



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

Week of: November 5<sup>th</sup>-November 9<sup>th</sup> Kids 1-3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>Oatmeal</li> </ul>	<ul style="list-style-type: none"> <li>Mazamorra</li> </ul>	<ul style="list-style-type: none"> <li>Cream of Wheat</li> </ul>	<ul style="list-style-type: none"> <li>Coconut Corn Starch</li> </ul>	<ul style="list-style-type: none"> <li>French Toast</li> </ul>
<b>SNACK</b>	<ul style="list-style-type: none"> <li>4 onz Seasonal Fresh Fruits</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>4onz Seasonal Fresh Fruits</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>4onz Seasonal Fresh Fruits</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>4onz Seasonal Fresh Fruits</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Smoothies</li> <li>Milk</li> </ul>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>Minced Meat</li> <li>White Rice</li> </ul>	<ul style="list-style-type: none"> <li>B-B-Q Roasted Pork Pieces</li> <li>Oven Cubed Potato</li> </ul>	<ul style="list-style-type: none"> <li>Mini Egg Rolls (Chicken &amp; Vegetables)</li> <li>White Rice w\Peas</li> </ul>	<ul style="list-style-type: none"> <li>Spaghetti Bolognese w\Turkey</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Tenderloins</li> <li>Crispy Oven Fries</li> </ul>

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