

**2018-2019 CYCLE MENU Part Day EHS Children 1 to 3 years**

<b>MONDAY Park</b>	<b>TUESDAY Delight Valley, Fairfield</b>	<b>WEDNESDAY Park</b>	<b>THURSDAY Delight Valley, Fairfield</b>	<b>FRIDAY Playgroup- Site Varies</b>
1	2	3	4	5
WG General Mills Cheerios, Diced Peaches, 1 % Milk - Sliced Hamburgers with WW Bun, Mashed Sweet Potato, Berries, 1 % Milk	Sliced Egg Patty with WW English Muffin, Mandarin Oranges, 1 % Milk - Sliced Mashed Bean & Cheese Burrito on WW Tortilla, Spinach Salad, Diced Small Mango, 1 % Milk	WG Pancake, Diced Strawberries, 1 % Milk - Diced Chicken Veggie Noodle Soup, Applesauce, WW Roll, 1 % Milk	WG General Mills Rice Chex, Diced Banana, 1 % Milk - Cheese Pizza, Diced Peaches, Diced Red Pepper Strips, 1 % Milk	- Diced Cod OR Haddock, WG Brown Rice Cooked Peas, Mandarin Oranges, 1 % Milk
6	7	8	9	10
WG Oatmeal, Diced Blueberries, 1 % Milk - Chicken Taco on WW Tortilla, Diced Small Mango, Spinach Salad, 1 % Milk	WG General Mills Kix Cereal, Mandarin Oranges, 1 % Milk - Macaroni & Cheese, WW Roll, Steamed Diced Broccoli, Applesauce, 1 % Milk	Yami Lowfat Vanilla Yogurt Diced Banana Parfait, 1 % Milk - Sliced Turkey Sandwich on WW Bread, Diced Small Melon, Cooked Peas, 1 % Milk	WG Bread, Cream Cheese, Diced Pineapple Tidbits, 1 % Milk - Shredded Salmon, WG Brown Rice, Berries, Cooked Carrots, 1 % Milk	- Lentil Soup OR Minestrone Soup, Shredded Cheese, WW Roll, Diced Small Cantaloupe, 1 % Milk
11	12	13	14	15
WG General Mills Kix Cereal, Diced Peaches, 1 % Milk - Sliced Fish Patty on WW Bun, Cooked Carrot Sticks, Berries, 1 % Milk	WG Bread, Diced Strawberries, 1% Milk - Vegetarian Taco Soup, Shredded Cheese, Mandarin Oranges, Cooked Peas, Corn Bread, 1 % Milk	Sliced Egg Patty, WW English Muffin, Pears, 1 % Milk - Diced Baked Chicken, Steamed Diced Broccoli, Cantaloupe, WW Roll, 1 % Milk	WG General Mills Cheerios, Diced Banana 1 % Milk - Sliced Veggie Lasagna, Spinach Salad, Pineapple Tidbits, WG Bread, 1 % Milk	- Diced Chicken Thighs, WG Brown Rice, Mixed Veggies, Diced Small Honeydew, 1 % Milk
16	17	18	19	20
WW Bread, Cream Cheese, Diced Blueberries, 1 % Milk - Sliced Chicken Patty on WW Bun, Diced Tomato, Mandarin Oranges, 1 % Milk	WG Oatmeal, Diced Banana, 1 % Milk - Diced WG Spaghetti & Meatballs, Spinach Salad, Diced Strawberries, WG Bread, 1 % Milk	WG General Mills Rice Chex, Mandarin Oranges, 1 % Milk - WG Brown Rice with Beans, Shredded Cheese, Diced Red Pepper Strips, Diced Small Cantaloupe, 1 % Milk	WG Waffle, Diced Strawberries, 1 % Milk - Tuna Sandwich on WW Bread, Steamed Diced Broccoli, Diced Small Mango, 1% Milk	- Diced Breaded Chicken, WW Roll, Cooked peas, Applesauce, 1 % Milk

**This institution is an equal opportunity provider.**

**Whole milk served to children under 2 yrs. All milk served is whole unflavored milk for ages 12-23 months, 1% unflavored for ages 2-5 years.**

**2018-2019 CYCLE MENU Infants**

FRIDAY Playgroup (0-5 months)	FRIDAY Playgroup (6-11 months)
<p>4-6 ounces breast milk or IFF</p> <p>-----</p> <p>4-6 ounces breast milk or IFF</p> <p>-----</p> <p>4-6 ounces breast milk or IFF</p>	<p>6-8 oz breast milk or IFF</p> <p>0-4 Tbs IFIC, meat, fish, poultry, whole egg, or beans OR 0-2 oz cheese OR 0-4 oz cottage cheese OR 0-8 oz yogurt</p> <p>0-2 Tbs vegetable and/or fruit</p> <p>-----</p> <p>6-8 oz breast milk or IFF</p> <p>0-4 Tbs IFIC, meat, fish, poultry, whole egg, or beans OR 0-2 oz cheese OR 0-4 oz cottage cheese OR 0-8 oz yogurt</p> <p>0-2 Tbs vegetable and/or fruit</p> <p>-----</p> <p>2-4 oz breast milk or IFF</p> <p>0-1/2 slice bread OR 0-2 crackers, OR 0-4 Tbs IFIC OR 0-4 Tbs ready to eat cereal</p> <p>0-2 Tbs vegetable and/or fruit</p>

**This institution is an equal opportunity provider. IFF- Iron fortified formula, IFIC- Iron fortified infant cereal. Specify Formula brand on Infant Production Record.**