

Hand In Hand Early Learning Program 2019 - 2020 Fall/Winter Menus

Parents: These new cycle menus that will begin on November 4, 2019 with Week 1.

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack				
Cheerios Milk	Mini Bagel w/Cream Cheese Milk	Biscuit Milk	Diced Peaches Milk	Cheese Toast Milk
Lunch				
Beef Stew with vegetables Diced Peaches Wheat Roll Milk	Whole Grain Pizza Cream Corn Pears Milk	Meat Loaf Whole Grain Rice Steamed Broccoli Mandarin Oranges Milk	Chicken Tenders Field Peas Whipped Sweet Potatoes Wheat Bread Milk	Sloppy Joe Green Peas Carrot Coins Milk
Afternoon Snack				
Applesauce Goldfish Milk	Low Fat Yogurt Graham Crackers Water	Whole Grain Cheez-Its Diced Peaches Water	Turkey roll-ups Wheat crackers Milk	Banana Mini Muffin Milk

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack				
French Toast Sticks Milk	Cheese Toast Milk	Banana Milk	Biscuit Milk	Cheerios Milk
Lunch				
Chili Toasted Cheese Sandwich Green Beans Applesauce Milk	Soft Taco Green Peas Mixed Fruit Milk	Fish Sticks Mashed Potatoes Steamed Broccoli Wheat Bread Milk	Spaghetti with Meat Sauce Peas and Carrots Applesauce Wheat Roll Milk	Chicken Nuggets Baby Green Limas Mandarin Oranges Wheat Bread Milk
Afternoon Snack				
Low Fat Yogurt Graham Crackers Milk	Whole Grain Cheez-Its Pears Water	Mini Bagel w/Cream Cheese Diced Peaches Water	Banana Mini Muffin Milk	Turkey Roll ups Goldfish crackers Milk

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack				
Diced Peaches Milk	Biscuit Milk	Mini Bagel w/Cream Cheese Milk	Cheerios Milk	Cheese Toast Milk
Lunch				
Beef Ravioli Field Peas Applesauce Wheat Bread Milk	Turkey Sandwich Homemade Vegetable Soup Pears Milk	Chicken Tenders Turnip greens Carrot Coins Wheat Roll Milk	Hamburger Baby Green Limas Diced Peaches Milk	Crispitos Peas and Carrots Mixed Fruit Milk
Afternoon Snack				
Cheerios Milk	Low Fat Yogurt Graham Crackers Water	Mixed Fruit Ritz bits with cheese Water	Applesauce Goldfish Milk	Cheese Strips Wheat crackers Milk

Note: Snacks may change based on food availability or classroom themes/activities.