



Desert Preschool Academy
Breakfast-Lunch-Snack (Infants 6-11months)
November 01-30, 2024.

Breakfast 6-11 Months: Infant cereal 2-4 Tbsp. Fruit/ Vegetable 1-4 Tbsp.
 Lunch 6-11 Months: Infant Cereal 2-4 Tbsp. Meats - Meat Alternative 1-4 Tbsp. Fruit/Vegetable 1-4 Tbsp
 Snack 6-11 Months: Bread ½ serv. Crackers 2ea., Fruit/ Vegetable 1-4 Tbsp, 100% Fruit Juice 2-4 Fluid oz.
 Formula /Breast Milk: 0-3 Mo. B-L-S. 4-6 Fl oz., 4-7 Mo. 4-8 Fl oz., 8-11 Mo. 6-8 Fl oz. at each Mealtime.
 Note: Individual Feeding Plans for infants in transition to solid food items will be prepared as follows:
 Steamed, Mashed or puree to provide the texture and consistency needed for the infant.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p>Breakfast- Bananas Lunch - Carrots Snack - Pears</p> <p>Infant Cereal (Rice or Oatmeal)</p>	<p>5</p> <p>Breakfast - Applesauce Lunch -Squash and chicken Snack - Green beans or Pears</p> <p>Infant Cereal (Rice or Oatmeal)</p>	<p>6</p> <p>Breakfast- peaches Lunch - carrots Snack - Green peas or apples</p> <p>Infant Cereal (Rice or Oatmeal)</p>	<p>7</p> <p>2 Breakfast - Bananas Lunch -Sweet potato- Turkey Snack -Squash or Applesauce Infant Cereal (Rice or Oatmeal)</p>	<p>1</p> <p>Breakfast - Pears Lunch - Green Beans Snack - Peaches</p> <p>Infant Cereal (Rice or Oatmeal)</p>
<p>11</p> <p>Breakfast- Bananas Lunch - Carrots Snack - Pears</p> <p>Infant Cereal (Rice or Oatmeal)</p>	<p>12</p> <p>Breakfast - Applesauce Lunch - Squash and chicken Snack - Green beans or Pears</p> <p>Infant Cereal (Rice or Oatmeal)</p>	<p>13</p> <p>Breakfast- peaches Lunch - carrots Snack - Green peas or apples</p> <p>Infant Cereal (Rice or Oatmeal)</p>	<p>14</p> <p>Breakfast - Bananas Lunch -Sweet potato- Turkey Snack -Squash or Applesauce Infant Cereal (Rice or Oatmeal)</p>	<p>15</p> <p>Breakfast - Pears Lunch - Green Beans Snack - Peaches</p> <p>Infant Cereal (Rice or Oatmeal)</p>
<p>18</p> <p>Breakfast- Bananas Lunch - Carrots Snack - Pears</p> <p>Infant Cereal (Rice or Oatmeal)</p>	<p>19</p> <p>Breakfast - Applesauce Lunch - Squash and chicken Snack - Green beans or Pears</p> <p>Infant Cereal (Rice or Oatmeal)</p>	<p>20</p> <p>Breakfast- peaches Lunch - carrots Snack - Green peas or apples</p> <p>Infant Cereal (Rice or Oatmeal)</p>	<p>21</p> <p>Breakfast - Bananas Lunch -Sweet potato- Turkey Snack -Squash or Applesauce Infant Cereal (Rice or Oatmeal)</p>	<p>22</p> <p>Breakfast - Pears Lunch - Green Beans Snack - Peaches</p> <p>Infant Cereal (Rice or Oatmeal)</p>
<p>25</p> <p>Breakfast- Bananas Lunch - Carrots Snack - Pears</p> <p>Infant Cereal (Rice or Oatmeal)</p>	<p>26</p> <p>Breakfast- peaches Lunch- Green Beans and Turkey Snack- Sweet Potatoes Infant Cereal (Rice or Oatmeal)</p>	<p>27</p> <p>Breakfast- Carrots Lunch- Chicken and Squash Snack- Bananas</p> <p>Infant Cereal (Rice Cereal)</p>	<p>28</p> <p align="center">NO SCHOOL</p>	<p>29</p>



Desert Preschool Academy Breakfast For (1-2 years old) November 01-30, 2024

Bread and Crackers: Enriched whole grain, whole wheat and gluten free products served.
 Dairy: Children 6-12 years of age are served 1% milk or Nonfat (skim) Milk, Dairy Substitutions: Nonfat Lactaid free milk, Soy milk, soy yogurt and soy butter. Non-Dairy and Plant Based Cheese.
 NOTE: Healthy Beverage in Child Care Act does not allow licensed childcare centers to serve flavored beverages to children of any age.
 Water is available to children throughout the day. **We are a nut free institution.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5	6	7	8
Mini Bagels ½ Serving. Appa Sauce 2 oz. Milk 4oz	Engkish muffin 1/2 Serving. Diced Peache 2oz. Milk 4oz.	Com flakes C ¾ Serving Fresh Berries 2oz. Milk 4 oz.	French Toast 1/2 Serving. Mandarin Oranges 2oz. Milk 4oz.	Yogurt W/granola 4 oz. Fresh Bannas 4oz. Milk 4oz.
11	12	13	14	15
Raisin Bread ½ Serv Fresh Bananas 2oz Milk 4oz	Blueberry Muffin ½ Serving. Diced pears 2oz. Milk 4oz.	Freach Toast 1/2 Serving. Tropical fruit 2 oz. Milk 4oz.	Yogurt w/Granola 4oz. Fresh Oranges 2 oz. Milk 4oz.	Waffles ½ Serving. Mix Fruit 2oz. Milk 4oz.
18	19	20	21	22
Orange and Berries Bread 1/2 Serving. Fresh Apples 2oz. Milk 4oz.	Cheerios ¾ oz. Tropical Fruit 2oz. Milk 4oz.	French Toast 1/2 Serv. Fresh Mango 2oz. Milk 4oz.	Pineapple Bread 1/2 serving. Diced Peach 2oz. Milk 4oz	Rice cakes ½ Serving. Fresh Banans 2oz. Milk 4oz
25	26	27	28	29
Corn Muffin 1/2 Serving. Mandarin Oranges 2oz. Milk 4oz.	Banana Bread ½ Serv. Fresh Oranges 2oz Milk 4oz	Pancakes ½ Serv Diced Pears 2oz Milk 4oz	NO SCHOOL	NO SCHOOL

100% APPLE JUICE ¼ C. Waffles



Desert Preschool Academy Lunch For (1-2 years old) November 1-30, 2024.

Bread and Crackers: Enriched whole grain, whole wheat and gluten free products served.
 Dairy: Children 2-5 years of age are served 1% milk. Dairy Substitutions: Nonfat (skim) Milk, Nonfat lactaid free milk, Soy milk, soy yogurt and soy butter. Non-Dairy and Plant Based Cheese, Meats...
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p>Beef Chili Mac 1 oz. Whole Grain Pasta ½ Serv. Steamed Broccoli 1 oz. Fresh Mixed Berries 1 oz. Milk 4 oz</p>	<p>5</p> <p>Greek Gyro Pita Pocket Greek Meat 1 oz Whole Grain Pita Pocket ½ serv Green Salad 1 oz Fresh Cantaloupe 1 oz Milk 4 oz.</p>	<p>6</p> <p>BBQ Chicken 1oz. W.W. Dinner Rolls ½ Serv Mashed Potato 1oz Tropical fruit 1 oz Milk 4 oz</p>	<p>7</p> <p>Chicken / Fish Sticks 1oz. Bread ½ Serving. Cole Slaw Salad 1 oz. Fresh Orange Slices 1 oz Milk 4 oz.</p>	<p>1</p> <p>Chicken Noodle Soup 1C Peas and Carrots 1oz Wheat pasta ½ Serv Fresh Mango 1 oz. Milk 4 oz.</p>
<p>11</p> <p>Chicken Alfredo 1.5oz Whole Grain Pasta ½ Serv Green Beans 2oz Fresh Diced Mango 2oz. .Milk 4oz</p>	<p>12</p> <p>Albondigas soup 1 c Whole wheat bread ½ Serving. Mix Fresh Vegetables 1oz. Fresh Apples 1oz Milk 4 oz.</p>	<p>13</p> <p>Chicken Wrap 1oz Spinach Tortilla ½ ser Lettuce and Tomato 1oz Fresh Watermelon 1 oz. Milk 4 oz</p>	<p>14</p> <p>Turkey and Cheese Sub 1 oz. Whole Grain Sub rolls ½ Serv Lettuce-Tomato 1 oz. Tropical Fruit 1 oz. Milk 4 oz</p>	<p>15</p> <p>Beef Tostada 1 oz. Hard Shell Tortilla 1/2 serv. Pico de Gallo 1 oz. Fresh Orange Slices 1 oz. Milk 4oz.</p>
<p>18</p> <p>Ground Turkey Soup 1oz. Whole Wheat Bread ½ Serv Diced Potato 1oz Fresh Melon 1 oz. Milk 4 oz.</p>	<p>19</p> <p>Spaghetti and Meatballs 1oz. Whole Grain Pasta ½ serv Steamed Green Beans 1oz. Mix Berries 1 oz. Milk 4 oz</p>	<p>20</p> <p>Vegetarian Lasagna 2 oz. Whole Wheat pasta ½ Serv. California Blend Vegetable 1oz. Fresh Pears 1oz Milk 4 oz.</p>	<p>21</p> <p>Turkey & Cheese Sand 1oz. Whole Wheat Bread ½ Serv Tomato Basil Soup 1oz Diced Peaches 1 oz. Milk 4 oz.</p>	<p>22</p> <p>Chicken / Tuna Casserole 1 oz. Whole Grain Pasta ½ Serv Steamed Vegetables 1 oz. Fresh Pineapple 1 oz. Milk 4 oz.</p>
<p>25</p> <p>Cheese Quesadilla 1 oz Flour Tortilla ½ slice Refried Beans 1 oz. Fresh Orange Slices 1 oz. Milk 4 oz.</p>	<p>26</p> <p>Picadillo soup 1c Whole Wheat Bread 1 Serv Fresh Mix Vegetables 1 oz. Fresh Melon 1 oz. Milk 4 oz.</p>	<p>27</p> <p>Chicken Pot Pie 1oz Whole Grain dinner Rolls ½ Serving Peas & Carrots 1 oz. Fresh Apples 1 oz. Milk 4 oz.</p>	<p>28</p> <p style="text-align: center;">NO SCHOOL</p>	<p>29</p> <p style="text-align: center;">NO SCHOOL</p>



Desert Preschool Academy Snack For (1-2) years old) November 01-30, 2024.

Bread and Crackers: Enriched whole grain, whole wheat and gluten free products served.
 Dairy: Children 2-5 years of age are served 1% milk. Dairy Substitutions: Non-fat (skim) milk, Non-Fat Lactaid Free Milk, Soy milk, Soy yogurt and Soy butter. Non-Dairy and Plant based Cheese.
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5	6	7	8
Cottage cheese 2oz. Diced peaches 4oz. Water.	Soft spread cheese ½ oz. Naan Bread ½ Serving. 100% Fruit Juice 4oz.	Carrot stick 4oz Triscuits ½ oz. Ranch dressing ½ oz.	Fruit Yogurt 2oz. Animal Crackers ½ oz. Water	Corn Muffin ½ Serving. Milk 4oz.
11	12	13	14	15
Graham Crackers ½ Serv String Cheese ½ oz Water	Hummus ½ oz. Pita Pocket ½ Serving. 100% Fruit Juice 4oz.	Fresh Apples 4oz Soy butter ½ oz. Water	Apple Nutri-Grain Bar ½ Serving. Milk 4 oz.	Fresh Cucumbers 4 oz Oatmeal Cake ½ Serving. Water
18	19	20	21	22
Raisin Bread ½ Serv Milk 4oz.	String Cheese ½ oz. Naan Bread ½ Serving. Tropical fruit 4oz.	Fresh Fruit 4oz. Rice Cakes ½ Serving. Water.	Cottage Cheese 2oz. Fresh Pineapple 4oz. Water	Goldfish Crackers ½ oz. 100% Fruit Juice 4oz.
25	26	27	28	29
Graham Crackers ½ oz. Fruit Yogurt 4oz.	Fig Newtons ½ Serving. Diced Peaches 4 oz. Water	Carrot & Celery Sticks 4 oz. Sunflower Dip ½ oz Water	NO SCHOOL	NO SCHOOL



Desert Preschool Academy Breakfast For (2-5) years old November 01-30, 2024

Bread and Crackers: Enriched whole grain, whole wheat and gluten free products served.
 Dairy: Children 6-12 years of age are served 1% milk or Nonfat (skim) Milk, Dairy Substitutions: Nonfat Lactaid free milk, Soy milk, soy yogurt and soy butter. Non-Dairy and Plant Based Cheese.
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5	6	7	8
Mini Bagels 1/2 Serving. Apple Sauce 4 oz. 1% Milk 6oz	Bran Muffins 1/2 Serving. Diced Peach 4oz. 1% Milk 6oz.	Corn Flakes 1C Fresh Berries 4oz. 1% Milk 6oz	French Toast 1/2 Serving. Mandarin Oranges 4oz. 1% Milk 6oz.	Yogurt W/granola 4 oz. Fresh Bananas 4oz. 1% Milk 6oz.
11	12	13	14	15
Raisin Bread 1/2 Serving Fresh Bananas 4oz. 1% Milk 6oz.	Blueberry Muffin 1/2 Serving. Diced Pears 4oz. 1% Milk 6oz.	French Toast 1/2 Serving. Tropical fruit 4 oz. 1% Milk 6oz.	Yogurt W/ Granola 4oz Fresh Oranges 4 oz. 1% Milk 6oz.	Waffles 1/2 Serving. Mix Fruit 4oz. 1% Milk 6oz.
18	19	20	21	22
Orange & Berries Bread 1/2 Serv Fresh Apples 2oz 1% Milk 6oz.	Cheerios 1/4 C Tropical Fruit 2oz. 1% Milk 6oz.	French Toast 1/2 Serv Fresh Mango 4oz. 1% Milk 6oz.	Pineapple Bread 1/2 serving. Dice Peach 2oz. 1% Milk 6oz	Rice Cakes 1/2 Serving. Fresh Bananas 2oz. 1% Milk 6oz
25	26	27	28	29
Corn Muffin 1/2 Serving. Mandarin Oranges 4oz. 1% Milk 6oz.	Banana Bread 1/2 Serv Fresh Oranges 4oz 1% milk 6oz	Pancakes 1/2 Serv Diced pear 2oz 1% milk 6oz	NO SCHOOL	NO SCHOOL



Desert Preschool Academy Lunch For (2-5 years old) November 1-30, 2024.

Bread and Crackers: Enriched whole grain, whole wheat and gluten free products served.
 Dairy: Children 2-5 years of age are served 1% milk. Dairy Substitutions: Nonfat (skim) Milk, Nonfat lactaid free milk, Soy milk, soy yogurt and soy butter. Non-Dairy and Plant Based Cheese, Meats...
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p>Beef Chili Mac 1.5 oz. Whole Grain Pasta ½ Serving Steamed Broccoli 2 oz. Fresh Mix Berries 2 oz. 1% Milk 6 oz</p>	<p>5</p> <p>Greek Gyro Pita Pocket Greek Meat 1.5oz Whole Grain Pita Pocket ½ Serving Green Salad 2oz. Fresh Cantaloupe 2 oz 1% Milk 6 oz.</p>	<p>6</p> <p>BBQ Chicken 2 oz. W.W Diner Rolls ½ Serving Mashed Potato 2oz Tropical Fruit 2 oz. 1% Milk 6 oz.</p>	<p>7</p> <p>Chicken / Fish Strick 1.5 oz. Breading ½ Serving. Cole Slaw Salad 2 oz. Fresh Orange Slices 2 oz 1% Milk 6oz.</p>	<p>1</p> <p>Chicken Noodle soup 1C Whole Grain pasta ½ Serving. Peas and Carrots 2 oz. Fresh mango 2 oz. 1% Milk 6oz.</p>
<p>11</p> <p>Chicken Alfredo 1.5 oz. Whole Grain Pasta ½ Serving. Green Beans 2oz. Fresh Diced Mango 2 oz. 1% Milk 6oz.</p>	<p>12</p> <p>Albondigas Soup 1C Whole Wheat Bread ½ Serving. Fresh Mix Vegetables 2oz. Fresh Apples 2 oz. 1% Milk 6oz.</p>	<p>13</p> <p>Chicken Wrap 1.2oz Spinach Tortilla ½ Serving Lettuce & tomato 2oz. Fresh Watermelon 2 oz. 1% Milk 6 oz.</p>	<p>14</p> <p>Turkey and Cheese Sub 1.5oz. Whole Grain Sub rolls ½ Serv Lettuce-Tomato 2 oz. Fresh Apple 2 oz. 1% Milk 6 oz</p>	<p>15</p> <p>Beef Tostada 1.5oz. Hard Shell Tortilla ½ Serving. Pico De Gallo 2 oz. Fresh Orange Slices 2 oz. 1% Milk 6oz.</p>
<p>18</p> <p>Ground Turkey Soup 1 C Whole Wheat Bread ½ Serving Diced Potato 2 oz. Fresh Melon 2 oz. 1% Milk 6 oz.</p>	<p>19</p> <p>Spaghetti and Meatballs 1.5 oz. Whole Grain Pasta ½ Serving. Green Beans 2oz. Mix Berries 2 oz. 1% Milk 6 oz.</p>	<p>20</p> <p>Vegetarian Lasagna 4oz. Whole Wheat pasta ½ Serving. California Blend Vegetables 2oz Fresh Pears 2 oz. 1% Milk 6 oz.</p>	<p>21</p> <p>Turkey and Cheese Sand 1.5 oz. Whole Wheat Bread ½ serving. Tomato Basil Soup 2 oz. Diced Peach 2 oz. 1% Milk 6 oz.</p>	<p>22</p> <p>Chicken / Tuna Casserole 1.5 oz. Whole Grain Pasta ½ Serving. Steamed Vegetables 2oz. Fresh Pineapple 2 oz. 1% Milk 6 oz.</p>
<p>25</p> <p>Cheese Quesadilla 1.5 oz. Flour Tortilla ¼ C. Refried Beans 2 oz. Fresh Orange Slices 2 oz. 1% Milk 6 oz.</p>	<p>26</p> <p>Picadillo Soup 1 C Whole Wheat Bread ½ Serv Fresh Mix Vegetables 2 oz. Fresh Melon 2 oz. 1% Milk 6 oz.</p>	<p>27</p> <p>Chicken Pot Pie 1.5 oz Whole Grain Diner Rolls ½ Serv Peas and Carrots 2 oz. Fresh Apples 2 oz. 1% Milk 6 oz.</p>	<p>28</p> <p style="text-align: center;">NO SCHOOL</p>	<p>29</p> <p style="text-align: center;">NO SCHOOL</p>



Desert Preschool Academy Snack For (2 -5) years old) November 01-30, 2024.

Bread and Crackers: Enriched whole grain, whole wheat and gluten free products served.
Dairy: Children 2-5 years of age are served 1% milk. Dairy Substitutions: Non-fat (skim) milk, Non-Fat Lactaid Free Milk, Soy milk, Soy yogurt and Soy butter. Non-Dairy and Plant based Cheese.

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Water is available to children throughout the day.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 Cottage cheese 2oz. Diced peach 4oz. Water.	5 Soft spread cheese ½ oz. Naan Bread ½ Serving. 100% Fruit Juice 4oz.	6 Carrot Sticks 4oz Triscuits ½ Serv Ranch dressing ½ oz.	7 Fruit Yogurt 2oz. Animal Crackers ½ oz. Water	8 Wheat Thins ½ Serving. String Cheese ½ oz Water
11 Graham Crackers ½ Serv String Cheese ½ oz Water	12 Hummus ½ oz. Pita Pocket ½ Serving. 100% Fruit Juice 4oz.	13 Fresh Apples 4oz Soy butter ½ oz. Water	14 Apple Nutri Grain Bar ½ Serving. Milk 4 oz.	15 Fresh Cucumbers 4 oz Oatmeal Cake ½ Serving. Water
18 Raisin Bread ½ Serv Milk 4oz.	19 String Cheese ½ oz. Naan Bread ½ Serving. Tropical fruit 4oz.	20 Fresh Fruit 4oz. Ricc Cakes ½ Serving. Water.	21 Cottage Cheese 2oz. Fresh Pincapple 4 oz. Water	22 Goldfish Crackers ½ oz. 100% Fruit Juice 4oz.
25 Graham Crackers ½ oz. Fruit Yogurt 4oz. Water	26 Fig Newtons ½ Serving. Diced Peaches 4 oz. Water	27 Carrot & Celery Sticks 4 oz. Sunflower Dip ½ oz Water	28	29