



# DECEMBER 2021

## REGULAR & VEGETARIAN MENU FOR TODDLERS & PRESCHOOLERS

Monday		Tuesday		Wednesday		Thursday		Friday	
29 <b>Breakfast:</b> Rice chex/cheerios, fruit <b>Lunch:</b> Turkey, cream cheese, cranberry sauce roll-up (whole grain wrap) cucumbers, pears <b>Veg Lunch:</b> Same as reg lunch – no meat <b>Snack:</b> Veggie straws, cheese stick		30 <b>Breakfast:</b> Organic apple spice muffins <b>Lunch:</b> Focaccia bread, colby cheese, ranch dip, snap peas, strawberries <b>Snack:</b> Pumpkin bread, fruit		1 <b>Breakfast:</b> Vanilla yogurt, fruit <b>Lunch:</b> Grilled cheese, cultivate artisan bread, peas, pineapple <b>Snack:</b> Graham crackers, applesauce		2 <b>Breakfast:</b> Rice chex/cheerios, fruit <b>Lunch:</b> Noodles with alfredo sauce, carrots, kiwi <b>Snack:</b> Ritz crackers, cheese		3 <b>Breakfast:</b> Cinnamon rolls, fruit <b>Lunch:</b> Chicken, cheese, multigrain bread, corn, raisins <b>Veg Lunch:</b> Same as reg lunch – no meat <b>Snack:</b> Pretzels, hummus	
6 <b>Breakfast:</b> Rice chex/cheerios, fruit <b>Lunch:</b> Organic turkey hot dogs, veggie straws, pineapple <b>Veg Lunch:</b> Hummus on whole grain wrap <b>Snack:</b> Graham crackers, applesauce		7 <b>Breakfast:</b> Organic pumpkin spice muffins <b>Lunch:</b> Focaccia bread, colby cheese, ranch dip, sweet peppers, kiwi <b>Snack:</b> Ritz crackers, apple slices		8 <b>Breakfast:</b> Vanilla yogurt fruit cup <b>Lunch:</b> Chicken, cheddar cheese, cultivate artisan bread, peas, strawberries <b>Veg Lunch:</b> Same as reg lunch – no meat <b>Snack:</b> Pretzels, hummus		9 <b>Breakfast:</b> Rice chex/cheerios, fruit <b>Lunch:</b> Taco pinwheels, black beans, corn, salsa, pineapple <b>Snack:</b> Popcorn (toddlers: graham crackers), cheese		10 <b>Breakfast:</b> Pancakes, fruit <b>Lunch:</b> Turkey, muenster cheese, multigrain bread, carrots, raisins <b>Veg Lunch:</b> Same as reg lunch – no meat <b>Snack:</b> Hermit cookies, applesauce	
13 <b>Breakfast:</b> Rice chex/cheerios, fruit <b>Lunch:</b> Chicken, whole wheat crackers, provolone cheese, hummus, cucumbers, pineapple <b>Veg Lunch:</b> Same as reg lunch – no meat <b>Snack:</b> Veggie straws, cheese stick		14 <b>Breakfast:</b> Organic pumpkin spice muffins <b>Lunch:</b> Organic tomato soup (toddlers: turkey), focaccia bread, cheddar cheese, sliced grapes <b>Snack:</b> Ritz crackers, cheese		15 <b>Breakfast:</b> Vanilla yogurt, fruit <b>Lunch:</b> Turkey, swiss cheese, cultivate artisan bread, sweet peppers, kiwi <b>Veg Lunch:</b> Hummus in place of turkey <b>Snack:</b> Graham crackers, applesauce		16 <b>Breakfast:</b> Cheerios, fruit <b>Lunch:</b> Mac & cheese, peas, strawberries <b>Snack:</b> Pretzels, cutie oranges		17 <b>Breakfast:</b> Banana bread w/chocolate chunks & Cranberry bread, fruit <b>Lunch:</b> Sunflower butter/ strawberry jam, multigrain bread, carrots, fruit <b>Snack:</b> Yogurt fruit cups	
20		21		22		23		24	
DUE TO SHORTAGES, IT'S BEEN DIFFICULT TO PLAN THE MENU A MONTH IN ADVANCE. FOR THE TIME BEING, WE WILL BE SHARING THE MENU EVERY TWO WEEKS. THIS WILL BE SHARED WITH YOU ON PROCARE. MENU IS STILL SUBJECT TO CHANGE.								HAPPY HOLIDAY!  CENTER CLOSED	
27		28		29		NOTES			
*Menu may change from day to day depending on the availability of foods. If your child has an allergy, you will receive an individualized menu. If you have any questions or concerns about the menu, please email <a href="mailto:candice@cultivatemankato.com">candice@cultivatemankato.com</a>									



# DECEMBER 2021

## REGULAR & VEGETARIAN MENU FOR INFANTS

Monday	Tuesday	Wednesday	Thursday	Friday
<b>29</b> <b>Breakfast:</b> Cheerios/rice chex <b>Lunch:</b> Turkey, cheese, whole grain wrap avocados, pears <b>Veg Lunch:</b> Same as reg lunch - no meat <b>Snack:</b> Veggie straws, cheese stick	<b>30</b> <b>Breakfast:</b> Organic apple spice muffins <b>Lunch:</b> Focaccia bread, colby cheese, peas, raspberries <b>Snack:</b> Pumpkin bread, fruit	<b>1</b> <b>Breakfast:</b> Go-Gurt pouches, fruit <b>Lunch:</b> Grilled cheese, cultivate artisan bread, peas, applesauce <b>Snack:</b> Baby crackers, cheese	<b>2</b> <b>Breakfast:</b> Cereal (cheerios/rice chex) <b>Lunch:</b> Noodles with alfredo sauce, cooked carrots, kiwi <b>Snack:</b> Ritz crackers, hummus	<b>3</b> <b>Breakfast:</b> Cinnamon rolls, fruit <b>Lunch:</b> Chicken, cheese, pita bread, black beans, applesauce <b>Veg Lunch:</b> Same as reg lunch - no meat <b>Snack:</b> Fruit & veggie pouches, baby crackers
<b>6</b> <b>Breakfast:</b> Cheerios/Rice Chex, fruit <b>Lunch:</b> Turkey, cheese, whole grain wrap, veggie straws, pears <b>Veg Lunch:</b> Hummus in place of turkey <b>Snack:</b> Original graham crackers, applesauce	<b>7</b> <b>Breakfast:</b> Organic pumpkin spice muffins <b>Lunch:</b> Focaccia bread, colby cheese, sweet potatoes, black beans, kiwi <b>Snack:</b> Ritz crackers, cheese	<b>8</b> <b>Breakfast:</b> Go-Gurt pouches, fruit <b>Lunch:</b> Chicken, cheddar cheese, cultivate artisan bread, peas, raspberries <b>Veg Lunch:</b> Same as reg lunch - no meat <b>Snack:</b> Pita bread, hummus	<b>9</b> <b>Breakfast:</b> Cheerios/Rice Chex, fruit <b>Lunch:</b> Whole grain wrap, cottage cheese, black beans, avocados <b>Snack:</b> Fruit & veggie pouches, baby crackers	<b>10</b> <b>Breakfast:</b> Pancakes, fruit <b>Lunch:</b> Turkey, muenster cheese, pita bread, cooked carrots, fruit <b>Veg Lunch:</b> Hummus in place of turkey <b>Snack:</b> Hermit cookies, applesauce
<b>13</b> <b>Breakfast:</b> Cheerios/Rice Chex, fruit <b>Lunch:</b> Chicken, whole wheat crackers, provolone cheese, hummus, black beans, avocados <b>Veg Lunch:</b> Same as reg lunch - no meat <b>Snack:</b> Veggie straws, cheese stick	<b>14</b> <b>Breakfast:</b> Organic pumpkin spice muffins <b>Lunch:</b> Turkey, focaccia bread, cheddar cheese, lima beans, applesauce <b>Snack:</b> Ritz crackers, cheese	<b>15</b> <b>Breakfast:</b> Go-Gurt pouches, fruit <b>Lunch:</b> Turkey, swiss cheese, cultivate artisan bread, sweet potatoes, kiwi <b>Veg Lunch:</b> Hummus in place of turkey <b>Snack:</b> Original graham crackers, applesauce	<b>16</b> <b>Breakfast:</b> Cheerios, fruit <b>Lunch:</b> Mac & cheese, peas, raspberries <b>Snack:</b> Fruit & veggie pouches, baby crackers	<b>17</b> <b>Breakfast:</b> Cranberry bread, fruit <b>Lunch:</b> Sunflower butter/ strawberry jam, pita bread, cooked carrots, fruit <b>Snack:</b> Go-Gurt pouches, fruit
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b> <b>HAPPY HOLIDAY!</b> <b>CENTER CLOSED</b>
<b>DUE TO SHORTAGES, IT'S BEEN DIFFICULT TO PLAN THE MENU A MONTH IN ADVANCE. FOR THE TIME BEING, WE WILL BE SHARING THE MENU EVERY TWO WEEKS. THIS WILL BE SHARED WITH YOU ON PROCARE. MENU IS STILL SUBJECT TO CHANGE.</b>				
<b>27</b>	<b>28</b>	<b>29</b>	<b>NOTES</b> <b>*Menu may change from day to day depending on the availability of foods.</b> If your child has an allergy, you will receive an individualized menu. If you have any questions or concerns about the menu, please email <a href="mailto:candice@cultivatemankato.com">candice@cultivatemankato.com</a>	