

## New Kituwah Menu 2022

**GREEN**= GO Foods. Eat Anytime, Very Health=Low bad Fat & high in fiber and nutrients

**YELLOW**= SLOW Foods, Eat Sometimes, Somewhat Health=higher in bad fats, sugar, and sodium: some nutrients

**RED**= Whoa foods, Eat only now and then, Not so Healthy= High in bad fats, sugar, and sodium: little or no nutrients

SERVE DATES	Ages	1-2	3-5	Ages	1-2	3-5	Ages	1-2 & 3-5
	ONE SERVING EACH			ONE SERVING EACH				TWO OF FOUR ONLY
	GRAIN/BREAD	½ Slice	½ Slice	MEAT/MEAT ALTERNATIVE	1 Oz	11/2 Oz	GRAIN/BREAD	½ slice
	FRUIT/VEGETABLE/JUICE	2oz	4 oz	FRUIT/VEGETABLE	1 oz	2 oz	MEAT/MEAT ALTERNATIVE	½ oz
	MILK	4 OZ	6 OZ	FRUIT/VEGETABLE	1 oz	2 oz	YOGURT	2 oz
				FRUIT/VEGETABLE	1 oz	2 oz	FRUIT/VEGETABLE	½ cup
				GRAIN/BREAD	½ slice	½ slice		
				MILK	4 oz	6 oz	MILK	4 oz
	<b>BREAKFAST</b>			<b>LUNCH</b>			<b>SNACK</b>	
<b>MONDAY</b>  10/24	<b>Grits</b> <b>Scrambled Eggs</b> <b>Apricots</b> <b>Milk</b>  Allergy: No eggs: T. Sausage			<b>Burritos</b> <b>Nachos/Cheese</b> <b>Orange Slices</b> <b>Rice</b> <b>Milk</b>  Allergy: Chicken wrap/No Cheese			<b>Applesauce</b> <b>Cake</b>  Allergy: Breakfast Bar	
<b>TUESDAY</b>  10/25	<b>T. Sausage</b> <b>Biscuit</b> <b>Fruit Cocktail</b> <b>Milk</b>  Allergy: Toast			<b>Vegetable Soup</b> <b>Cheese Toast</b> <b>Crackers</b> <b>Apple Slices</b> <b>Milk</b>  Allergy: No Cheese			<b>Banana</b>	
<b>WEDNESDAY</b>  10/26	<b>Applesauce</b> <b>Cinn. Toast</b> <b>Milk</b>  Allergy: Gluten Toast			<b>Pizza</b> <b>Corn</b> <b>Salad</b> <b>Milk</b>  Allergy: Gluten Bread			<b>Gold Fish</b>  Allergy: His Snack	
<b>THURSDAY</b>  10/27	<b>Sunrise Muffin</b> <b>T. Bacon</b> <b>Milk</b>  Allergy: Breakfast Bar			<b>Beef Stew</b> <b>Cornbread</b> <b>Tropical Fruit</b> <b>Milk</b>  Allergy: Gluten Roll			<b>Chex Mix</b>  Allergy: His Snack	
<b>FRIDAY</b>  10/28	<b>Sausage/Egg/Cheese</b> <b>Wrap</b> <b>Pears</b> <b>Milk</b>  Allergy: No Egg/Cheese			<b>Hot Ham/Cheese</b> <b>Potato Wedges</b> <b>Grapes</b> <b>Milk</b>  Allergy: No Cheese			<b>Cheez-Its</b>  Allergy: His Snack	

Approved By:

I/T=Infant/Toddler Side

\*=Recipe Provided

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**RED**= Whoa foods, Eat only now and then, Not so Healthy= High in bad fats, sugar, and sodium: little or no nutrients

SERVE DATES	Ages	1-2	3-5	Ages	1-2	3-5	Ages	1-2 & 3-5
	ONE SERVING EACH			ONE SERVING EACH				TWO OF FOUR ONLY
	GRAIN/BREAD	½ Slice	½ Slice	MEAT/MEAT ALTERNATIVE	1 Oz	11/2 Oz	GRAIN/BREAD	½ slice
	FRUIT/VEGETABLE/JUICE	2oz	4 oz	FRUIT/VEGETABLE	1 oz	2 oz	MEAT/MEAT ALTERNATIVE	½ oz
	MILK	4 OZ	6 OZ	FRUIT/VEGETABLE	1 oz	2 oz	YOGURT	2 oz
				FRUIT/VEGETABLE	1 oz	2 oz	FRUIT/VEGETABLE	½ cup
				GRAIN/BREAD	½ slice	½ slice		
				MILK	4 oz	6 oz	MILK	4 oz
	BREAKFAST			LUNCH			SNACK	
<b>MONDAY</b>  10/31	Ham/Cheese Hot Pocket Mixed Fruit Milk  Allergy: Gluten Toast/Applesauce			Pork n Beans Potato Wedges Asian Pears Milk			Scooby Snack Applesauce	
<b>TUESDAY</b>  11/1	Apple/Cinn Muffin Pears Milk  Allergy: Gluten Bagel/Jelly			Spaghetti Salad Corn Garlic Bread Milk Allergy: Gluten Toast			Nutty Bar  Allergy: His Snack	
<b>WEDNESDAY</b>  11/2	Yogurt/Berries Parfait Granola Milk Allergy: Almond Yogurt/Cheerios			Chicken Quesadilla Spanish Rice Salsa Pineapple Milk Allergy: No Cheese			Oatmeal Pie Allergy: His Snack	
<b>THURSDAY</b>  11/3	French Toast SF Syrup T. Sausage Milk  Allergy:			Corndog Nuggets Mixed Veggies Sweet Potato Fries Milk  Allergy: Hotdog			Ambrosia Salad  Allergy: Pineapple	
<b>FRIDAY</b>  11/4	Breakfast Pizza Pears Milk  Allergy: Gluten Bread Pizza			Frito Pie Chili Lettuce/Tomato/Cheese Fruit Cocktail Milk Allergy: No Cheese			Fig Newton  Allergy: His Snack	

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	ONE SERVING EACH			ONE SERVING EACH				TWO OF FOUR ONLY
	GRAIN/BREAD	½ Slice	½ Slice	MEAT/MEAT ALTERNATIVE	1 Oz	11/2 Oz	GRAIN/BREAD	½ slice
	FRUIT/VEGETABLE/JUICE	2oz	4 oz	FRUIT/VEGETABLE	1 oz	2 oz	MEAT/MEAT ALTERNATIVE	½ oz
	MILK	4 OZ	6 OZ	FRUIT/VEGETABLE	1 oz	2 oz	YOGURT	2 oz
				FRUIT/VEGETABLE	1 oz	2 oz	FRUIT/VEGETABLE	½ cup
				GRAIN/BREAD	½ slice	½ slice		
				MILK	4 oz	6 oz	MILK	4 oz
	BREAKFAST			LUNCH			SNACK	
<b>MONDAY</b>  11/7	Diced Potatoes Gravy Mixed Fruit Milk  Aleergy: No Gravy			Chicken n Dumplings Steamed Carrots Grapes Milk  Allergy: Chicken/Broth			Teddy Grahams  Allergy: His Snack	
<b>TUESDAY</b>  11/8	Boiled Egg PB+J Sandwich Milk  Aleergy: No Gravy			Hamburger/Bun Lettuce/Tomato/Cheese Fries Pineapple Rings Milk Allergy: Gluten Bread			Chex Mix  Allergy: His Snack	
<b>WEDNESDAY</b>  11/9	Blueberry Bagel Cream Cheese T. Bacon Milk  Allergy: Jelly			BBQ Sandwich Baked Beans Pickle/Slaw Lays Milk Allergy: Gluten Roll/No Slaw			Rice Cake  Allergy: His Snack	
<b>THURSDAY</b>  11/10  Veteran's Breakfast	Pancake/T. Sausage Wrap SF Syrup Blueberries Milk  Allergy: Bagel/Jelly			Taco Soup Cheese Crackers Orange Slices Milk  Allergy: No Cheese/Crackers			Pretzel Bites  Allergy: His Snack	
<b>FRIDAY</b>  11/11	Closed			Closed			Closed	

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	ONE SERVING EACH			ONE SERVING EACH				TWO OF FOUR ONLY
	GRAIN/BREAD	½ Slice	½ Slice	MEAT/MEAT ALTERNATIVE	1 Oz	1 1/2 Oz	GRAIN/BREAD	½ slice
	FRUIT/VEGETABLE/JUICE	2oz	4 oz	FRUIT/VEGETABLE	1 oz	2 oz	MEAT/MEAT ALTERNATIVE	½ oz
	MILK	4 OZ	6 OZ	FRUIT/VEGETABLE	1 oz	2 oz	YOGURT	2 oz
				FRUIT/VEGETABLE	1 oz	2 oz	FRUIT/VEGETABLE	½ cup
				GRAIN/BREAD	½ slice	½ slice		
				MILK	4 oz	6 oz	MILK	4 oz
	BREAKFAST			LUNCH			SNACK	
<b>MONDAY</b>  11/14	Grits T. Sausage Peaches Milk			Meatballs Mashed Potatoes Sugar Snap Peas Roll Milk Allergy: No Gravy			Pudding Cup  Allergy: His Snack	
<b>TUESDAY</b>  11/15	Cinn. Roll T. Bacon Milk  Allergy: Breakfast Bar			Chicken Alfredo Broccoli Strawberries Milk  Allergy: No Sauce			Cheez-Its  Allergy: His Snack	
<b>WEDNESDAY</b>  11/16	Cereal Banana Milk  Allergy: Almond/Lactaid Milk			Turkey Mashed Potatoes/Gravy Stuffing/Cranberry Sauce Green Beans Roll Allergy: Gluten Roll/No Gravy NO Stuffing			Pumpkin Pie  Allergy: His Snack	
<b>THURSDAY</b>  11/17  GS: Thanksgiving Lunch	Biscuit Applesauce Milk  Allergy: Gluten Toast			Chicken Tenders Potato Wedges Sliced Apples Milk  Allergy: Chicken			Honeybun  Allergy: His Snack	
<b>FRIDAY</b>  11/18	French Toast Stix SF Syrup Applesauce Milk  Allergy: Bagel			Baked Fish Steamed Carrots Mac n Cheese Roll Milk Allergy: No Cheese			Go Gurt  Allergy: Silk Yogurt	

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	ONE SERVING EACH			ONE SERVING EACH				TWO OF FOUR ONLY
	GRAIN/BREAD	½ Slice	½ Slice	MEAT/MEAT ALTERNATIVE	1 Oz	1 1/2 Oz	GRAIN/BREAD	½ slice
	FRUIT/VEGETABLE/JUICE	2oz	4 oz	FRUIT/VEGETABLE	1 oz	2 oz	MEAT/MEAT ALTERNATIVE	½ oz
	MILK	4 OZ	6 OZ	FRUIT/VEGETABLE	1 oz	2 oz	YOGURT	2 oz
				FRUIT/VEGETABLE	1 oz	2 oz	FRUIT/VEGETABLE	½ cup
				GRAIN/BREAD	½ slice	½ slice		
				MILK	4 oz	6 oz	MILK	4 oz
	<b>BREAKFAST</b>			<b>LUNCH</b>			<b>SNACK</b>	
<b>MONDAY</b>  11/21	Cream of Wheat Peaches T. Bacon Milk  Allergy: Oatmeal			Hamburger Steak Mashed Potatoes Peas Roll Milk  Allergy: No Gravy			PB Toast  Allergy: Jelly	
<b>TUESDAY</b>  11/22	Waffles Strawberries SF Syrup Milk  Allergy: Gluten Bagel			Chicken Nuggets Tator Tots Blueberries Milk			Pizza Stick  Allergy: Gluten Bread/No Cheese	
<b>WEDNESDAY</b>  11/23	<b>HOLIDAY</b>			<b>THANKSGIVING</b>			<b>BREAK</b>	
<b>THURSDAY</b>  11/24	<b>HOLIDAY</b>			<b>THANKSGIVING</b>			<b>BREAK</b>	
<b>FRIDAY</b>  11/25	<b>HOLIDAY</b>			<b>THANKSGIVING</b>			<b>BREAK</b>	

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	ONE SERVING EACH			ONE SERVING EACH				TWO OF FOUR ONLY
	GRAIN/BREAD	½ Slice	½ Slice	MEAT/MEAT ALTERNATIVE	1 Oz	1 1/2 Oz	GRAIN/BREAD	½ slice
	FRUIT/VEGETABLE/JUICE	2oz	4 oz	FRUIT/VEGETABLE	1 oz	2 oz	MEAT/MEAT ALTERNATIVE	½ oz
	MILK	4 OZ	6 OZ	FRUIT/VEGETABLE	1 oz	2 oz	YOGURT	2 oz
				FRUIT/VEGETABLE	1 oz	2 oz	FRUIT/VEGETABLE	½ cup
				GRAIN/BREAD	½ slice	½ slice		
				MILK	4 oz	6 oz	MILK	4 oz
	BREAKFAST			LUNCH			SNACK	
<b>MONDAY</b>	<b>Smoked Sausage Biscuit Tropical Fruit Milk</b>  <b>Allergy: Gluten Bread</b>			<b>Sloppy Joe Pickle Potato Wedges Pineapple Rings Milk</b>  <b>Allergy: Gluten Bun</b>			<b>Fruit Snack</b>	
<b>11/28</b>								
<b>TUESDAY</b>	<b>Gravy Toast Apricots Milk</b>  <b>Allergy: Jelly</b>			<b>Pizza Pasta Corn Salad Milk</b>  <b>Allergy: No Cheese</b>			<b>Chex Mix</b>  <b>Allergy: His Snack</b>	
<b>11/29</b>								
<b>WEDNESDAY</b>	<b>Blueberry Muffin T. Bacon Milk</b>  <b>Allergy: Breakfast Bar</b>			<b>Chicken n Rice Cali Blend Strawberries Milk</b>  <b>Allergy: No Cream Of Chicken</b>			<b>Rice Krispie</b>  <b>Allergy: His Snack</b>	
<b>11/30</b>								
<b>THURSDAY</b>	<b>Sausage/Egg/Cheese Burrito Fruit Cocktail Milk</b>  <b>Allergy: No Egg/Cheese</b>			<b>Pinto Beans Mustard Greens Whole Potatoes Cornbread Milk</b>  <b>Allergy: Gluten Roll</b>			<b>Go-Gurt</b>  <b>Allergy: Silk Yogurt</b>	
<b>12/1</b>								
<b>FRIDAY</b>	<b>French Toast Stix T. Sausage Applesauce Milk</b>  <b>Allergy: Gluten Toast</b>			<b>Baked Fish Steamed Carrots Mac n Cheese Roll Milk</b>  <b>Allergy: No Cheese</b>			<b>Mini Muffin</b>  <b>Allergy: His Snack</b>	
<b>12/2</b>								

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SERVE DATES	Ages	1-2	3-5	Ages	1-2	3-5	Ages	1-2 & 3-5
	ONE SERVING EACH			ONE SERVING EACH				TWO OF FOUR ONLY
	GRAIN/BREAD	½ Slice	½ Slice	MEAT/MEAT ALTERNATIVE	1 Oz	11/2 Oz	GRAIN/BREAD	½ slice
	FRUIT/VEGETABLE/JUICE	2oz	4 oz	FRUIT/VEGETABLE	1 oz	2 oz	MEAT/MEAT ALTERNATIVE	½ oz
	MILK	4 OZ	6 OZ	FRUIT/VEGETABLE	1 oz	2 oz	YOGURT	2 oz
				FRUIT/VEGETABLE	1 oz	2 oz	FRUIT/VEGETABLE	¼ cup
				GRAIN/BREAD	½ slice	½ slice		
				MILK	4 oz	6 oz	MILK	4 oz
	BREAKFAST			LUNCH			SNACK	
<b>MONDAY</b>  12/5	Skillet Burrito Pears Milk			Chicken Noodle Soup Grilled Cheese Crackers Apples Milk Allergy: No Cheese/Crackers			Strawberry Chex Mix  Allergy: His Snack	
<b>TUESDAY</b>  12/6	Orange Muffin T. Bacon Milk  Allergy: Breakfast Bar			Pizza Quesadilla Cucumber Salad Corn Milk  Allergy: No Cheese			Jello Fruit Cup	
<b>WEDNESDAY</b>  12/7	Baked Apples Cinn. Toast Milk  Allergy: Gluten Toast			Meatloaf Mashed Potatoes Peas Roll Milk			Animal Crackers  Allergy: His Snack	
<b>THURSDAY</b>  12/8	Steak Biscuit Tropical Fruit Milk  Allergy: T. Sausage/Toast			BBQ Chicken Baked Beans Potato Salad Roll Milk Allergy: Just Potatoes			Rice Cake Juice  Allergy: His Snack	
<b>FRIDAY</b>  12/9	Banana Pop Tart Yogurt Milk  Allergy: Silk Yogurt/Toast			Beef a Roni Corn Pears Roll Milk			Banana	

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	ONE SERVING EACH			ONE SERVING EACH				TWO OF FOUR ONLY
	GRAIN/BREAD	½ Slice	½ Slice	MEAT/MEAT ALTERNATIVE	1 Oz	1 1/2 Oz	GRAIN/BREAD	½ slice
	FRUIT/VEGETABLE/JUICE	2oz	4 oz	FRUIT/VEGETABLE	1 oz	2 oz	MEAT/MEAT ALTERNATIVE	½ oz
	MILK	4 OZ	6 OZ	FRUIT/VEGETABLE	1 oz	2 oz	YOGURT	2 oz
				FRUIT/VEGETABLE	1 oz	2 oz	FRUIT/VEGETABLE	½ cup
				GRAIN/BREAD	½ slice	½ slice		
				MILK	4 oz	6 oz	MILK	4 oz
	BREAKFAST			LUNCH			SNACK	
<b>MONDAY</b>  12/12	Croissant Sausage/Egg/Cheese Apricots Milk  Allergy: No Cheese/Egg			Chicken Sandwich Lettuce/Tomato Potato Wedges Grapes Milk  Allergy: Gluten Bun			Oatmeal Cookie  Allergy: His Snack	
<b>TUESDAY</b>  12/13	Pancake Blueberries SF Syrup Milk  Allergy: Gluten Bagel/Jelly			Tacos Lettuce/Tomato/Cheese Strawberries/Banana Milk  Allergy: No Cheese			Fruit Smoothie  Allergy: Almond/Lactaid Milk	
<b>WEDNESDAY</b>  12/14	Cereal Banana Milk  Allergy: Almond Milk			Baked Ham Green Beans Sweet Potatoes Roll Milk  Allergy: No Cheese			Apple Slices PB/Yogurt Dip  Allergy: Silk Yogurt/No PB	
<b>THURSDAY</b>  12/15	Bologna Biscuit Juice  Allergy: Gluten Toast			Turkey/Ham Sandwich Fruit Cup Chips Milk  Allergy: No Cheese			Granola Bar  Allergy: His Snack	
<b>FRIDAY</b>  12/16	WORKDAY			WORKDAY			WORKDAY	

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	ONE SERVING EACH			ONE SERVING EACH				TWO OF FOUR ONLY
	GRAIN/BREAD	½ Slice	½ Slice	MEAT/MEAT ALTERNATIVE	1 Oz	1 1/2 Oz	GRAIN/BREAD	½ slice
	FRUIT/VEGETABLE/JUICE	2oz	4 oz	FRUIT/VEGETABLE	1 oz	2 oz	MEAT/MEAT ALTERNATIVE	½ oz
	MILK	4 OZ	6 OZ	FRUIT/VEGETABLE	1 oz	2 oz	YOGURT	2 oz
				FRUIT/VEGETABLE	1 oz	2 oz	FRUIT/VEGETABLE	½ cup
				GRAIN/BREAD	½ slice	½ slice		
				MILK	4 oz	6 oz	MILK	4 oz
		BREAKFAST			LUNCH			SNACK
MONDAY								
1/2		CLOSED			CLOSED			CLOSED
TUESDAY								
1/3		Peach Muffin T. Bacon Milk  Allergy: Gluten Bagel/Jelly			Hotdogs Chili Fruit Cup Chips Milk  Allergy: Gluten Bun			Fudge Round
WEDNESDAY								
1/4		Gravy T. Sausage Biscuit Milk  Allergy: Gluten Toast/No Gravy			Steak Quesadilla Garden Blend Rice Salsa Mandarin Oranges Milk  Allergy: No Cheese			Butterscotch Pudding
THURSDAY								
1/5		Ham/Egg/Cheese Wrap Tropical Fruit Milk  Allergy: No Egg/Cheese			Baked Chicken Mac n Tomato Cabbage Roll Milk			Apple Frudel
FRIDAY								
1/6		Cinn Roll T. Bacon Milk			Salisbury Steak Mashed Potatoes Green Beans Roll Milk  Allergy: No Gravy			Donut

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	ONE SERVING EACH			ONE SERVING EACH				TWO OF FOUR ONLY
	GRAIN/BREAD	½ Slice	½ Slice	MEAT/MEAT ALTERNATIVE	1 Oz	11/2 Oz	GRAIN/BREAD	½ slice
	FRUIT/VEGETABLE/JUICE	2oz	4 oz	FRUIT/VEGETABLE	1 oz	2 oz	MEAT/MEAT ALTERNATIVE	½ oz
	MILK	4 OZ	6 OZ	FRUIT/VEGETABLE	1 oz	2 oz	YOGURT	2 oz
				FRUIT/VEGETABLE	1 oz	2 oz	FRUIT/VEGETABLE	½ cup
				GRAIN/BREAD	½ slice	½ slice		
				MILK	4 oz	6 oz	MILK	4 oz
	BREAKFAST			LUNCH			SNACK	
<b>MONDAY</b>	<b>Grits</b> <b>Scrambled Eggs</b> <b>Apricots</b> <b>Milk</b>  <b>Allergy: T. Sausage</b>			<b>Beef Tips/Gravy</b> <b>Rice</b> <b>Broccoli</b> <b>Pineapple</b> <b>Milk</b>  <b>Allergy: No Gravy</b>			<b>Nutri-Grain Bar</b>	
<b>1/9</b>								
<b>TUESDAY</b>	<b>Fruit/Yogurt Parfait</b> <b>Granola</b> <b>Milk</b>  <b>Allergy: Silk Yogurt</b>			<b>Grilled Chicken Sandwich</b> <b>Lettuce/Tomato</b> <b>Tator Tots</b> <b>Grapes</b> <b>Milk</b>			<b>Danish</b>  <b>Allergy: His Snack</b>	
<b>1/10</b>								
<b>WEDNESDAY</b>	<b>Scone</b> <b>T. Bacon</b> <b>Milk</b>  <b>Allergy: Bagel/Jelly</b>			<b>Lasagna</b> <b>Creamed Corn</b> <b>Salad</b> <b>Garlic Bread</b> <b>Milk</b>  <b>Allergy: No Cheese/Gluten Roll</b>			<b>Blueberries</b> <b>Grapes</b>	
<b>1/11</b>								
<b>THURSDAY</b>	<b>Ham Biscuit</b> <b>Pears</b> <b>Milk</b>  <b>Allergy: Breakfast Bar</b>			<b>Vegetable Soup</b> <b>Cheese Toast</b> <b>Crackers</b> <b>Apple Slices</b> <b>Milk</b>  <b>Allergy: No Cheese/Crackers</b>			<b>Banana Surprise</b>  <b>Allergy: Silk Yogurt</b>	
<b>11/12</b>								
<b>FRIDAY</b>	<b>Sunshine Muffin</b> <b>T. Sausage</b> <b>Milk</b>  <b>Allergy: Gluten Toast /Jelly</b>			<b>Burrito</b> <b>Nachos n Cheese</b> <b>Spanish Rice</b> <b>Oranges</b> <b>Milk</b>  <b>Allergy: Beef And Bean Burrito</b>			<b>Brownies</b>  <b>Allergy: His Brownie</b>	
<b>1/13</b>								

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## New Kituwah Menu 2022

**GREEN**= GO Foods. Eat Anytime, Very Health=Low bad Fat & high in fiber and nutrients

**YELLOW**= SLOW Foods, Eat Sometimes, Somewhat Health=higher in bad fats, sugar, and sodium: some nutrients

**RED**= Whoa foods, Eat only now and then, Not so Healthy= High in bad fats, sugar, and sodium: little or no nutrients

SERVE DATES	Ages	1-2	3-5	Ages	1-2	3-5	Ages	1-2 & 3-5
	ONE SERVING EACH			ONE SERVING EACH				TWO OF FOUR ONLY
	GRAIN/BREAD	½ Slice	½ Slice	MEAT/MEAT ALTERNATIVE	1 Oz	11/2 Oz	GRAIN/BREAD	½ slice
	FRUIT/VEGETABLE/JUICE	2oz	4 oz	FRUIT/VEGETABLE	1 oz	2 oz	MEAT/MEAT ALTERNATIVE	½ oz
	MILK	4 OZ	6 OZ	FRUIT/VEGETABLE	1 oz	2 oz	YOGURT	2 oz
				FRUIT/VEGETABLE	1 oz	2 oz	FRUIT/VEGETABLE	½ cup
				GRAIN/BREAD	½ slice	½ slice		
				MILK	4 oz	6 oz	MILK	4 oz
		BREAKFAST		LUNCH			SNACK	
MONDAY		Oatmeal Toast Raisins Milk		Corndog Nuggets Mixed Veggies Apple Slices Milk			Wafer Juice	
1/16		Allergy: Gluten Toast		Allergy: Hotdog			Allergy: Gluten Cookie	
TUESDAY		Boiled Egg PB+J Sandwich Milk		Navy Beans Mustard Greens Whole Potatoes Cornbread Milk			Grapes Cracker	
1/17		Allergy: Yolk only/Gluten Bread/Jelly		Allergy: Gluten Roll			Allergy: His Cracker	
WEDNESDAY		Waffles Strawberries SF Syrup Milk		Chicken Alfredo Broccoli Strawberries/Mango Milk			Applesauce Cake	
1/18		Allergy: Silk Yogurt		Allergy: No Sauce			Allergy: Gluten Brownie	
THURSDAY		Peach Muffin T. Bacon Milk		Black Bean Quesadilla Spanish Rice Salsa Pineapple Rings Milk			Pop Tart	
1/19		Allergy: Breakfast Bar		Allergy: No Cheese			Allergy: His Cracker	
FRIDAY		Breakfast Pizza Pears Milk		Ham/Cheese Wrap Cucumber/Carrot Sticks Ranch Fruit Cup Milk			Quaker Snack Mix	
1/20		Allergy: Gluten Pizza		Allergy: No Cheese/Ranch			Allergy: Fruit Snack	

Approved By:

I/T=Infant/Toddler Side

\*=Recipe Provided