

My World of Learning Child Care Association
Menu – Week 1

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

Water is served at all snacks, lunches, and throughout the day. Children under 2 years are served whole/homogenized (3.25%) cow's milk. Friday fruit and vegetable trays include item listed and additional fruits and vegetables served during the week. We adjust our meal schedule for holidays. When a holiday occurs, one day of meals will be removed. All changes and holiday dates are available on Lillio and in the Information Binder. Substitutions are documented in the Information Binder.

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

Date: September 1, 2026 Effective: September 14, 2026

Signature: *Natasha Doreen Moxon* Natasha Doreen Moxon, Executive Director

My World of Learning Child Care Association
Menu – Week 2

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

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My World of Learning Child Care Association
Menu – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Oranges, Whole Grain Crackers	Bananas, Whole Grain Bagels	Fruit Cocktail, Whole Grain Melba Toast	Cantaloupes, Yogurt Fruit Dip	Blueberries, Wheat Squares Cereal, Milk
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
Lunch Meal	Dhal, Brown Rice, Honeydew Melons, Milk	Vegetable Chicken Noodle Soup, Milk	Tuna Burgers, Broccoli, Cauliflower, Milk	Chili, Tex Mex Corn Bread, Milk	Egg Sandwiches, Peas, Carrots, Milk
Vegetables/Fruit	Spinach, Onions, Tomatoes Honeydew Melons	Mixed Vegetables- Peas, Carrots, Green Beans, Corn, Lima Beans	Broccoli Cauliflower	Tomatoes, Onions, Celery, Carrots, Red/Green Peppers, Corn	Peas 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
Afternoon Snack	Apples, Soy Spread	Peach Strawberry Tofu Smoothies	Cucumbers, Roasted Chickpeas	Grapes, Whole Grain Crackers	Fruit/Vegetable Tray including Peppers, Cheese
Vegetables/Fruit	Apples	Peaches Strawberries	Cucumbers	Grapes	Green, Red, Orange Peppers
Whole Grain	--	--	--	Whole Grain Crackers	--
Protein	Soy Spread	Silken Tofu	Roasted Chickpeas	--	Cheddar Cheese

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My World of Learning Child Care Association
Menu – Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Applesauce, Homemade Granola	Peaches, Cottage Cheese	Pears, Whole Grain Crackers	Bananas, Wheat Squares Cereal, Milk	Apples, Yogurt Fruit Dip
Vegetables/Fruit	Applesauce	Peaches	Pears	Bananas	Apples
Whole Grain	Homemade Oat Granola	--	Whole Grain Crackers	Wheat Squares Cereal	--
Protein	--	Cottage Cheese	--	Milk	Unsweetened Yogurt
Lunch Meal	Cold Plate with Peppers, Grapes, Crackers, Cheese, Milk	Chickpea Curry, Roti, Milk	Warm Egg Sandwiches, Mixed Vegetables, Milk	Goulash, Peas, Corn, Milk	Soy Spread & Jam Sandwiches, Edamame, Broccoli, Cauliflower, Milk
Vegetables/Fruit	Green, Red, Orange Peppers Grapes	Onions, Spinach, Butternut Squash, Tomatoes	Mixed Vegetables-Peas, Carrots, Green Beans, Corn, Lima Beans	Crushed Tomatoes, Zucchini, Mushrooms, Onions, Celery, Carrots, Peas, Corn	Broccoli 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	Edamame Toasted Soy Spread
	Milk	Milk	Milk	Milk	Milk
Afternoon Snack	Mixed Fruit Smoothies, Pita Bread	Broccoli, Carrots, White Bean Dip	Oranges, Cheerios Cereal	Watermelons, Mozzarella Cheese	Fruit/Vegetable Tray including Avocados, Whole Grain Crackers
Vegetables/Fruit	Mixed Fruit including Peaches, Strawberries	Broccoli Carrots	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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