

Hand In Hand Early Learning Program Menu 2022 - 2023

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack				
Cheerios Milk	Waffle (WG) Milk	Biscuit Milk	French Toast Sticks Milk	Cheese Toast Milk
Lunch				
Spaghetti with Meat Sauce Cream Corn Green Peas Wheat Bread Milk	BBQ Pork Sandwich Baked Beans Baked Apples Milk	Meat Loaf Rice (WG) Steamed Broccoli Applesauce Milk	Chicken Tenders Green Beans Whipped Sweet Potatoes Roll (WG) Milk	Fish Sandwich Pears Carrot Coins Milk
Afternoon Snack				
Applesauce Goldfish (WG) Milk	Low Fat Yogurt Graham Crackers (WG) Water	Mandarin Oranges Mini Muffin Milk	Cheese slices Crackers (WG) Milk	Cheez-Its (WG) Diced Peaches Water

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

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack				
French Toast Sticks Milk	Cheese Toast Milk	Banana Milk	Biscuit Milk	Cheerios Milk
Lunch				
Chicken Tenders Field Peas Mandarin Oranges Wheat Bread Milk	Soft Taco Green Peas Mexican Corn Milk	Fish Sticks Mashed Potatoes Steamed Broccoli Roll (WG) Milk	Mac'n'Cheese w/Ham Baby Green Limas Baked Apples Roll (WG) Milk	Pizza (WG) Green Beans Cream Corn Milk
Afternoon Snack				
Low Fat Yogurt Graham Crackers (WG) Milk	Cheez-Its (WG) Pears Water	Applesauce Ritz bits with cheese Water	Banana Mini Muffin Milk	Cheese Strips Goldfish (WG) Milk

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

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack				
Diced Peaches Milk	Biscuit Milk	Cheerios Milk	Waffle (WG) Milk	Cheese Toast Milk
Lunch				
Beefy Mac Field Peas Applesauce Roll (WG) Milk	Chicken Alfredo Broccoli Pears Wheat Bread Milk	Popcorn Chicken Baby Green Limas Mashed Potatoes Roll (WG) Milk	Hamburger Green Beans Sweet Potato Fries Milk	Crispitos Peas and Carrots Pinto Beans Milk
Afternoon Snack				
Cheerios Milk	Low Fat Yogurt Graham Crackers (WG) Water	Applesauce Ritz bits with cheese Water	Banana Goldfish (WG) Milk	Cheese Strips Crackers (WG) Milk

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

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack				
Low Fat Yogurt Milk	French Toast Sticks Milk	Cheese Toast Milk	Biscuit Milk	Cheerios Milk
Lunch				
Beefy Mac Green Beans Carrot Coins Roll (WG) Milk	BBQ Pork Sandwich Baked Beans Corn Nuggets Milk	Chicken Tenders Mashed Potatoes Broccoli Roll (WG) Milk	Soft Tacos Mexican Corn Pinto Beans Milk	Mac'n'Cheese w/Ham Baby Green Limas Peaches Wheat Bread Milk
Afternoon Snack				
Applesauce Goldfish (WG) Milk	Mandarin Oranges Graham Crackers (WG) Water	Cheerios Water	Cheese slices Crackers (WG) Milk	Pears Graham Crackers (WG) Milk

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

Week 5

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack				
Biscuit Milk	Cheerios Milk	Cheese Toast Milk	Banana Milk	Applesauce Milk
Lunch				
Spaghetti with Meat Sauce Green Peas Applesauce Roll (WG) Milk	Chicken Alfredo Broccoli Baked Apples Roll (WG) Milk	Pizza (WG) Green Beans Cream Corn Milk	Popcorn Chicken Baked Beans Carrot Coins Roll (WG) Milk	Hamburger Corn Nuggets Baby Green Limas Milk
Afternoon Snack				
Ritz Bits with Cheese Milk	Yogurt Graham Crackers (WG) Water	Banana Goldfish (WG) Water	Applesauce Cheez-its (WG) Milk	Cheese slices Crackers (WG) Milk

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

Week 6

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack				
French Toast Sticks Milk	Applesauce Milk	Waffle (WG) Milk	Cheerios Milk	Cheese Toast Milk
Lunch				
Chicken Tenders Whipped Sweet Potatoes Green Peas Roll (WG) Milk	Meat Loaf Mashed Potatoes Baby Green Limas Roll (WG) Milk	Crispitos Black Beans Mexican Corn Milk	Mac'n'Cheese w/Ham Green Beans Pears Roll (WG) Milk	Fish Sticks Field Peas Sweet Potato Fries Roll (WG) Milk
Afternoon Snack				
Cheerios Milk	Yogurt Graham Crackers (WG) Water	Cheese slices Crackers (WG) Milk	Applesauce Goldfish (WG) Water	Ritz Bits with Cheese Milk

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