



Toddler House Menu (Menu is subject to change upon availability of produce)

Week of: September 24th to September 28th Kids 1-3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<ul style="list-style-type: none"> Mazamorra 	<ul style="list-style-type: none"> Cream of Wheat 	<ul style="list-style-type: none"> Cream of Corn 	<ul style="list-style-type: none"> Oatmeal 	<ul style="list-style-type: none"> Coconut Cornstarch
SNACK	<ul style="list-style-type: none"> 4onz Seasonal Fresh Fruits Milk 	<ul style="list-style-type: none"> 4onz Seasonal Fresh Fruits Milk 	<ul style="list-style-type: none"> 4onz Seasonal Fresh Fruits Milk 	<ul style="list-style-type: none"> 4onz Seasonal Fresh Fruits Milk 	<ul style="list-style-type: none"> 4onz Seasonal Fresh Fruits Milk
LUNCH	<ul style="list-style-type: none"> Stewed Rice w\Chicken Sausage Small Red Beans w\Pumpkin 	<ul style="list-style-type: none"> Pork Pepper Steaks Oven Roasted Potato 	<ul style="list-style-type: none"> Chicken/Root Vegetable Soup White Rice 	<ul style="list-style-type: none"> Meat Lasagna 	<ul style="list-style-type: none"> Quesadillas Turkey & Cheese White Rice w\Peas

Carbs (rice, potato, pasta etc.) portion consists of 1/3 cup cooked
 Beans or vegetables portion consists of 1/3 cup cooked
 Protein is 3onz raw which becomes 2onz cooked=1/4 cup cooked

Carbohidratos (arroz, papa, pasta etc.) debe ser una porción de 1/3 taza ya cocido
 Granos y Vegetales debe ser una porción de 1/3 taza ya cocida
 Proteína es 3onz. crudas que se convierte en 2 onz= 1/4 taza cocida