

The Gingerbread House Childcare Center Menu

January 2022

<p>Meatball Sub Broccoli Pears Milk</p> <p><u>PM Snack</u> Rice Cakes Milk</p>	<p>Vegan Chicken Tenders Sweet Potato Fries Banana Milk</p> <p><u>PM Snack</u> Soft Pretzel Milk</p>	<p>Pasta with Meat Sauce Corn Apple Milk</p> <p><u>PM Snack</u> Cheese & Crackers Milk</p>	<p>Waffles Sausage Hashbrowns Fruit Cocktail Milk</p> <p><u>PM Snack</u> Banana Milk</p>	<p>Pizza Sliced Carrots Blueberries Milk</p> <p><u>PM Snack</u> Goldfish Milk</p>
<p>Grilled Cheese Pita Peas Oranges Milk</p> <p><u>PM Snack</u> Graham Crackers Milk</p>	<p>Chicken Patty Celery Sticks Pineapples Milk</p> <p><u>PM Snack</u> Sun Butter & Crackers Milk</p>	<p>Yogurt & Peaches with Cereal Green Beans Milk</p> <p><u>PM Snack</u> Pretzels Milk</p>	<p>Hamburger on a Bun Corn Apple Milk</p> <p><u>PM Snack</u> Animal Crackers Milk</p>	<p>WW Pizza Tomato/Cucumber Salad Fruit Cocktail Milk</p> <p><u>PM Snack</u> Goldfish Milk</p>
<p>Spanish Rice Corn Tropical Fruit Salad Milk</p> <p><u>PM Snack</u> Goldfish Milk</p>	<p>Bean & Cheese Quesadilla Peas Pears Milk</p> <p><u>PM Snack</u> Sun Butter & Crackers Milk</p>	<p>Sweet & Sour Chicken Rice Carrots Banana Milk</p> <p><u>PM Snack</u> Trail Mix Milk</p>	<p>Sun Butter & Jelly on Wheat Bread Wax Beans Cheese Stick Apples Milk</p> <p><u>PM Snack</u> Rice Cakes Milk</p>	<p>WW Pita Pizza Salad Blueberries Milk</p> <p><u>PM Snack</u> Pretzels Milk</p>
<p>Pancake Hashbrowns Sausage Pears Milk</p> <p><u>PM Snack</u> Apples Milk</p>	<p>Ravioli with Meat Sauce Sliced Carrots Peaches Milk</p> <p><u>PM Snack</u> Trail Mix Milk</p>	<p>Home Made "Lunchable" Cheese, Pepperoni, Crackers Carrot Sticks Banana Milk</p> <p><u>PM Snack</u> Animal Crackers Milk</p>	<p>Macaroni & Cheese Peas Applesauce Milk</p> <p><u>PM Snack</u> Cheese Its Milk</p>	<p>WW Pizza Green Beans Pineapples Milk</p> <p><u>PM Snack</u> Rice Cakes Milk</p>
<p>Turkey with Gravy Bread Mashed Potatoes Peaches Milk</p> <p><u>PM Snack</u> Cheese Its Milk</p>				
<p><u>Monday Breakfast</u> Crispix Applesauce Milk</p>	<p><u>Tuesday Breakfast</u> Muffin or Biscuit Fruit Cocktail Milk</p>	<p><u>Wednesday Breakfast</u> Toasted Oats Mandarin Oranges Milk</p>	<p><u>Thursday Breakfast</u> Bagel Pears Milk</p>	<p><u>Friday Breakfast</u> Rice Chex Peaches Milk</p>

Milk will be served during lunch with children up to 24 months receiving whole milk and all other children will receive 1%.

Infants and Toddlers: Raw vegetables will be substituted with a cooked vegetable. **Menu is subject to Change**

The Gingerbread House Childcare Center **6-12 month** Menu

January 2022

Week of 1/3- 1/7	AM Breakfast	Lunch	PM Snack
Monday	Breast Milk or iron-fortified formula Iron-fortified infant cereal Applesauce	Breast Milk or iron-fortified formula Diced Ham Broccoli Pears	Breast Milk or iron-fortified formula Toasted Oats Mixed Fruit
Tuesday	Breast Milk or iron-fortified formula Iron-fortified infant cereal Fruit Cocktail	Breast Milk or iron-fortified formula Diced Chicken Green Beans Banana	Breast Milk or iron-fortified formula Saltine Crackers Applesauce
Wednesday	Breast Milk or iron-fortified formula Iron-fortified infant cereal Mandarin Oranges	Breast Milk or iron-fortified formula Ground Beef Peas Applesauce	Breast Milk or iron-fortified formula Pita Bread Peaches
Thursday	Breast Milk or iron-fortified formula Iron-fortified infant cereal Pears	Breast Milk or iron-fortified formula Diced Turkey Green Beans Fruit Cocktail	Breast Milk or iron-fortified formula Ritz Crackers Applesauce
Friday	Breast Milk or iron-fortified formula Iron-fortified infant cereal Peaches	Breast Milk or iron-fortified formula Mozzarella Cheese Sliced Carrots Blueberries	Breast Milk or iron-fortified formula Toasted Oats Mixed Fruit

Week of 1/10-1/14	AM Breakfast	Lunch	PM Snack
Monday	Breast Milk or iron-fortified formula Iron-fortified infant cereal Applesauce	Breast Milk or iron-fortified formula Cottage Cheese Peas Mandarin Oranges	Breast Milk or iron-fortified formula Toasted Oats Mixed Fruit
Tuesday	Breast Milk or iron-fortified formula Iron-fortified infant cereal Fruit Cocktail	Breast Milk or iron-fortified formula Chicken Sliced Carrots Pineapples	Breast Milk or iron-fortified formula Saltine Crackers Applesauce
Wednesday	Breast Milk or iron-fortified formula Iron-fortified infant cereal Mandarin Oranges	Breast Milk or iron-fortified formula Yogurt Green Beans Peaches	Breast Milk or iron-fortified formula Pita Bread Peaches
Thursday	Breast Milk or iron-fortified formula Iron-fortified infant cereal Pears	Breast Milk or iron-fortified formula Diced Ham Sliced Carrots Applesauce	Breast Milk or iron-fortified formula Ritz Crackers Applesauce
Friday	Breast Milk or iron-fortified formula Iron-fortified infant cereal Peaches	Breast Milk or iron-fortified formula Mozzarella Cheese Wax Beans Fruit Cocktail	Breast Milk or iron-fortified formula Toasted Oats Mixed Fruit

Week of 1/17-1/21	AM Breakfast	Lunch	PM Snack
Monday	Breast Milk or iron-fortified formula Iron-fortified infant cereal Applesauce	Breast Milk or iron-fortified formula Ground Beef Green Beans Tropical Fruit Salad	Breast Milk or iron-fortified formula Toasted Oats Mixed Fruit
Tuesday	Breast Milk or iron-fortified formula Iron-fortified infant cereal Fruit Cocktail	Breast Milk or iron-fortified formula Diced Ham Peas Pears	Breast Milk or iron-fortified formula Saltine Crackers Applesauce
Wednesday	Breast Milk or iron-fortified formula Iron-fortified infant cereal Mandarin Oranges	Breast Milk or iron-fortified formula Chicken Sliced Carrots Banana	Breast Milk or iron-fortified formula Pita Bread Peaches

Thursday	Breast Milk or iron-fortified formula Iron-fortified infant cereal Pears	Breast Milk or iron-fortified formula Cottage Cheese Wax Beans Applesauce	Breast Milk or iron-fortified formula Ritz Crackers Applesauce
Friday	Breast Milk or iron-fortified formula Iron-fortified infant cereal Peaches	Breast Milk or iron-fortified formula Mozzarella Cheese Peas Blueberries	Breast Milk or iron-fortified formula Toasted Oats Mixed Fruit

Week of 1/24-1/28	AM Breakfast	Lunch	PM Snack
Monday	Breast Milk or iron-fortified formula Iron-fortified infant cereal Applesauce	Breast Milk or iron-fortified formula Cottage Cheese Wax Beans Pears	Breast Milk or iron-fortified formula Toasted Oats Mixed Fruit
Tuesday	Breast Milk or iron-fortified formula Iron-fortified infant cereal Fruit Cocktail	Breast Milk or iron-fortified formula Ground Beef Sliced Carrots Peaches	Breast Milk or iron-fortified formula Saltine Crackers Applesauce
Wednesday	Breast Milk or iron-fortified formula Iron-fortified infant cereal Mandarin Oranges	Breast Milk or iron-fortified formula Diced Ham Sliced Carrots Banana	Breast Milk or iron-fortified formula Pita Bread Peaches
Thursday	Breast Milk or iron-fortified formula Iron-fortified infant cereal Pears	Breast Milk or iron-fortified formula Diced Turkey Peas Applesauce	Breast Milk or iron-fortified formula Ritz Crackers Applesauce
Friday	Breast Milk or iron-fortified formula Iron-fortified infant cereal Peaches	Breast Milk or iron-fortified formula Mozzarella Cheese Green Beans Pineapples	Breast Milk or iron-fortified formula Toasted Oats Mixed Fruit

Week of 1/31	AM Breakfast	Lunch	PM Snack
Monday	Breast Milk or iron-fortified formula Iron-fortified infant cereal Applesauce	Breast Milk or iron-fortified formula Diced Turkey Mashed Potato Peaches	Breast Milk or iron-fortified formula Toasted Oats Mixed Fruit

Depending on an infant's growth, development and eating habits:
 Solid foods are gradually introduced around 6 months of age.
 All solid foods must be pureed, mashed or chopped to appropriate consistency.

House Formula Provided: Tippy Toes by Topcare Premium Infant Formula with Iron
 Parent's Choice Infant Formula with Iron
 Wegman's Premium Infant Formula with Iron

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