

Fulfilled Destiny Menu 3years and under menu

<b>Day</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Afternoon Meal (Dinner)</b>
Monday	Turkey links, mini pancakes, strawberries, milk	Baked chicken, mashed potatoes, green beans, peaches, milk	Macaroni & cheese, broccoli, applesauce, milk
Tuesday	Turkey links, mini pancakes, banana slices, milk	Turkey meatballs, whole wheat pasta, carrots, pears, milk	Chicken noodle soup, crackers, mixed fruit, milk
Wednesday	Turkey links, mini pancakes, blueberries, milk	Baked fish, rice, peas, pineapple, milk	Grilled cheese, tomato soup, apples, milk
Thursday	Turkey links, mini pancakes, orange slices, milk	Chicken Alfredo with whole wheat pasta, broccoli, peaches, milk	Turkey and cheese roll-ups, cucumber slices, bananas, milk
Friday	Turkey links, mini pancakes, melon, milk	Turkey, corn, mandarin oranges, milk	Cheese pizza, steamed carrots, applesauce, milk

**Week 2**

<b>Day</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Afternoon Meal (Dinner)</b>
Monday	Turkey links, mini pancakes, grapes (quartered), milk	BBQ chicken, mashed sweet potatoes, green beans, pears, milk	Cheese Quesadilla, corn, peaches, milk
Tuesday	Turkey links, mini pancakes, bananas, milk	Turkey chili, cornbread, mixed vegetables, apples, milk	Chicken, broccoli, fruit cocktail, milk
Wednesday	Turkey links, mini pancakes, strawberries, milk	Baked chicken drumsticks, rice, carrots, pineapple, milk	Tuna salad on crackers, cucumbers, pears, milk
Thursday	Turkey links, mini pancakes, blueberries, milk	Turkey meatloaf, mashed potatoes, peas, peaches, milk	Mini chicken sandwiches, sweet potato fries, applesauce, milk
Friday	Turkey links, mini pancakes, oranges, milk	Cheese ravioli, marinara sauce, green beans, mixed fruit, milk	Baked chicken nuggets, macaroni, broccoli, milk

**Week 3**

<b>Day</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Afternoon Meal (Dinner)</b>
Monday	Turkey links, mini pancakes, apples, milk	Chicken, corn, peaches, milk	Grilled cheese, tomato soup, pears, milk

<b>Day</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Afternoon Meal (Dinner)</b>
Tuesday	Turkey links, mini pancakes, melon, milk	Turkey burgers (slider), baked potatoes, carrots, applesauce, milk	Chicken pasta, peas, fruit, milk
Wednesday	Turkey links, mini pancakes, bananas, milk	Spaghetti O's, chicken, broccoli, pineapple, milk	Macaroni & cheese, green beans, peaches, milk
Thursday	Turkey links, mini pancakes, grapes (quartered), milk	Chicken with vegetables and rice, pears, milk	Turkey sliders, sweet potato wedges, apples, milk
Friday	Turkey links, mini pancakes, strawberries, milk	Turkey spaghetti, salad, peaches, milk	Cheese pizza, carrots, mixed fruit, milk

#### **Week 4**

<b>Day</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Afternoon Meal (Dinner)</b>
Monday	Turkey links, mini pancakes, blueberries, milk	Oven-roasted chicken, mashed potatoes, green beans, pears, milk	Chicken noodle soup, crackers, applesauce, milk
Tuesday	Turkey links, mini pancakes, bananas, milk	Turkey tacos, Spanish rice, corn, pineapple, milk	Cheese quesadilla, cucumbers, peaches, milk
Wednesday	Turkey links, mini pancakes, oranges, milk	Chicken, broccoli, mixed fruit, milk	Turkey and cheese sandwiches, carrots, apples, milk
Thursday	Turkey links, mini pancakes, apples, milk	hot dogs, bread, peas, pears, milk	Macaroni & cheese, green beans, peaches, milk
Friday	Turkey links, mini pancakes, melon, milk	Chicken nuggets, mashed sweet potatoes, carrots, applesauce, milk	Turkey bake, broccoli, mixed fruit, milk

#### **Daily Beverage**

**Breakfast:** ½ cup (4 oz.) low-fat or whole milk, **Lunch:** ½ cup milk, **Afternoon Meal (Dinner):** ½ cup milk

This menu is appropriate for toddlers, uses child-friendly portions and textures, and is suitable for daycare programs. It is also adapted to meet USDA CACFP meal pattern requirements.

Please note fruit selections may vary. **\*Food allergies will be accommodated with substitutions**

**Children 6weeks -6months (formula) Children 6 months-12months (formula & baby food)**

