| <b>Afternoon Snack</b> | <b>Mixed Fruit Smoothies, Pita Bread</b>                       | <b>Broccoli, White Bean Dip</b>             | <b>Oranges, Cheerios Cereal</b>                               | <b>Watermelons, Mozzarella Cheese</b>   | <b>Fruit/Vegetable Tray including Avocados, Whole Grain Crackers</b> |
| Vegetables/Fruit       | Mixed Fruit including Peaches, Strawberries                    | Broccoli                                    | Oranges   | Watermelons   | Avocados   |
| Whole Grain            | Whole Wheat Pita Bread   | --  | Multi Grain Cheerios Cereal                                   | --  | Whole Grain Crackers   |
| Protein                | --   | White Navy Beans                            | --  | Mozzarella Cheese   | --   |

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