

**West Point's Stony Child Development Center Menu  
Fall/Winter 2011-2012**

Cycle 1						
	Monday	Tuesday	Wednesday	Thursday	Friday	USDA Requirements
Breakfast	Skim Milk (2yrs +) Whole Milk(<2years) Banana Life Cereal *Yogurt	Skim Milk (2yrs +) Whole Milk (<2years) Raspberries Homemade Whole Wheat Cranberry	Skim Milk (2yrs +) Whole Milk (<2 yrs) Grapefruit Sections Homemade Boston Brown Bread *Maple Promise Margarine	Skim Milk(2yrs+) Whole Milk (<2yrs) Mandarin Oranges Homemade Whole Wheat and Apple Muffins	Skim Milk (2yrs+) Whole Milk (<2yrs) English Muffin Pineapple Chunks *Promise Margarine	Milk, Fruit or 100% Juice, Cereal, Bread or Bread Alternate *Additional Food
Lunch	Skim Milk(2yrs +) Whole Milk (<2yrs) Baked Ziti Marinara Sauce and Ricotta/Mozzarella Cheese Steamed Broccoli *Garlic Bread	Skim Milk (2yrs +) Whole Milk (<2 yrs) Chix Stix Rice Pilaf Lima Beans Mandarin Oranges	Skim Milk(2yrs +) Whole Milk (<2yrs) Cod Nuggets Parsley Mashed Potatoes Steamed Glazed Carrots Sliced Whole Wheat Bread	Skim Milk (2yrs +) Whole Milk (<2 yrs) Cheeseburger Tomato/Lettuce Baked Sweet Potato Fries Applesauce Whole Wheat Bun	Skim Milk (2yrs+) Whole Milk (<2yrs) Chicken Stir Fry Edamame Shredded Carrots Asian Fruit Salad Chicken Broth Steamed Rice	Milk, Meat or Meat Alternate, Fruit or Vegetable, Bread or Bread Alternate *Additional Food
Snack	Pretzel Sticks Swiss Cheese Cubes Water	Animal Crackers Sliced Banana Water	Oyster Crackers Fruit Cocktail Cups Water	100% Apple Juice Goldfish	Turkey Slices Whole Wheat Crackers Water	(2 of 4) Milk, Fruit, Vegetable, or 100% Juice, Cereal, Bread or Alternate, Meat and/or Alternate
<p>Susan S Bagley, RD CYSS Nutritionist</p> <p>Citrus Fruits, Tomato Products, Strawberries/Strawberry and Full Egg products will be substituted for "transitioning infants" if not yet introduced</p> <p>Substitutions for infants and pre-toddlers available on location</p>						

*Susan S Bagley, RD*

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Cycle 2						
	Monday	Tuesday	Wednesday	Thursday	Friday	USDA Requirements
<b>Breakfast</b>	Skim Milk(2yrs +) Whole Milk (<2 years) Banana Corn Flakes *Yogurt	Skim Milk (2yrs +) Whole Milk (<2years) Pears Homemade Pumpkin Bread	Skim Milk (2yrs +) Whole Milk (<2 yrs) Sliced Apples Homeade Oatmeal Muffins *Promise Margarine	Skim Milk (2yrs+) Whole Milk (<2yrs) Peaches Homemade Oven Baked Whole Wheat Pancakes	Skim Milk (2yrs+) Whole Milk (<2yrs) Mandarin Oranges Whole Wheat Bagel *Reduced Fat Cream Cheese	Milk, Fruit or 100% Juice, Cereal, Bread or Bread Alternate *Additional Food
<b>Lunch</b>	Skim Milk(2yrs +) Whole Milk (<2yrs) White Bean Chicken Chili Salsa Carrots Cornbread *Shredded 2% Cheese	Skim Milk (2yrs +) Whole Milk (2 years) Turkey Patties Seasoned Green Beans Cinnamon Applesauce Stuffing Roll	Skim Milk (2yrs +) Whole Milk (<2yrs) Salisbury Steak Peas and Carrots Tossed Salad w/ Ranch Dressing Buttered Egg Noodles	Skim Milk (2yrs +) Whole Milk (<2 yrs) Morning Star Veggie Garden Burger White American Cheese Romaine Lettuce Cucumber/Tomato Slices Melon Salad Whole Wheat Bun	Skim Milk (2yrs+) Whole Milk (<2yrs) Whole Grain Crust Cheese Pizza Pasta Salad w/ Italian Veggies Pineapple Chunks	Milk, Meat or Meat Alternate, Fruit or Vegetable, Bread or Bread Alternate *Additional Food
<b>Snack</b>	"Rice Puff Fluff" Rice Krispies Vanilla Yogurt 100% Orange Juice	Whole/Skim Milk Soft Pretzel Cheese Dip	Whole Wheat Ritz Crackers Cheese Water	Baked Pita Bread Bean Salsa Water	Skim Milk Whole Milk Fig Newtons	(2 of 4) Milk, Fruit, Vegetable, or 100% Juice, Cereal, Bread or Alternate, Meat and/or Alternate

Susan S Bagley, RD CYSS Nutritionist

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Cycle 3						
	Monday	Tuesday	Wednesday	Thursday	Friday	USDA Requirements
<b>Breakfast</b>	Skim Milk(2yrs +) Whole Milk (<2 years) Banana Multigrain Cheerios *Yogurt	Skim Milk (2yrs +) Whole Milk (<2years) Berry Blend Homemade Pomegranate	Skim Milk (2yrs +) Whole Milk (<2 yrs) Fresh Strawberries Homemade Bishop's Bread Muffins	Skim Milk (2yrs+) Whole Milk (<2yrs) Baked Apples Homemade Whole Wheat Biscuits *Promise Margarine	Skim Milk (2yrs+) Whole Milk (<2yrs) Applesauce Surprise <i>Peach, Strawberry, or Mango Puree added</i> Honey Wheat Bagels *Reduced Fat Cream	Milk, Fruit or 100% Juice, Cereal, Bread or Bread Alternate *Additional Food
<b>Lunch</b>	Skim Milk (2yrs +) Whole Milk (<2yrs) Grilled Chicken Breast Potatoes Au Gratin Steamed Broccoli Diced Fresh Pears Breadstick	Skim Milk (2yrs +) Whole Milk (2 years) Meatball Spaghetti Marinara Young Green Peas Angel Hair Pasta Fresh Green Salad w/Black Olives *Parmesean Cheese	Skim Milk (2yrs +) Whole Milk (2 years) "Breakfast for Lunch" Hash Brown Egg Bake Asparagus Sliced Oranges Biscuits	Skim Milk (2yrs +) Whole Milk (<2 yrs) Veggie Fajitas Cheese Tortilla Plain Yogurt Corn Tropical Fruit Salad	Skim Milk (2yrs+) Whole Milk (<2yrs) Spinach Chicken Tortillini Alfredo Italian Vegetable Blend (Green Beans, Carrots, Zucchini, Lima Beans)	Milk, Meat or Meat Alternate, Fruit or Vegetable, Bread or Bread Alternate *Additional Food
<b>Snack</b>	100% Pineapple/Orange Frozen Juice Cup Teddy Cinnamon Grahams	Sliced Cheese Crackers Water	1% Milk (2yrs+) Whole Milk (<2yrs) Brownies with applesauce	Cheese on Cheese Crackers Banana Water	1% Milk (2yrs+) Whole Milk (<2yrs) Cereal Apple Slices	(2 of 4) Milk, Fruit, Vegetable, or 100% Juice, Cereal, Bread or Alternate, Meat and/or Alternate
<p align="center">Susan S Bagley, RD CYSS Nutritionist</p> <p align="center">Citrus Fruits, Tomato Products, Strawberries/Strawberry and Full Egg products will be substituted for "transitioning infants" if not yet introduced</p> <p align="center">Substitutions for infants and pre-toddlers available on location <i>Susan S Bagley, RD</i></p>						

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Cycle 4						
	Monday	Tuesday	Wednesday	Thursday	Friday	USDA Requirements
Breakfast	1 % Milk (2yrs +) Whole Milk (<2 years) Banana Wheaties *Yogurt	1%Milk (2yrs +) Whole Milk (<2years) Fruit Salad Homemade Spiced Muffins *Lite Syrup	1% Milk (2yrs +) Whole Milk (<2 yrs) Fresh Pears Homemade Cornbread Squares *Egg Round	1% Milk (2yrs+) Whole Milk (<2yrs) Banana Homemade Whole Wheat Banana Muffins	1% Milk (2yrs+) Whole Milk (<2yrs) Orange Sections English Muffin *Promise Margarine	Milk, Fruit or 100% Juice, Cereal, Bread or Bread Alternate *Additional Food
Lunch	Skim Milk(2yrs +) Whole Milk (<2yrs) Soft Shell Turkey Tacos Tortilla *Ground Turkey Shredded Cheese Vegetarian Refried Beans & Salsa Romaine Shreds *Plain Yogurt	Skim Milk (2yrs +) Whole Milk (2 years) Macaroni and Cheese Hidden Veggie (Cauliflower) Cut Green Beans Baked Apples	Skim Milk (2yrs+) Whole Milk (<2yrs) Meatloaf Potato Smiles Vegetable Blend Breadsticks	Skim Milk (2yrs +) Whole Milk (<2yrs) Baked Ham Whipped Sweet Potatoes with Brown Sugar Creamy Corn Whole Wheat Bread	Skim Milk (2yrs +) Whole Milk (<2yrs) Meatball Pizza Whole Grain Dough Surprise Veggie of the Week Green Salad with Shredded Carrots	Milk, Meat or Meat Alternate, Fruit or Vegetable, Bread or Bread Alternate *Additional Food
Snack	Cheddar Chex Mix Raisins and Dried Cranberries Water	Applesauce Pretzel Stick Cinnamon Bun Water	"Cracker Stacker" Saltine Crackers Cream Cheese Pineapple Tidbits Water	Pretzel Dippers Carrot Sticks Ranch Dip Water	1 % Milk (2yrs+) Whole Milk (<2yrs) Banana Yogurt Dip	(2 of 4) Milk, Fruit, Vegetable, or 100% Juice, Cereal, Bread or Alternate, Meat and/or Alternate

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