



food2you

Nut-free facility

Local and organic fresh fruits & vegetables

Scratch cooking

food2youinc.com

Breakfast Menu / Spring

2019 / January / February / March

V = Vegetarian

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	1/21 2/18 3/18 Corn Flakes Fresh Oranges ¹ Organic Milk	1/22 2/19 3/19 Whole Grain Pancakes w/ Pear Puree Turkey Sausage V - Fresh Eggs Fresh Pineapple ¹ Organic Milk	1/23 2/20 3/20 Scrambled Eggs Whole Grain Biscuits Fresh Apples ² Organic Milk	1/24 2/21 3/21 Whole Grain Bagels w/ Cream Cheese Turkey Bacon V - Fresh Eggs Fresh Oranges ¹ Organic Milk	1/25 2/22 3/1 3/22 Lemon Poppy Muffins Fresh Honeydew Organic Milk
WEEK 2	1/28 2/25 3/25 Toasted Oats Fresh Oranges ¹ Organic Milk	1/29 2/26 3/26 Whole Grain French Toast Sticks Turkey Bacon V - Fresh Eggs Fresh Pineapple ¹ Organic Milk	1/2 1/30 2/27 3/27 Sausage & Cheese Biscuit Sandwiches V - Cheese Biscuits Fresh Apples ² Organic Milk	1/3 1/31 2/28 3/28 Whole Grain Waffles w/ Applesauce Turkey Bacon V - Fresh Eggs Fresh Oranges ¹ Organic Milk	1/4 2/1 3/1 3/29 Apple Spice Muffins Fresh Cantaloupe Organic Milk
WEEK 3	1/7 2/4 3/4 Rice Krispies Fresh Oranges ¹ Organic Milk	1/8 2/5 3/5 Whole Grain Pancakes w/ Pear Puree Turkey Sausage V - Fresh Eggs Fresh Pineapple ¹ Organic Milk	1/9 2/6 3/6 Homemade Granola Vanilla Yogurt Fresh Apples ² Organic Milk	1/10 2/7 3/7 Potato Pancakes Applesauce Turkey Bacon V - Fresh Eggs Fresh Oranges Organic Milk	1/11 2/8 3/8 Orange Blossom Muffins Fresh Honeydew Organic Milk
WEEK 4	1/14 2/11 3/11 Toasted Oats Fresh Oranges ¹ Organic Milk	1/15 2/12 3/12 Whole Grain Waffles w/ Pear Puree Turkey Bacon V - Fresh Eggs Fresh Pineapple ¹ Organic Milk	1/16 2/13 3/13 English Muffins Hash Browns Fresh Apples ² Organic Milk	1/17 2/14 3/14 Whole Grain Biscuits Turkey Sausage V - Fresh Eggs Fresh Oranges ¹ Organic Milk	1/18 2/15 3/15 Blueberry Muffins Fresh Cantaloupe Organic Milk

Whole milk offered to children under 2 years and 1% milk for children over 2 years - water available to children at all times 1 - Bananas, 2 - Applesauce, 3 - Pear Puree
 ** OUR CENTER SERVES 100% USDA CERTIFIED ORGANIC MILK ** This menu has been reviewed by Betsy Sejud, MHA, RD, LDN / Food2You Maplewood, Inc. v2.6.



food2you

Nut-free facility

Local and organic fresh fruits & vegetables

Scratch cooking

food2youinc.com

Lunch Menu / Spring

2019 / January / February / March

V = Vegetarian

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	1/21 2/18 3/18 Penne Pasta Turkey Meat Sauce V - Tofu Marinara Mozzarella Cheese Peas & Carrots Ciabatta Bread Fresh Apples ²	1/22 2/19 3/19 Turkey Picadillo Flour Tortillas Cheddar Cheese V - Cheese Quesadilla Spanish Rice Green & Yellow Beans Fresh Bananas	1/23 2/20 3/20 Red Beans & Rice Grilled Chicken V - Organic Tofu Broccoli & Cauliflower Fresh Cantaloupe	1/24 2/21 3/21 Chicken Strips Parmesan Cheese Whole Grain Noodles 6 Veggie Blend Fresh Pineapple ¹	1/25 2/22 3/1 3/22 Cheese Pizza Green Beans Diced Carrots Fresh Fruit Salad
WEEK 2	1/28 2/25 3/25 Chicken Alfredo Whole Grain Pasta V - Tofu Alfredo Peas & Carrots Ciabatta Bread Fresh Apples ²	1/29 2/26 3/26 Sloppy Joes Whole Grain Buns V - Tofu Sofritas Green & Yellow Beans Fresh Bananas	1/2 1/30 2/27 3/27 Hawaiian Chicken White Rice V - Organic Tofu Broccoli & Cauliflower Fresh Honeydew	1/3 1/31 2/28 3/28 Turkey Chili V - Veggie Chili Sweet Corn Bread 6 Veggie Blend Fresh Pineapple ¹	1/4 2/1 3/1 3/29 Mac & Cheese Green Beans Diced Carrots Fresh Fruit Salad
WEEK 3	1/7 2/4 3/4 Cheese Tortellini Marinara Sauce Peas & Carrots Ciabatta Bread Fresh Apples ²	1/8 2/5 3/5 Chicken Potato Verde Flour Tortillas V - Tofu Potato Verde Shredded Cheese Spanish Rice Green & Yellow Beans Fresh Bananas	1/9 2/6 3/6 Roasted Turkey Sweet Potatoes V - Caprese Panini Corn Bread Broccoli & Cauliflower Fresh Cantaloupe	1/10 2/7 3/7 Greek Chicken Herbed White Rice V - Potatoes & Tofu 6 Veggie Blend Fresh Pineapple ¹	1/11 2/8 3/8 Wheat Grilled Cheese Roasted Potatoes Green Beans Diced Carrots Fresh Fruit Salad
WEEK 4	1/14 2/11 3/11 Chicken Parmesan Whole Grain Pasta V - Tofu Parmesan Peas & Carrots Ciabatta Bread Fresh Apples	1/15 2/12 3/12 Turkey Mac Casserole V - Mac N' Cheese Green & Yellow Beans Fresh Bananas	1/16 2/13 3/13 Asian Chicken Brown Rice V - Veggie Spring Roll Broccoli & Cauliflower Fresh Honeydew	1/17 2/14 3/14 Turkey Chili V - Veggie Chili Sweet Corn Bread 6 Veggie Blend Fresh Pineapple ¹	1/18 2/15 3/15 Chicken Non-Fried Brown Rice V - Organic Tofu Green Beans Fresh Fruit Salad

Whole milk offered to children under 2 years and 1% milk for children over 2 years - water available to children at all times 1 - Bananas, 2 - Applesauce, 3 - Pear Puree
 ** OUR CENTER SERVES 100% USDA CERTIFIED ORGANIC MILK ** This menu has been reviewed by Betsy Sejud, MHA, RD, LDN / Food2You Maplewood, Inc. v2.6.



food2you

Nut-free facility
 Local and organic fresh
 fruits & vegetables
 Scratch cooking
food2youinc.com

Snack Menu / Spring

2019 / January / February / March

V = Vegetarian

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	1/21 2/18 3/18 String Cheese Ritz Crackers Water	1/22 2/19 3/19 Crispy Ranch Rounds Fresh Pears Water	1/23 2/20 3/20 Housemade Orange Blossom Bread Organic Milk	1/24 2/21 3/21 Baked Cherry Sticks Fresh Bananas Water	1/25 2/22 3/1 3/22 Graham Crackers Fresh Apples Water
WEEK 2	1/28 2/25 3/25 Saltines String Cheese Water	1/29 2/26 3/26 BYO Tortilla Pizza Cheese & Marinara Sauce Water	1/2 1/30 2/27 3/27 Mini Garlic Naan American Slices Water	1/3 1/31 2/28 3/28 Blackbean Veggie Crisps Fresh Bananas	1/4 2/1 3/1 3/29 Housemade Granola Fresh Apples ² Water
WEEK 3	1/7 2/4 3/4 Ritz Crackers String Cheese Water	1/8 2/5 3/5 Kids Mix Fresh Pears Water	1/9 2/6 3/6 Housemade Blueberry Snack Bread Organic Milk	1/10 2/7 3/7 Baked Apple Sticks Fresh Bananas Water	1/11 2/8 3/8 Graham Squares Fresh Apples ² Water
WEEK 4	1/14 2/11 3/11 Saltines String Cheese Water	1/15 2/12 3/12 Pretzel Baguette Slices Cheddar Cheese Sauce Fresh Pears	1/16 2/13 3/13 Housemade Granola Vanilla Yogurt Water	1/17 2/14 3/14 Kids Mix Fresh Bananas Water	1/18 2/15 3/15 Blackbean Veggie Crisps Fresh Apples ²



food2you

Nut-free facility
 Local and organic fresh
 fruits & vegetables
 Scratch cooking
food2youinc.com

Allergy Menu / Spring

2019 / January / February / March

Gluten, wheat, egg, dairy, soy, fish, peanut & tree nut free

WEEK 1

Monday

1/21 2/18 3/18

Corn Flour Pasta
Turkey Red Sauce
Peas & Carrots
Fresh Apples

Tuesday

1/22 2/19 3/19

Turkey Picadillo
Corn Tortillas
Spanish Rice
Green & Yellow Beans
Fresh Bananas

Wednesday

1/23 2/20 3/20

Red Beans & Rice
Grilled Chicken
Broccoli & Cauliflower
Fresh Cantaloupe

Thursday

1/24 2/21 3/21

Chicken Strips
Corn Flour Noodles
6 Veggie Blend
Fresh Pineapple

Friday

1/25 2/22 3/1 3/22

Vegan Quesadillas
Green Beans
Diced Carrots
Fresh Fruit Salad

WEEK 2

1/28 2/25 3/25

Chicken Marinara
Corn Flour Pasta
Peas & Carrots
Fresh Apples

1/29 2/26 3/26

Sloppy Joes
Corn Tortillas
Green & Yellow Beans
Fresh Bananas

1/2 1/30 2/27 3/27

Grilled Chicken
White Rice
Broccoli & Cauliflower
Fresh Honeydew

1/3 1/31 2/28 3/28

Turkey Chili
Corn Tortillas
6 Veggie Blend
Fresh Pineapple

1/4 2/1 3/1 3/29

Mac & Chicken
Corn Flour Pasta
Green Beans
Diced Carrots
Fresh Fruit Salad

WEEK 3

1/7 2/4 3/4

Corn Flour Pasta
Turkey Red Sauce
Peas & Carrots
Fresh Apples

1/8 2/5 3/5

Chicken Potato Verde
Corn Tortillas
Spanish Rice
Green & Yellow Beans
Fresh Bananas

1/9 2/6 3/6

Roasted Turkey
Sweet Potatoes
Corn Tortillas
Broccoli & Cauliflower
Fresh Cantaloupe

1/10 2/7 3/7

Grilled Chicken
Herbed White Rice
6 Veggie Blend
Fresh Pineapple

1/11 2/8 3/8

Vegan Quesadillas
Roasted Potatoes
Green Beans
Diced Carrots
Fresh Fruit Salad

WEEK 4

1/14 2/11 3/11

Chicken, Herbs & Olive Oil
Corn Flour Pasta
Peas & Carrots
Corn Tortillas
Fresh Apples

1/15 2/12 3/12

Turkey Mac
Vegan Cheese
Corn Flour Pasta
Green & Yellow Beans
Fresh Bananas

1/16 2/13 3/13

Grilled Chicken
Brown Rice
Broccoli & Cauliflower
Fresh Honeydew

1/17 2/14 3/14

Turkey Chili
Corn Tortillas
6 Veggie Blend
Fresh Pineapple

1/18 2/15 3/15

Chicken Non-Fried
Brown Rice
Green Beans
Diced Carrots
Fresh Fruit Salad