

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

	Breakfast	Morning Snack	Lunch	Afternoon Snack
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 Veggie Penne Pasta (broccoli, corn, tomato) T&P: 1 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 Grilled Melty Cheese Sandwich on Whole Wheat Bread Triangles (4 per slice) T&P: ½ sandwich Cooked Green Beans 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 Rotini Pasta with Tomato Sauce and Turkey Meatballs on the side T & P: 1 cup T: 3 balls P: 4 balls Baked parsnips 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 Mini Egg Rolls T:3 P: 4 Yellow Rice with Peas 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 Mini Pizza Bagels T & P: 2 halves Corn Cobettes T&P: 1 Cobette	Edamame T&P: 2 TBS Pretzel Rods T & P: 1

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WEEK # 2

	Breakfast	Morning Snack	Lunch	Afternoon Snack
Monday	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 Baked Chicken Finger Slices T: 3 slices P: 4 slices Baked Sweet Potatoes 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 Cinnamon French Whole Wheat Toast Slices T : 3 ¼ triangles P : 4 ¼ triangles Warm Apple Raisin Cinnamon Compote T: 2 TBS P: 3 TBS	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 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 Macaroni & Cheese T&P: 1 cup Sliced Cucumbers T: 4 slices P: 6 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 Kasha and Bowtie Pasta with Peas and Sweet Onions T&P: 1 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 muffin	Milk: T: ½ cup P: ½ cup Apple or Pear T & P: 1/2	Milk: T: ½ cup P: ¾ cup Mini Pizza Bagels T & P: 2 halves Corn Cobettes T&P: 1 Cobette	Edamame T&P: 2 TBS Pretzel Rods T & P: 1

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WEEK # 3

	Breakfast	Morning Snack	Lunch	Afternoon Snack
Monday	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 Chicken Parmesan T: 3 slices P: 4 slices Baked Carrots T: 4 P: 5	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 Sweet Potato & Cheese Quesadillas T: 1 large triangle White rice with green peppers 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 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 Barley and Veggie Stew (red & green peppers, zucchini, yellow squash, tomato) T&P: 1 cup	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 Kayla's Veggie Sliders on Potato Roll T & P: 1 Baked French Fries T: 6 P: 8	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 muffin	Milk: T: ½ cup P: ½ cup Apple or Pear T & P: 1/2	Milk: T: ½ cup P: ¾ cup Mini Pizza Bagels T& P: 2 halves Corn Cobettes T&P: 1 Cobette	Edamame T&P: 2 TBS Pretzel Rods T & P: 1

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WEEK # 4

	Breakfast	Morning Snack	Lunch	Afternoon Snack
Monday	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 Sliced Chicken Cutlets T: 3 slices P: 4 slices Spinach Pancakes T&P: 3	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 Lentil Patties T :1 P: 2 Potato Wedges T: 4 wedges P: 5 wedges	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 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 Veggie Bean Chili T & P ½ cup White Rice T & P: ½ cup	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 Cheesy Tortellini T & P: 1 cup Zucchini Sticks T: 4 slices P: 6 slices	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 muffin	Milk: T: ½ cup P: ½ cup Apple or Pear T & P: 1/2	Milk: T: ½ cup P: ¾ cup Mini Pizza Bagels T& P: 2 halves Corn Cobettes T&P: 1 Cobette	Edamame T&P: 2 TBS Pretzel Rods T & P: 1

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