



Peques
Wiggles & Giggles
Learning Center

MENU

ATTENTION ** If your child has a food allergy please notify the classroom teacher or the site Director. **

Week #1

Breakfast

MONDAY- WEDNESDAY

Cereal, Fresh Seasonal Fruit and Milk

TUESDAY -THURSDAY

Pancakes or Waffles, Fresh Seasonal Fruit and Milk

FRIDAY

Yogurt, Fresh Seasonal Fruit , Honey Wheat Pretzels

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Lunch:

Ham and Rice
Casserole, green beans,
fruit, milk.

PM Snack

Yogurt and honey
wheat pretzels

Lunch:

Mexican Picadillo
(160°F) tortilla, mixed
vegetables, fruit, milk.

PM Snack

Animal crackers
and juice.

Lunch:

Pasta & Italian
meat balls, organic
tomato and basil sauce,
fruit, milk.

PM Snack

Mandarins and juice.

Lunch:

Grilled Chicken
Sandwich, green salad,
fruit, milk.

PM Snack

Cheese crackers and
juice.

Lunch:

Scrambled eggs
with Mexican chorizo and
chopped tomatoes, corn
tortillas, fruit, milk.

PM Snack

Ritz crackers and
juice.

NOTES: Peques may substitute protein, fruits, and vegetables based on seasonality and availability.

- The juice served during snack can be: apple, orange, berries, fruit punch, and grape.
- Skim Milk will be served to children 2+
- Whole Milk will be served to children 15-24 months
- We follow the CACFP meal pattern charts for serving sizes for each age group.
- Notice: Food substitutions will be done when needed to meet age appropriate requirements.



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Week #2

Breakfast

MONDAY- WEDNESDAY

Cereal, Fresh Seasonal Fruit and Milk

TUESDAY -THURSDAY

Pancakes or Waffles, Fresh Seasonal Fruit and Milk

FRIDAY

Yogurt, Fresh Seasonal Fruit , Honey Wheat Pretzels

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Lunch:

Baked breaded fish sticks, red rice, fresh cucumbers, fruit, milk.

PM Snack

Ritz crackers and juice.

Lunch:

Chicken noodle soup with vegetables, fruit and milk.

PM Snack

Mini bagels with jelly and milk.

Lunch:

Original BBQ Meatballs (160°F), white rice, broccoli, fruit and milk.

PM Snack

Oatmeal cookies and juice.

Lunch:

Mac & Cheese, baked chicken nuggets, green beans, fruit cocktail, and milk.

PM Snack

Vanilla wafers and juice.

Lunch:

Scrambled Eggs with turkey ham, carrots, corn tortilla, fresh fruit, and milk.

PM Snack

Oyster crackers and juice.

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- Whole Milk will be served to children 15-24 months
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Week #3

Breakfast

MONDAY- WEDNESDAY

Cereal, Fresh Seasonal Fruit and Milk

TUESDAY -THURSDAY

Pancakes or Waffles, Fresh Seasonal Fruit and Milk

FRIDAY

Yogurt, Fresh Seasonal Fruit , Honey Wheat Pretzels

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Lunch:

Pasta Salad:
mayonnaise, turkey
ham, green peas, fruit
and milk.

PM Snack

Mandarins and juice.

Lunch:

Macaroni and ground
beef casserole, organic
tomato and basil sauce,
fruit cocktail, and milk.

PM Snack

Yogurt and honey
wheat pretzels

Lunch:

Steamed white rice with
scrambled eggs, green
peas and broccoli, fresh
fruit and milk.

PM Snack

Fruit gummies and juice.

Lunch:

Turkey ham and
mozzarella cheese
wrap (flour tortilla)
assorted fruit and
milk.

PM Snack

Graham crackers and
juice.

Lunch:

Scrambled eggs with
corn tortillas, chopped
tomatoes, fresh fruit and
milk.

PM Snack

Goldfish and juice.

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Week #4

Breakfast

MONDAY- WEDNESDAY

Cereal, Fresh Seasonal Fruit and Milk

TUESDAY -THURSDAY

Pancakes or Waffles, Fresh Seasonal Fruit and Milk

FRIDAY

Yogurt, Fresh Seasonal Fruit , Honey Wheat Pretzels

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Lunch:

Baked chicken strips,
pasta with organic
tomato and basil sauce,
fresh fruit, milk.

PM Sanck

Crackers & cheese and
juice.

Lunch:

Chicken noodle soup
with vegetables, fresh
fruit and milk.

PM Sanck

Pretzel and juice.

Lunch:

Hotdog, buns,
ketchup, peas, fresh
fruit and milk.

PM Sanck

Cheese crackers
and juice.

Lunch:

Make-your-own-tostada:
beans, cheese, sour
cream, and Pico de Gallo
chopped tomato
cilantro, light lime
fresh fruit and milk.

PM Sanck

Cookies and juice.

Lunch:

Scrambled eggs with
Italian sausage, corn
tortilla, fresh fruit,
and milk.

PM Sanck

Strawberry wafers and
juice.

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