

Director  
**Dr. K.T. Korngold**

Day Care Center Name:  
**Montessori Children's Center**

**MONTESSORI CHILDREN'S CENTER MENU: 2025-2026**

Please note: Water is available at all times for children  
We serve whole milk to children one year old and younger.  
We serve 1% unflavored milk to children over 2 years old.  
This menu reflects the CACFP nutrition toolkit (1/31/19)

T= Toddler (1-2 years)  
P= Preschool (3-5 years)

**WEEK # 1**

	<b>Breakfast</b>	<b>Morning Snack</b>	<b>Lunch</b>	<b>Afternoon Snack</b>
Monday	Milk: T: ½ cup P: ¾ cup Cheerios T: ¼ cup P: 1/3 cup	Milk: T: ½ cup P: ½ cup Apple Sauce T: ¼ cup P: ¼ cup	Milk: T: ½ cup P: ¾ cup <b>Veggie Penne Pasta (broccoli, corn, tomato)</b> T: ¼ cup P: ½ cup	Cinnamon Raisin Whole Wheat Bread T&P: ½ slice Ricotta Cheese spread T: 1 Tsp P: 1 TBS
Tuesday	Milk: T: ½ cup P: ¾ cup Mini Blueberry Whole Wheat Muffins T&P: 1 muffin	Milk: T: ½ cup P: ½ cup Bananas T: ½ P: whole	Milk: T: ½ cup P: ¾ cup <b>Grilled Melty Cheese Sandwich on Whole Wheat Bread Triangles (4 per slice)</b> T&P: ½ sandwich <b>Cooked Green Beans</b> T: ¼ cup P: ½ cup	Shredded Cheddar Cheese T: 1 TBS P: 2 TBS & Whole wheat crackers T: 2 P:4
Wednesday	Milk: T: ½ cup P: ¾ cup Mini Bagel T&P: ½ bagel with fruit spread T&P: 1 tsp	Milk: T: ½ cup P: ½ cup Seasonal Fruit Salad T&P: ½ cup	Milk: T: ½ cup P: ¾ cup <b>Rotini Pasta with Tomato Sauce and Turkey Meatballs on the side</b> T: 1/2 cup P: 1 cup T: 3 balls P: 4 balls <b>Baked parsnips</b> T: 3 slices P: 4 slices	Raisin, Carrot, Zucchini mini muffins T: 1 P: 2 Cheese Stick T&P: 1
Thursday	Milk: T: ½ cup P: ¾ cup Overnight Oats with raisins and apples T&P: ¼ cup	Milk: T: ½ cup P: ½ cup Clementine or Orange Smiles T&P: 1 whole clementine Or T&P: 1/2	Milk: T: ½ cup P: ¾ cup <b>Mini Egg Rolls</b> T:3 P: 4 <b>Yellow Rice with Peas</b> T: ¼ cup P: ½ cup	Hummus T&P: 1 TBS Pita Bread T&P: 1 triangle
Friday	Milk: T: ½ cup P: ¾ cup Mini Corn Muffins T&P: 1	Milk: T: ½ cup P: ½ cup Apple or Pear T & P: 1/2	Milk: T: ½ cup P: ¾ cup <b>Mini Pizza Bagels</b> T & P: 2 halves <b>Corn Cobettes</b> T&P: 1 Cobette	Edamame T&P: 2 TBS Pretzel Rods T & P: 1

Director  
**Dr. K.T. Korngold**

Day Care Center Name:  
**Montessori Children's Center**

Please note: Water is available at all times for children  
We serve whole milk to children one year old and younger.  
We serve 1% unflavored milk to children over 2 years old.  
This menu reflects the CACFP nutrition toolkit.

T= Toddler (1-2 years)  
P= Preschool (3-5 years)

**WEEK # 2**

	<b>Breakfast</b>	<b>Morning Snack</b>	<b>Lunch</b>	<b>Afternoon Snack</b>
<b>Monday</b>	Milk: T: ½ cup P: ¾ cup Organic Oat Cheerios T: ¼ cup P: 1/3 cup	Milk: T: ½ cup P: ½ cup Apple Sauce T: ¼ cup P: ¼ cup	Milk: T: ½ cup P: ¾ cup <b>Baked Chicken Finger Slices</b> T: 3 slices P: 4 slices <b>Baked Sweet Potatoes</b> T: ¼ cup P: ½ cup	Cinnamon Raisin Whole Wheat Bread T&P: ½ slice Ricotta Cheese spread T: 1 Tsp P: 1 TBS
<b>Tuesday</b>	Milk: T: ½ cup P: ¾ cup Mini Blueberry Whole Wheat Muffins T&P: 1 muffin	Milk: T: ½ cup P: ½ cup Bananas T: ½ P: whole	Milk: T: ½ cup P: ¾ cup <b>Cinnamon French Whole Wheat Toast Slices</b> T : 3 ¼ triangles P : 4 ¼ triangles <b>Warm Apple Raisin Cinnamon Compote</b> T: 2 TBS P: 3 TBS	Shredded Cheddar Cheese T: 1 TBS P: 2 TBS & Whole wheat crackers T: 2 P:4
<b>Wednesday</b>	Milk: T: ½ cup P: ¾ cup Mini Whole Wheat Bagel T&P: ½ bagel with fruit spread T&P: 1 tsp	Milk: T: ½ cup P: ½ cup Seasonal Fruit Salad T&P: ½ cup	Milk: T: ½ cup P: ¾ cup <b>Macaroni &amp; Cheese</b> T&P: 1 cup <b>Sliced Cucumbers</b> T: 4 slices P: 6 slices	Raisin, Carrot, Zucchini mini muffins T: 1 P: 2 Cheese Stick T&P: 1
<b>Thursday</b>	Milk: T: ½ cup P: ¾ cup Overnight Oats with raisins and apples T&P: ¼ cup	Milk: T: ½ cup P: ½ cup Clementine or Orange Smiles T&P: 1 whole clementine Or T&P: 1/2	Milk: T: ½ cup P: ¾ cup <b>Kasha and Bowtie Pasta with Peas and Sweet Onions</b> T&P: 1 cup	Hummus T&P: 1 TBS Pita Bread T&P: 1 triangle
<b>Friday</b>	Milk: T: ½ cup P: ¾ cup Mini Corn Muffins T&P: 1 muffin	Milk: T: ½ cup P: ½ cup Apple or Pear T & P: 1/2	Milk: T: ½ cup P: ¾ cup <b>Mini Pizza Bagels</b> T & P: 2 halves <b>Corn Cobettes</b> T&P: 1 Cobette	Edamame T&P: 2 TBS Pretzel Rods T & P: 1

Please note: Water is available at all times for children  
Please note: Water is available at all times for children  
We serve whole milk to children one year old and younger.  
We serve 1% unflavored milk to children over 2 years old.

T= Toddler (1-2 years)  
T= Toddler (1-2 years)  
P= Preschool (3-5 years)

This menu reflects the CACFP nutrition toolkit.

**WEEK # 3**

	<b>Breakfast</b>	<b>Morning Snack</b>	<b>Lunch</b>	<b>Afternoon Snack</b>
<b>Monday</b>	Milk: T: ½ cup P: ¾ cup Organic Oat Cheerios T: ¼ cup P: 1/3 cup	Milk: T: ½ cup P: ½ cup Apple Sauce T: ¼ cup P: ¼ cup	Milk: T: ½ cup P: ¾ cup <b>Chicken Parmesan</b> T: 3 slices P:4 slices <b>Baked Carrots</b> T: 4 P: 5	Cinnamon Raisin Whole Wheat Bread T&P: ½ slice Ricotta Cheese spread T: 1 Tsp P: 1 TBS
<b>Tuesday</b>	Milk: T: ½ cup P: ¾ cup Mini Blueberry Whole Wheat Muffins T&P: 1 muffin	Milk: T: ½ cup P: ½ cup Bananas T: ½ P: whole	Milk: T: ½ cup P: ¾ cup <b>Sweet Potato &amp; Cheese Quesadillas</b> T: 1 large triangle <b>White rice with green peppers</b> T: ¼ cup P: ½ cup	Shredded Cheddar Cheese T: 1 TBS P: 2 TBS & Whole wheat crackers T: 2 P:4
<b>Wednesday</b>	Milk: T: ½ cup P: ¾ cup Mini Whole Wheat Bagel T&P: ½ bagel with fruit spread T&P: 1 tsp	Milk: T: ½ cup P: ½ cup Seasonal Fruit Salad T&P: ½ cup	Milk: T: ½ cup P: ¾ cup <b>Barley and Veggie Stew (red &amp; green peppers, zucchini, yellow squash, tomato)</b> T&P :1 cup	Raisin, Carrot, Zucchini mini muffins T: 1 P: 2 Cheese Stick T&P: 1
<b>Thursday</b>	Milk: T: ½ cup P: ¾ cup Overnight Oats with raisins and apples T&P: ¼ cup	Milk: T: ½ cup P: ½ cup Clementine or Orange Smiles T&P: 1 whole clementine Or T&P: 1/2	Milk: T: ½ cup P: ¾ cup <b>Kayla's Veggie Sliders on Potato Roll</b> T & P: 1 <b>Baked French Fries</b> T: 6 P: 8	Hummus T&P: 1 TBS Pita Bread T&P: 1 triangle
<b>Friday</b>	Milk: T: ½ cup P: ¾ cup Mini Corn Muffins T&P: 1 muffin	Milk: T: ½ cup P: ½ cup Apple or Pear T & P: 1/2	Milk: T: ½ cup P: ¾ cup <b>Mini Pizza Bagels</b> T & P: 2 halves <b>Corn Cobettes</b> T&P: 1 Cobette	Edamame T&P: 2 TBS Pretzel Rods T & P: 1

Please note: Water is available at all times for children  
We serve whole milk to children one year old and younger.  
We serve 1% unflavored milk to children over 2 years old.  
This menu reflects the CACFP nutrition toolkit.

T= Toddler (1-2 years)  
P= Preschool (3-5 years)

**WEEK # 4**

	<b>Breakfast</b>	<b>Morning Snack</b>	<b>Lunch</b>	<b>Afternoon Snack</b>
<b>Monday</b>	Milk: T: ½ cup P: ¾ cup Organic Oat Cheerios T: ¼ cup P: 1/3 cup	Milk: T: ½ cup P: ½ cup Apple Sauce T: ¼ cup P: ¼ cup	Milk: T: ½ cup P: ¾ cup <b>Sliced Chicken Cutlets</b> T: 3 slices P: 4 slices <b>Spinach Pancakes</b> T&P: 3	Cinnamon Raisin Whole Wheat Bread T&P: ½ slice Ricotta Cheese spread T: 1 Tsp P: 1 TBS
<b>Tuesday</b>	Milk: T: ½ cup P: ¾ cup Mini Blueberry Whole Wheat Muffins T&P: 1 muffin	Milk: T: ½ cup P: ½ cup Bananas T: ½ P: whole	Milk: T: ½ cup P: ¾ <b>Lentil Patties</b> T :1 P: 2 <b>Potato Wedges</b> T: 4 wedges P: 5 wedges	Shredded Cheddar Cheese T: 1 TBS P: 2 TBS & Whole wheat crackers T: 2 P:4
<b>Wednesday</b>	Milk: T: ½ cup P: ¾ cup Mini Whole Wheat Bagel T&P: ½ bagel with fruit spread T&P: 1 tsp	Milk: T: ½ cup P: ½ cup Seasonal Fruit Salad T&P: ½ cup	Milk: T: ½ cup P: ¾ cup <b>Veggie Bean Chili</b> T & P ½ cup <b>White Rice</b> T & P: ½ cup	Raisin, Carrot, Zucchini mini muffins T: 1 P: 2 Cheese Stick T&P: 1
<b>Thursday</b>	Milk: T: ½ cup P: ¾ cup Overnight Oats with raisins and apples T&P: ¼ cup	Milk: T: ½ cup P: ½ cup Clementine or Orange Smiles T&P: 1 whole clementine Or T&P: 1/2	Milk: T: ½ cup P: ¾ cup <b>Cheesy Tortellini</b> T: ½ cup P: 1 cup <b>Zucchini Sticks</b> T: 4 slices P: 6 slices	Hummus T&P: 1 TBS Pita Bread T&P: 1 triangle
<b>Friday</b>	Milk: T: ½ cup P: ¾ cup Mini Corn Muffins T&P: 1 muffin	Milk: T: ½ cup P: ½ cup Apple or Pear T & P: 1/2	Milk: T: ½ cup P: ¾ cup <b>Mini Pizza Bagels</b> T & P: 2 halves <b>Corn Cobettes</b> T&P: 1 Cobette	Edamame T&P: 2 TBS Pretzel Rods T & P: 1

Please note: Water is available at all times for children  
We serve whole milk to children one year old and younger.  
We serve 1% unflavored milk to children over 2 years old.

T= Toddler (1-2 years)  
P = Preschool (3-5 years)