



Babes on the Square Too

Weekly Menu

January 20 - 24, 2025

| Meal | Component | Ages 1-2 | Ages 3-5 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------|--------------------------|----------------|-------------|-------------------------------|------------------|-------------------|--------------------------|------------------------------|
| | Milk | ½ cup Whole | ¾ cup 2% | milk | milk | milk | milk | milk |
| Breakfast | Fruit/Vegetable | ¼ cup | ½ cup | mixed fruit | peaches | french toast | banana | fresh oranges |
| | Grain/Meat | ½ oz eq | ½ oz eq | Cheerios | cream of wheat | blueberries | biscuits & jelly | rice krispies |
| | Milk | ½ cup Whole | ¾ cup 2% | milk | milk | milk | milk | milk |
| | Fruit | 1/8 cup | ¼ cup | diced pears | mandarin oranges | fresh apples | fresh pears | applesauce |
| Lunch | Vegetable | 1/8 cup | ¼ cup | peas | broccoli | lettuce/tomato | carrots | green salad |
| | Grain | ½ oz eq | ½ oz eq | whole grain bread | macaroni noodles | whole grain bread | brown rice | saltines |
| | Meat/Meat Alternative | 1 oz | 1 ½ oz | sun butter | ground turkey | deli turkey | chicken/cheese | chicken tenders |
| | | | | SunButter & Jelly Sandwich | Goulash | turkey club | chicken & cheese bake | |
| | Milk | ½ cup Whole | ½ cup 2% | water | water | water | water | water |
| | Vegetable | ½ cup | ½ cup | | | carrots/celery | | |
| Snack Pick 2 | Fruit | ½ cup | ½ cup | fresh oranges | tropical fruit | | pineapple | blueberries/ strawberries |
| | Grain | ½ oz eq | ½ oz eq | Wheat Thins | gold fish | ritz crackers | animal crackers | graham crackers |
| | Meat/Meat Alternative | ½ oz | ½ oz | | | | | yogurt parfait |

