

CDC MENU: October 25 – October 29

Dietitian Tip:

Kids live in the present, so focus on the immediate benefits of eating healthy foods versus long-term ones. Being strong, growing well and having enough energy to play are important to kids. They're less concerned about things like disease risk or heart health!

Menu Highlight: Brain & Body Energizing Starches



LOCAL THIS WEEK:

- **Milk** (South Mountain Creamery, Middletown MD)
- **Cucumbers** (Hess Farms, Waynesboro PA)
- **Green Peppers** (Godfrey Farms, Sudlesville MD)
- **Sweet Potato** (Sweet Packing House, Benson NC)



WEEK 1		MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Snack	Apple Slices Sun Butter	Gold Fish, Mini Pretzel Mix <i>(Wheat, Gluten, Dairy)</i>	String Cheese <i>(Dairy)</i> Wheat Thins <i>(Wheat, Gluten)</i>	Seasonal Berry Muffin <i>(Wheat, Gluten, Egg, Dairy, Soy)</i>	Fresh Peach Wedges
	Drink	2% Milk <i>(Dairy)</i>	2% Milk <i>(Dairy)</i>	2% Milk <i>(Dairy)</i>	2% Milk <i>(Dairy)</i>	2% Milk <i>(Dairy)</i>
LUNCH		Veggie Tortellini with Marinara <i>(Wheat, Gluten Dairy, Egg)</i> Tossed Salad Orange Slices	Turkey Taco Cups with Side of Pico de Gallo, Sour Cream <i>(Wheat, Gluten, Dairy)</i> Mexican Rice with Corn Seasonal Mixed Fruit	Fish and Chips <i>(Fish, Gluten, Wheat, Dairy, Soy)</i> Broccoli with Ranch <i>(Dairy, Soy, Egg)</i> Orange Slices	BBQ Chicken Thighs Mac & Cheese <i>(Gluten, Wheat, Soy)</i> Carrot Fries Apple Slices	Grilled Chicken Parmesan <i>(Gluten, Wheat, Dairy, Egg)</i> Green Beans Fresh Berries
	Vegetarian	Veggie Tortellini with Marinara <i>(Wheat, Gluten, Dairy, Egg)</i> Tossed Salad Orange Slices	Tofu Taco Cups with Side of Pico de Gallo, Sour Cream <i>(Wheat, Gluten, Dairy, Soy)</i> Mexican Rice with Corn Seasonal Mixed Fruit	Crispy Battered Cauliflower Broccoli with Ranch <i>(Dairy, Soy, Egg)</i> Orange Slices	BBQ Tofu <i>(Soy)</i> Mac & Cheese <i>(Vegan)</i> <i>(Gluten, Wheat, Soy)</i> Carrot Fries	Grilled Eggplant Parmesan <i>(Gluten, Wheat, Dairy, Egg)</i> Green Beans Fresh Berries
	Drink	2% Milk <i>(Dairy)</i>	2% Milk <i>(Dairy)</i>	2% Milk <i>(Dairy)</i>	2% Milk <i>(Dairy)</i>	2% Milk <i>(Dairy)</i>
AFTERNOON SNACK	Snack	Roasted Garlic Hummus <i>(Sesame)</i> Cucumber & Bell Pepper Sticks	Strawberry Yogurt <i>(Dairy)</i> Vanilla Wafers <i>(Wheat, Gluten, Eggs, Dairy)</i>	Tangerines Graham Crackers <i>(Wheat, Gluten, Soy)</i>	Pumpkin Seeds Dried Fruit	Fruit & Yogurt Parfait <i>(Dairy)</i>
	Drink	Water	Water	Water	Water	Water

CDC MENU: Nov 1st – Nov 5

Dietitian Tip:

Struggling with your child and hydration? Here are some tips that can help!

- Try adding fruit flavors such as lemon or orange to water for variety and flavor
- Let your kids choose their own water bottle or serve water in colorful glasses or jugs.
- Be a role model! Make a point of drinking water with and around your kids

Menu Highlight: Strength Building Protein



LOCAL THIS WEEK:

- **Milk** (South Mountain Creamery, Middletown MD)
- **Cucumbers** (Hess Farms, Waynesboro PA)
- **Green Peppers** (Godfrey Farms, Sudlesville MD)
- **Sweet Potato** (Sweet Packing House, Benson NC)
- **Zucchini** (Hess Farms, Waynesboro PA)
- **Cantaloupe** (Sunny harvest, Kirkwood PA)
- **Honeydew** (Shlagel Farms, Waldorf MD)



WEEK 2		MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Snack	Mini Bagel <i>(Gluten, Wheat)</i> Cream Cheese <i>(Dairy)</i>	Banana Oatmeal Muffin <i>(Gluten, Wheat, Egg, Dairy, Soy)</i>	Cheerios <i>(Gluten, Wheat)</i> Dried Fruit	Sunflower Butter & Seed Energy Bites Gold Fish <i>(Dairy, Wheat, Gluten)</i>	Seasonal Fruit Cup
	Drink	2% Milk <i>(Dairy)</i>	2% Milk <i>(Dairy)</i>	2% Milk <i>(Dairy)</i>	2% Milk <i>(Dairy)</i>	2% Milk <i>(Dairy)</i>
LUNCH		Grilled Cheese <i>(Gluten, Wheat, Dairy)</i> Tomato Soup Banana	Spaghetti + Turkey Meatballs <i>(Dairy, Egg, Wheat, Gluten, Soy)</i> Roasted Zucchini Fresh Melon	Chicken Quesadilla <i>(Wheat, Gluten, Dairy)</i> Bell Pepper Slices Seasonal Fruit	Herbed Grilled Chicken Thighs Roasted Sweet Potatoes Sautéed Green Beans Sliced Apples	Pepperoni & Cheese Pizza <i>(Wheat, Gluten, Dairy)</i> Cucumber Slices Watermelon
	Vegetarian	Grilled Cheese <i>(Gluten, Wheat, Dairy)</i> Tomato Soup Banana	Spaghetti + Veggie Meatballs <i>(Dairy, Egg, Wheat, Gluten, Soy)</i> Roasted Zucchini Fresh Melon	Broccoli & Cheese Quesadilla <i>(Wheat, Gluten, Dairy)</i> Bell Pepper Slices Seasonal Fruit	Herbed Grilled Tempeh <i>(Soy)</i> Roasted Sweet Potatoes Sautéed Green Beans Sliced Apples	Vegan Cheese Pizza <i>(Wheat, Gluten)</i> Cucumber Slices Watermelon
	Drink	2% Milk <i>(Dairy)</i>	2% Milk <i>(Dairy)</i>	2% Milk <i>(Dairy)</i>	2% Milk <i>(Dairy)</i>	2% Milk <i>(Dairy)</i>
AFTERNOON SNACK	Snack	Fresh Pears Wheat Thins <i>(Gluten, Wheat)</i>	Orange Slices String Cheese <i>(Dairy)</i>	Nutri-Grain Bar <i>(Gluten, Wheat)</i> Apples Slices	Tortilla Chips Avocado Dip	Individual Yogurt <i>(Dairy)</i> Mini Pretzels <i>(Wheat, Gluten)</i>
	Drink	Water	Water	Water	Water	Water

CDC MENU: Nov 8 - Nov 12



Dietitian Tip:

Here are some tips for eating with your child!

- If dinnertime is too hard to get everyone together, try to have a special breakfast on the week-ends or a lunch
- During the week, don't worry if everyone can make it. Sit with whoever is at home to enjoy a meal!
- Ignore all phones and turn off the TV to limit distractions

Menu Highlight: Brain Developing Fats



LOCAL THIS WEEK:

- **Milk** (South Mountain Creamery, Middletown, MD)
- **Green Peppers** (Godfrey Farms Sudlesville MD)
- **Sweet Potatoes** (Sweet Packing House, Benson NC)
- **Cantaloupe** (Sunny harvest, Kirkwood PA)
- **Honeydew** (Shlagel Farms, Waldorf MD)



WEEK 3		MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Snack	Nutri-Grain Bar <i>(Gluten, Wheat)</i>	Pretzels <i>(Gluten, Wheat)</i> Applesauce	Wheat Thins <i>(Gluten, Wheat)</i> String Cheese <i>(Dairy)</i>	Cheerios <i>(Gluten, Wheat)</i> Pear Slices	Bagel <i>(Gluten, Wheat)</i> Sun Butter
	Drink	2% Milk <i>(Dairy)</i>	2% Milk <i>(Dairy)</i>	2% Milk <i>(Dairy)</i>	2% Milk <i>(Dairy)</i>	2% Milk <i>(Dairy)</i>
LUNCH		Breakfast For Lunch: French Toast and Scrambled Eggs with Cheese <i>(Wheat, Gluten, Dairy, Egg)</i> Sweet Potato Hash Seasonal Mixed Fruit	Fish Tacos <i>(Gluten, Wheat, Dairy, Fish)</i> Avocado Dip and Chips Roasted Cauliflower Fresh Melon	Cheeseburgers <i>(Gluten, Wheat, Dairy)</i> Hand Cut French Fries Tossed Salad Orange Slices	Cheese Tortellini & Marinara <i>(Gluten, Wheat, Dairy, Egg)</i> Steamed Mixed Vegetables Fresh Pineapple	Sloppy Janes <i>(Gluten, Wheat)</i> Tater Tots Apple Slices
	Vegetarian	Breakfast For Lunch: French Toast and Scrambled Eggs with Cheese <i>(Wheat, Gluten, Dairy, Egg)</i> Sweet Potato Hash Seasonal Mixed Fruit	Tofu Tacos <i>(Gluten, Wheat, Soy)</i> Avocado Dip and Chips Roasted Cauliflower Fresh Melon	Veggie Burgers <i>(Gluten, Wheat, Dairy, Soy)</i> Hand Cut French Fries Tossed Salad Orange Slices	Cheese Tortellini & Marinara <i>(Gluten, Wheat, Dairy, Egg)</i> Steamed Mixed Vegetables Fresh Pineapple	Sloppy Janes (Vegan) <i>(Gluten, Wheat, Soy)</i> Tater Tots Apple Slices
	Drink	2% Milk <i>(Dairy)</i>	2% Milk <i>(Dairy)</i>	2% Milk <i>(Dairy)</i>	2% Milk <i>(Dairy)</i>	2% Milk <i>(Dairy)</i>
AFTERNOON	Snack	Banana Muffin <i>(Gluten, Wheat, Egg, Soy)</i> Applesauce	Gold Fish, Craisins <i>(Wheat, Gluten, Dairy)</i>	Sun Butter Apple Slices (Local)	Sun Chips <i>(Wheat, Gluten)</i> Orange Slices	Individual Yogurt <i>(Dairy)</i> Vanilla Wafers <i>(Wheat, Gluten, Eggs, Dairy)</i>
	Drink	Water	Water	Water	Water	Water

CDC MENU: Nov 15 – Nov 19

Dietitian Tip:

How can we make breakfast easier, especially with picky eaters? Have a handful of regular breakfasts that they see often to keep a variety of foods in rotation. Toddlers love routine and familiarity, so if you serve something once or twice a week, they are more inclined (usually) to eat it. As an example, have oatmeal two mornings a week!

Menu Highlight: Immune-Supporting Veggies



LOCAL THIS WEEK:

- **Milk** (South Mountain Creamery, Middletown, MD)
- **Green Peppers** (Godfrey Farms Sudlesville MD)
- **Cucumbers** (Hess Farms Waynesboro, PA)
- **Zucchini** (Hess Farms Waynesboro, PA)



WEEK 4		MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Snack	Banana & Sun Butter “Sushi” Bites <i>(Gluten, Wheat)</i>	Crackers and String Cheese <i>(Dairy, Gluten, Wheat)</i>	Watermelon Individual Yogurt <i>(Dairy)</i>	Pumpkin Seeds Seasonal Mixed Fruit	Fresh Berries Wheat Thins <i>(Gluten, Wheat)</i>
	Drink	2% Milk <i>(Dairy)</i>	2% Milk <i>(Dairy)</i>	2% Milk <i>(Dairy)</i>	2% Milk <i>(Dairy)</i>	2% Milk <i>(Dairy)</i>
LUNCH		Cheese Quesadilla <i>(Wheat, Gluten, Dairy)</i> Roasted Corn Soup Roasted Cumin Cauliflower Pear Slices	Fish Tacos <i>(Gluten, Wheat, Dairy, Fish)</i> Roasted Zucchini Orange Slices	Chicken, Broccoli, and Pasta with Olive Oil and Basil <i>(Gluten, Wheat)</i> House Salad Banana	Orange Chicken Bites <i>(Gluten, Wheat)</i> Fried Rice Peas Fresh Pineapple	Pepperoni & Cheese Pizza <i>(Wheat, Gluten, Dairy)</i> Bell Pepper and Cucumber Slices Apple Slices
	Vegetarian	Cheese Quesadilla (Vegan) <i>(Wheat, Gluten)</i> Roasted Corn Soup Roasted Cumin Cauliflower Pear Slices	Tofu Tacos <i>(Gluten, Wheat, Soy)</i> Roasted Zucchini Orange Slices	Broccoli and Pasta with Olive Oil and Basil <i>(Gluten, Wheat)</i> House Salad Banana	Orange Tofu Bites <i>(Soy)</i> Fried Rice Peas Fresh Pineapple	Vegan Cheese Pizza Bell Pepper and Cucumber Slices Apple Slices
	Drink	2% Milk <i>(Dairy)</i>	2% Milk <i>(Dairy)</i>	2% Milk <i>(Dairy)</i>	2% Milk <i>(Dairy)</i>	2% Milk <i>(Dairy)</i>
AFTERNOON SNACK	Snack	Graham Crackers <i>(Gluten, Wheat)</i> Applesauce	Cheese & Crackers <i>(Dairy, Wheat, Gluten, Soy)</i>	Queso and Chips <i>(Dairy)</i>	Edamame Hummus & Pita <i>(Soy)</i>	Nutri-Grain Bar <i>(Gluten, Wheat)</i> Fresh Peach Wedges
	Drink	Water	Water	Water	Water	Water

