

Hand In Hand Early Learning Program Menu 2023 – 2024

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack				
Cheerios Milk	Biscuits Milk	Banana Milk	Applesauce Milk	French Toast Milk
Lunch				
Beefy Mac Green Beans Carrots Roll (WG) Milk	Fish Nuggets Green Peas Sweet Potato Fries Milk	Chicken Tenders Steamed Broccoli Pears Roll (WG) Milk	Soft Taco Corn Pinto Beans Milk	Mac & Cheese w/Ham Field Peas Baked Apples Milk
Afternoon Snack				
Mandarin Oranges Mini Muffin Milk	Cheese & Crackers (WG) Milk	Ritz Bitz Peaches Milk	Goldfish (WG) Pears Water	Graham Crackers (WG) Low Fat Yogurt Milk

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

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack				
Biscuit Milk	Mini Muffin Milk	Mangos Milk	Waffle (WG) Milk	Cheese Toast Milk
Lunch				
BBQ Pork w/ Bun (WG) Baked Beans Corn Nuggets Milk	Ravioli w/Sauce Green Beans Carrots Milk	Salisbury Steak Mashed Potatoes Lima Beans Roll (WG) Milk	Chicken Alfredo Peas and Carrots Peaches Roll (WG) Milk	Hamburger w/ Bun (WG) Sweet Potato Fries Field Peas Milk
Afternoon Snack				
Cheese & Crackers (WG) Milk	Goldfish (WG) Milk	Animal Crackers Milk	Mandarin Oranges Ritz Bitz Water	Cheez-its (WG) Pears Milk

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

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack				
Applesauce Milk	Biscuit Milk	French Toast Milk	Cheerios Milk	Mangos Milk
Lunch				
Spaghetti w/Meat Sauce Green Beans Carrots Roll (WG) Milk	Popcorn Chicken Mashed Potatoes Steamed Broccoli Roll (WG) Milk	Pizza Corn Nuggets Green Peas Milk	BBQ Chicken Baked Apples Sweet Potatoes Roll (WG) Milk	Crispitos Pinto Beans Pears Milk
Afternoon Snack				
Ritz Bitz Peaches Milk	Mini Muffin Mandarin Oranges Milk	Cheese & Crackers (WG) Milk	Graham Crackers (WG) Low Fat Yogurt Water	Banana Goldfish (WG) Milk

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

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack				
Mini Pancake (WG) Milk	Mangos Milk	Waffle (WG) Milk	Cheese Toast Milk	Biscuit Milk
Lunch				
Chicken Tetrizzini Green Peas Carrots Roll (WG) Milk	Meat Loaf Rice Steamed Broccoli Mixed Fruit Milk	Fish Sticks Sweet Potato Tots Lima Beans Milk	Beefy Mac Green Beans Baked Apples Roll (WG) Milk	Chicken Tenders Roasted Potatoes Mandarin Oranges Roll (WG) Milk
Afternoon Snack				
Animal Crackers Milk	Cheez-its (WG) Pears Milk	Ritz Bitz Applesauce Milk	Goldfish (WG) Peaches Water	Graham Crackers (WG) Low Fat Yogurt Milk

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

Week 5

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack				
Applesauce Milk	French Toast Milk	Banana Milk	Waffle (WG) Milk	Mini Muffin Milk
Lunch				
Mac and Cheese w/Ham Lima Beans Mixed Fruit Milk	Spaghetti w/Meat Sauce Green Beans Pears Roll (WG) Milk	Popcorn Chicken Mashed Potatoes Steamed Broccoli Roll (WG) Milk	Fish Sticks Sweet Potato Fries Green Peas Milk	BBQ Pork w/ Bun (WG) Baked Beans Baked Apples Milk
Afternoon Snack				
Goldfish (WG) Milk	Cheerios Milk	Graham Crackers (WG) Low Fat Yogurt Milk	Animal Crackers Peaches Water	Mangos Milk

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

Week 6

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack				
Biscuit Milk	Mini Pancake (WG) Milk	Mangos Milk	Mini Muffin Milk	Cheese Toast Milk
Lunch				
Ravioli w/Sauce Green Peas Mandarin Oranges Roll (WG) Milk	Soft Taco Corn Field Peas Milk	Chicken Alfredo Peas and Carrots Pears Roll (WG) Milk	Pizza Cream Corn Sweet Potato Fries Milk	BBQ Chicken Green Beans Sweet Potatoes Roll (WG) Milk
Afternoon Snack				
Ritz Bitz Peaches Milk	Mini Muffin Milk	Graham Crackers (WG) Low Fat Yogurt Milk	Cheez-its (WG) Mandarin Oranges Water	Goldfish (WG) Milk

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