



Desert Preschool Academy Breakfast-Lunch-Snack (Infants 6-11 months) December 02-31, 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		
2	Breakfast- Fruit Lunch - Veggies or Fruit Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	3	Breakfast - Fruit Lunch - Veggies, Meats Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	4	Breakfast- Fruit Lunch - Veggies Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	4	Breakfast- Fruit Lunch - Veggies, Meats Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	6	Breakfast - Fruit Lunch - Veggies Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	
9	Breakfast- Fruit Lunch - Veggies or Fruit Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	10	Breakfast - Fruit Lunch - Veggies, Meats Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	11	Breakfast- Fruit Lunch - Veggies Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	12	Breakfast - Fruit Lunch - Veggies, Meats Snack - Yogurt Infant Cereal (Rice or Oatmeal)	13	Breakfast - Fruit Lunch - Veggies Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	
16	Breakfast- Fruit Lunch - Veggies or Fruit Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	17	Breakfast - Fruit Lunch - Veggies, Meats Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	18	Breakfast- Fruit Lunch - Veggies Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	19	Breakfast- Fruit Lunch - Veggies, Meats Snack - Yogurt Infant Cereal (Rice or Oatmeal)	20	Breakfast - Fruit Lunch - Veggies Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	
23	Breakfast- Fruit Lunch - Veggies or Fruit Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	24	Breakfast - Fruit Lunch - Veggies, Meats Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	25	HOLIDAY SCHOOL CLOSED		26	Breakfast - Fruit Lunch - Veggies, Meats Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	27	Breakfast- Fruit Lunch - Veggies Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)
30	Breakfast- Fruit Lunch - Veggies or Fruit Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	31	Breakfast - Fruit Lunch - Veggies, Meats Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)							



Desert Preschool Academy Breakfast For (1-2) years old December 02-31, 2024

Bread and Crackers: Enriched whole grain, whole wheat and gluten free products served.
 Dairy: Children 1-2 years of age are served whole milk or Dairy Substitutions: Whole 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
2	3	4	5	6
Cheerios ½ C. Tropical Fruit 2oz. Milk 4oz.	Bran Muffins ½ Serving. Applesauce 2oz. Milk 4oz.	Mini bagels ½ Serving. Fresh Berries 2oz. Milk 4oz	French Toast ½ Serving. Mandarin Oranges 2oz. Milk 4oz.	Yogurt w/granola 2 oz. Granola .5oz Fresh Bananas 2oz. Milk 4oz.
9	10	11	12	13
Pancakes ½ Serving. Mix fruit 2 oz. Milk 4oz	Blueberry Muffin ½ Serving. Diced Pears 2oz. Milk 4oz.	Waffles ½ Serving. Apple slices 2oz. Milk 4oz.	Corn muffins ½ Serving. Pineapple tidbits 2oz Milk 2oz.	Zucchini Bread ½ Serving. Fresh oranges 2oz. Milk 4oz
16	17	18	19	20
English muffins ½ Serving. Diced Peach 2oz. Milk 4oz.	French Toast ½ Serving. Tropical fruit 2 oz. Milk 4oz.	Pineapple Bread ½ Serving. Fresh Mango 2oz. Milk 4oz	Yogurt w/ Granola 2oz Granola .5 oz Diced Peach 2 oz. Milk 4oz.	Banana Bread ½ Serving. Fresh Oranges 2oz Milk 4oz
23	24	25	26	27
Rice Chex Cereal ¾ C. Fresh Bananas 2oz. Milk 4oz.	Orange & Berries Bread ½ Serving. Apples slices 2oz Milk 4oz.	HOLIDAY SCHOOL CLOSED	Pancakes ½ Serving. Diced pear 2oz Milk 4oz	Carrot bread ½ Serving. Tropical fruit 2oz. Milk 4oz
30	31			
Corn Muffin ½ Serving. Mandarin Oranges 2oz. Milk 4oz.	Yogurt w/Granola 2 oz. Granola .5oz. Fresh Mango 2oz Milk 4oz.			



Desert Preschool Academy Lunch For (1-2 years old) December 2-31, 2024.

Bread and Crackers: Enriched whole grain, whole wheat and gluten free products served.
 Dairy: Children 1-2 years of age are served Whole milk. Dairy Substitutions: Whole Lactaid free milk, Soy milk, soy yogurt and soy butter. Non-Dairy and Plant Based Cheese, Meats...
 NOTE: Healthy Beverage in Child Care Act does not allow licensed childcare centers to serve flavored beverages to children of any age.
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Turkey & Cheese Wrap 1oz Spinach Tortilla ½ Serving fresh vegetables 1oz. Fresh Fruit 1 oz. Milk 4 oz.	3 Chicken Noodle soup ¾ C Whole Grain pasta ¼ c. Mix veggies 1 oz. Fresh mango 1 oz. Milk 4oz.	4 BBQ Chicken 1 oz. W.W Dinner Rolls ½ Serving Mashed Potato 1oz Tropical Fruit 1 oz. Milk 4oz.	5 Chicken / Fish Strips 1 oz. Breading ½ Serving. Potato Salad 1 oz. Fresh Orange Slices 1 oz Milk 4oz.	6 Mac & Cheese ¾ C. Whole Grain Pasta ½ Serving California Blend Vegetables 1 oz. Apple slices 1oz. Milk 4 oz.
9 Beef Chili Mac 1 oz. Whole Grain Pasta ¼ c. Steamed Broccoli 1 oz. Fresh Mix Berries 1 oz. Milk 4oz	10 Chicken and Rice Soup ¾ C. Diced chicken 1 oz Steamed rice ¼ c. Mix vegetables 1oz Fresh bananas 1oz Milk 4 oz.	11 Lasagna 4oz. Whole Wheat pasta ¼ c. California Blend Vegetables 1oz Fresh Pears 1oz. Milk 4oz	12 Turkey and Cheese Sub 1oz. Whole Grain Sub rolls ½ Serv Lettuce-Tomato 1oz. Fresh Apple 1oz. Milk 4oz.	13 Albondigas Soup ¾ C. Whole Wheat Bread ½ Serving. Fresh Mix Vegetables 1oz. Fresh fruit 1 oz. Milk 4oz.
16 Chicken Alfredo 1 oz. Whole Grain Pasta ¼ c. Green Beans 1oz. Fresh Diced Mango 1oz. Milk 4oz.	17 Greek Gyro Pita Pocket Greek Meat 1oz Whole Grain Pita Pocket ½ Serving. Green beans 1oz. Canned fruit 1 oz Milk 4 oz.	18 Turkey and Potato Soup ¾ C Whole Wheat Bread ½ Serving Diced Potato 1 oz. Fresh fruit 1 oz. Milk 4 oz.	19 Chicken / Tuna Casserole 1 oz. Whole Grain Pasta ¼ c. Steamed Vegetables 1oz. Fresh Pineapple 1 oz. Milk 4 oz.	20 Beef Tostada 1oz. Hard Shell Tortilla ½ Serving. Pico De Gallo 1 oz. Fresh Orange Slices 1 oz. Milk 4oz.
23 Cheese Quesadilla 1 oz. Flour Tortilla ½ S. Refried Beans 1 oz. Fresh Orange Slices 1 oz. Milk 4 oz.	24 Spaghetti and Meatballs 1 oz. Whole Grain Pasta ¼ c. Green Beans 1oz. Mix Berries 1 oz. Milk 4oz.	25 HOLIDAY SCHOOL CLOSED		27 Chicken Pot Pie 1 oz Whole Grain Diner Rolls ½ Serv Peas and Carrots 1 oz. Fresh Apples 1 oz. Milk 4 oz.
30 Ground Beef - Rice Bowl ¾ C. Spanish Rice ¼ c. Pico de Gallo 1oz. Fresh oranges 1oz. Milk 4oz.	31 Chicken Nuggets 1 oz Whole Wheat Bread ½ Serv Fresh Mix Vegetables 1oz. Fresh Fruit 1 oz. Milk 4 oz.			



Desert Preschool Academy Snack For (1 -2) years old) December 02-31, 2024.

Bread and Crackers: Enriched whole grain, whole wheat and gluten free products served.
 Dairy: Children 1-2 years of age are served Whole milk. Dairy Substitutions: whole 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.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Berry Nutri grain bars ½ S. Milk 4 oz.	3 Soft spread cheese ½ oz. Naan Bread ½ Serving. 100% Fruit Juice 4oz.	4 Steamed Carrot Sticks 4oz Triscuits ½ Serv Ranch dressing ½ oz.	5 Goldfish Crackers ½ oz. 100% Fruit Juice 4oz.	6 Avocado Toast. Wgr. Bread ½ S. Avocado Dip 4oz. Water
9 Cottage cheese 2 oz. Diced peach 4oz. Water.	10 String Cheese ½ oz. Saltine Crackers ½ Serving. Tropical fruit 4oz.	11 Corn Muffin ½ Serving. Milk 4oz.	12 Hummus ½ oz. Pita Pocket ½ Serving. 100% Fruit Juice 4oz.	13 Wheat Thins ½ Serving. String Cheese ½ oz Water
16 Yogurt 4 oz. Graham Crackers ½ Serving. Water	17 Cheez its crackers ½ serving. 100% Fruit Juice 4oz.	18 Avocado Toast Wgr. Bread ½ S. Avocado Dip 4oz Water	19 Fig Newtons ½ Serving. Diced Peaches 4 oz. Milk 4oz.	20 Steamed Mix Veggies 4 oz Rice Cake ½ Serving. Water
23 Raisin Bread ½ Serv Milk 4oz.	24 Cottage Cheese 2oz. Pineapple Tidbits 4 oz. Water	25 HOLIDAY SCHOOL CLOSED	26 Fruit Yogurt 4oz. Animal Crackers ½ oz. Water	27 Baby bel Cheese ½ oz. Ritz crackers ½ serving. Diced peach 4oz.
30 Graham Crackers ½ oz. Fruit Yogurt 4oz. Water	31 Apple Nutri grain bar ½ Serv. Milk 4 oz.			

100% APPLE JUICE ½ C. Waffles



Desert Preschool Academy Breakfast For (2-5) years old December 02-31, 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 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
2 Cheerios ¾ C. Tropical Fruit 4oz. 1% Milk 6oz.	3 Bran Muffins ½ Serving. Applesauce 4oz. 1% Milk 6oz.	4 Mini bagels ½ S. Fresh Berries 4oz. 1% Milk 6oz	5 French Toast ½ Serving. Mandarin Oranges 4oz. 1% Milk 6oz.	6 Yogurt W/granola 4 oz. Fresh Bananas 4oz. 1% Milk 6oz.
9 Pancakes ½ Serving. Mix fruit 4 oz. 1% Milk 6oz	10 Blueberry Muffin ½ Serving. Diced Pears 4oz. 1% Milk 6oz.	11 Waffles ½ Serving. Apple slices 4oz. 1% Milk 6oz.	12 Corn muffins ½ Serv Pineapple tidbits 4oz 1% Milk 6oz.	13 Zucchini Bread ½ Serving. Fresh oranges 4oz. 1% Milk 6oz
16 English muffins/½ Serving Diced Peach 4oz. 1% Milk 6oz.	17 French Toast ½ Serving. Tropical fruit 4 oz. 1% Milk 6oz.	18 Pineapple Bread ½ serving. Fresh Mango 4oz. 1% Milk 6oz	19 Yogurt W/ Granola 4oz Diced Peach 4 oz. 1% Milk 6oz.	20 Banana Bread ½ Ser Fresh Oranges 4oz 1% milk 6oz
23 Rice Chex Cereal ½ c. Fresh Bananas 4oz. 1% Milk 6oz.	24 Orange & Berries Bread ½ Serv Apples slices 4oz 1% Milk 6oz.	25 HOLIDAY SCHOOL CLOSED	26 Pancakes ½ Serv Diced pear 4oz 1% milk 6oz	27 Carrot bread ½ Serving. Tropical fruit 4oz. 1% Milk 6oz
30 Corn Muffin ½ Serving. Mandarin Oranges 4oz. 1% Milk 6oz.	31 Yogurt w/Granola 4oz Granola 1oz Fresh Mango 4oz 1% Milk 6oz.			



Desert Preschool Academy

Lunch For (2-5 years old)

December 2-31, 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...
 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.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Turkey & Cheese Wrap 1.5oz Spinach Tortilla ½ Serving fresh vegetables 2oz. Fresh Fruit 2 oz. 1% Milk 6 oz.	3 Chicken Noodle soup 1C Whole Grain pasta ½ Serving. Mix veggies 2 oz. Fresh mango 2 oz. 1% Milk 6oz.	4 BBQ Chicken 1.5 oz. W. W Dinner Rolls ½ Serving Mashed Potato 2oz Tropical Fruit 2 oz. 1% Milk 6 oz.	5 Chicken / Fish Strips 1.5 oz. Breading ½ Serving. Potato Salad 2 oz. Fresh Orange Slices 2 oz 1% Milk 6oz.	6 Mac & Cheese ¾ C. Whole Grain Pasta ½ Serving California Blend Vegetables 2 oz. Fresh Apple 2 oz. 1% Milk 6 oz.
9 Beef Chili Mac 1.5 oz. Whole Grain Pasta ½ Serving Steamed Broccoli 2 oz. Fresh Mix Berries 2 oz. 1% Milk 6 oz.	10 Chicken and Rice Soup 1C. Diced chicken 1.5 oz Steamed rice ¼ c. Mix vegetables 2oz Fresh bananas 2oz 1% Milk 6oz.	11 Lasagna 4oz. Whole Wheat pasta ½ Serving. California Blend Vegetables 2oz Fresh Pears 2 oz. 1% Milk 6 oz.	12 Turkey and Cheese Sub 1.5oz. Whole Grain Sub rolls ½ Serv Lettuce-Tomato 2 oz. Fresh Apple 2 oz. 1% Milk 6 oz.	13 Albondigas Soup 1C Whole Wheat Bread ½ Serving. Fresh Mix Vegetables 2oz. Fresh fruit 2 oz. 1% Milk 6oz.
16 Chicken Alfredo 1.5 oz. Whole Grain Pasta ½ Serving. Green Beans 2oz. Fresh Diced Mango 2 oz. 1% Milk 6 oz.	17 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.	18 Turkey and Potato Soup 1 C Whole Wheat Bread ½ Serving Diced Potato 2 oz. Fresh fruit 2 oz. 1% Milk 6 oz.	19 Chicken / Tuna Casserole 1.5 oz. Whole Grain Pasta ½ Serving. Steamed Vegetables 2oz. Fresh Pineapple 2 oz. 1% Milk 6 oz.	20 Beef Tostada 1.5oz. Hard Shell Tortilla ½ Serving. Pico De Gallo 2 oz. Fresh Orange Slices 2 oz. 1% Milk 6oz.
23 Cheese Quesadilla 1.5 oz. Flour Tortilla ½ S. Refried Beans 2 oz. Fresh Orange Slices 2 oz. 1% Milk 6 oz.	24 Spaghetti and Meatballs 1.5 oz. Whole Grain Pasta ½ Serving. Green Beans 2oz. Mix Berries 2 oz. 1% Milk 6 oz.	25 HOLIDAY SCHOOL CLOSED		27 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.
30 Ground Beef - Rice Bowl 1C. Spanish Rice ¼ c. Pico de Gallo 2oz. Fresh oranges 2oz. 1% Milk 6oz.	31 Chicken Nuggets 1.5 oz Whole Wheat Bread ½ Serv Fresh Mix Vegetables 2 oz. Fresh Fruit 2 oz. 1% Milk 6 oz.			



Desert Preschool Academy Snack For (2 -5) years old December 02-31, 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
2	3	4	5	6
Berry Nutri grain bars ½ S. 1% Milk 4 oz.	Soft spread cheese ½ oz. Naan Bread ½ Serving. 100% Fruit Juice 4oz.	Carrot Sticks 4oz Triscuits ½ Serv Ranch dressing ½ oz.	Goldfish Crackers ½ oz. 100% Fruit Juice 4oz.	Avocado Toast Wgr. Toast Bread ½ S. Avocado dip 4oz Water
9	10	11	12	13
Cottage cheese 2 oz. Diced peach 4oz. Water.	String Cheese ½ oz. Saltine Crackers ½ Serving. Tropical fruit 4oz.	Corn Muffin ½ Serving. 1% Milk 4oz.	Hummus ½ oz. Pita Pocket ½ Serving. 100% Fruit Juice 4oz.	Wheat Thins ½ Serving. String Cheese ½ oz Water
16	17	18	19	20
Yogurt 4 oz. Graham Crackers ½ Serving. Water	Cheez its crackers ½ serving. 100% Fruit Juice 4oz.	Avocado Toast Wgr. Toast Bread ½ s. Avocado Dip 4oz. Water	Fig Newtons ½ Serving. Diced Peaches 4 oz. 1% Milk 4oz.	Fresh Cucumbers 4 oz Rice Cake ½ Serving. Water
23	24	25	26	27
Raisin Bread ½ Serv Milk 4oz.	Cottage Cheese 2oz. Pineapple Tidbits 4 oz. Water	HOLIDAY SCHOOL CLOSED	Fruit Yogurt 4oz. Animal Crackers ½ oz. Water	Baby bel Cheese ½ oz. Ritz crackers ½ serving. Diced peach 4oz.
30	31			
Graham Crackers ½ oz. Fruit Yogurt 4oz. Water	Apple Nutri grain bar ½ Serv. 1% Milk 4 oz.			

100% APPLE JUICE ½ C. Waffles