

Sample 3-week Cycle Menu



Adding Local Foods to the Menu: Where to Start?

Congratulations, you're ready to serve fresh, local foods in your child care program's meals! A menu overhaul can feel tough at first. To be successful, try making changes slowly. A first step might be adding fresh fruits or veggies that only need to be washed and served. Avoid choking hazards such as whole grapes or cherry tomatoes for children under four. A next step may be serving raw fruits and veggies that just need a little prep, such as slicing apples, shredding lettuce, or cutting cherry tomatoes in half. As your kitchen staff adjusts, then add dishes that need preparation and cooking. You can find plenty of recipe ideas in the tips & materials library!

Example Fall 3-Week Menu Highlighting Local Foods

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					
Breakfast	scrambled eggs, WG toast, melon mix, milk	hot cereal & peaches, milk	WG waffle, <i>apple</i> slices, milk	WG mini bagel, cream cheese, strawberries, milk	WG English muffin, orange wedges, milk
Lunch	stir-fry chicken & vegetable fajita, salsa, pear slices, milk	homemade macaroni & cheese, <i>collards</i> , nectarines, milk	turkey meatloaf, green beans, grapes, cornbread, milk	grilled tuna melt, side salad, melon mix, milk	pork chops, steamed broccoli, brown rice, banana slices, milk
Snack	applesauce & pretzels	carrot sticks & cottage cheese	tri-color pepper sticks & hummus	mini rice cakes, sun butter, banana halves	<i>cherry tomato</i> halves, string cheese
Week 2					
Breakfast	WG toast, banana, milk	cheesy grits & pear slices, milk	Oatmeal, banana, milk	WG pancakes & <i>raspberries</i> , milk	scrambled eggs, cheese, oranges, milk
Lunch	grilled cheese, tomato soup, orange wedges, milk	<i>sweet potato</i> and black bean stew, grapes, cornbread, milk	chicken penne with broccoli, garlic roll, melon mix, milk	ground turkey sliders with lettuce, tomato, & WG bun, fruit salad, milk	Hawaiian chicken wrap, baked sweet potato wedges, grapes, milk
Snack	WG muffin & carrot coins	yogurt & berries	cucumber slices, yogurt dip, WG cracker	crackers, cheese cubes, melon mix	pretzels & <i>snow peas</i>
Week 3					
Breakfast	WG French toast & peaches, milk	WG mini bagel, banana slices, milk	WG toast, cottage cheese, pineapple chunks, milk	hardboiled egg, WG toast, kiwi halves, milk	hot cereal & berry mix, milk
Lunch	bean and cheese quesadilla, side salad, bananas, milk	baked skinless chicken, brown rice, steamed <i>spinach</i> , pineapple rings, milk	turkey & cheese sandwich, cucumber sticks, strawberries, milk	BBQ pork tacos, <i>cabbage</i> & carrot cole slaw, orange wedges, milk	vegetable chili, cornbread, banana halves, milk
Snack	<i>apple</i> slices with cinnamon, WG animal crackers	carrot sticks & cottage cheese	salsa, tortilla chips, orange wedges	yogurt, granola	tri-color pepper sticks & string cheese

Green = seasonal local produce

WG = Whole Grain

Milk: 1-year-old: unflavored whole milk; 2-5 yrs old: unflavored skim or 1% low-fat milk

