

# ALLSTATE LITTLE HANDS MENU

## WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<p>Scramble Eggs<sup>1</sup> Wheat Toast<sup>5</sup> Peaches 2% Milk<sup>2</sup></p> <p><b>(EGG)</b> String Cheese<sup>2</sup></p> <p>Infants: <b>Peaches</b></p>	<p>Oatmeal<sup>5</sup> Turkey Sausage Roasted Apples 2% Milk<sup>2</sup></p> <p>Substitutes: <b>(VEG)</b> Veggie Sausage<sup>156</sup></p> <p>Infants: <b>Oatmeal</b></p>	<p>Waffle<sup>1256</sup> Veggie Sausage<sup>156</sup> Mandarin Oranges 2% Milk<sup>2</sup></p> <p>Substitutes: <b>(EGG)</b> <b>(DAIRY)</b> Wheat Toast with Jelly<sup>5</sup></p> <p>Infants: <b>Mandarin Oranges</b></p>	<p>Cheerios<sup>5</sup> Turkey Sausage Bananas 2% Milk<sup>2</sup></p> <p>Substitutes: <b>(VEG)</b> <b>(SOY)</b> Veggie Sausage<sup>156</sup></p> <p>Infants: <b>Banana</b></p>	<p>English Muffin with Grape Jelly<sup>56</sup> Grilled Ham Slice<sup>7</sup> Peaches 2% Milk<sup>2</sup></p> <p>Substitutes: <b>(VEG)</b> <b>(SOY)</b> Veggie Sausage<sup>156</sup></p> <p>Infants: <b>Peaches</b></p>
LUNCH	<p>Chicken Pot Pie<sup>25</sup> Watermelon 2% Milk<sup>2</sup></p> <p>Substitutes: <b>(VEG)</b> Vegan Bean Pie<sup>5</sup></p> <p><b>(DAIRY)</b> Dairy Free Gluten Free Chicken Pot Pie</p> <p>Infants: <b>Watermelon</b></p>	<p>Grilled Chicken Parmesan<sup>2</sup> Roasted Potatoes Sliced Cucumbers and Tomatoes 2% Milk<sup>2</sup></p> <p>Substitutes: <b>(VEG)</b> <b>(SOY)</b> Tofu Parmesan<sup>26</sup> <b>(DAIRY)</b> Roasted Chicken Breast</p> <p>Infants: <b>Roasted Potatoes</b></p>	<p>Pork and Broccoli Stir Fry<sup>567</sup> Vegetable Fried Rice<sup>156</sup> Applesauce 2% Milk<sup>2</sup></p> <p>Substitutes: <b>(VEG)</b> Vegetable Stir Fry<sup>56</sup> <b>(EGG)</b> <b>(SOY)</b> Brown Rice<sup>6</sup></p> <p>Infants: <b>AppleSauce</b></p>	<p>Spaghetti with Meat Sauce<sup>5</sup> Green Beans 2% Milk<sup>2</sup></p> <p>Substitutes: <b>(VEG)</b> Spaghetti<sup>5</sup> with Marinara Sauce</p> <p>Infants: <b>Pineapple Tidbits</b></p>	<p>Chicken Broccoli Rice Casserole<sup>2</sup> Sliced Apples 2% Milk<sup>2</sup></p> <p>Substitutes: <b>(VEG)</b> Chickpea Broccoli Rice Casserole<sup>2</sup> <b>(DAIRY)</b> <b>(SOY)</b> Dairy Free Chicken Broccoli Rice Casserole</p> <p>Infants: <b>Honeydew</b></p>
SNACK	<p>Blueberry Pumpkin Muffin<sup>125</sup> Water</p> <p><b>(EGG)</b> <b>(DAIRY)</b> Graham Crackers<sup>5</sup> and String Cheese<sup>2</sup></p> <p>Infants: <b>Mini Muffin</b></p>	<p>Fresh Fruit Cup Goldfish Crackers<sup>256</sup> Water</p> <p><b>(DAIRY)</b> Wheat Crackers<sup>5</sup></p> <p>Infants: <b>Banana</b></p>	<p>Cheese cubes<sup>2</sup> Wheat Crackers<sup>56</sup> Water</p> <p><b>(DAIRY)</b> Turkey Cubes</p> <p>Infants: <b>Pears</b></p>	<p>Hummus<sup>3</sup> Baked Pita Chips<sup>25</sup> Carrots Water</p> <p>Corn Tortilla Chips Pico de Gallo</p> <p>Infants: <b>Applesauce</b></p>	<p>Traditional Chex Mix<sup>5</sup> Banana Water</p> <p>Infants: <b>Banana</b></p>

### DIETARY RESTRICTIONS:

- Vegetarian      **5** Gluten
- 1** Egg Allergy    **6** Soy
- 2** Dairy Allergy   **7** Pork
- 3** Sesame Allergy
- 4** Fish Allergy

# ALLSTATE LITTLE HANDS MENU

## WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<p>Vegetable Frittata<sup>1</sup> Peaches 2% Milk<sup>2</sup></p> <p>Substitutes: <b>(EGG)</b> Potato and Vegetable Patty Crumble<sup>256</sup></p> <p>Infants: <b>Peaches</b></p>	<p>Pancakes<sup>256</sup> Veggie Sausage<sup>156</sup> Strawberries and Bananas 2% Milk<sup>2</sup></p> <p>Substitutes: <b>(EGG) (DAIRY)</b> Wheat Toast with Jelly<sup>5</sup> <b>(DAIRY) (SOY)</b> Carbon Gluten Free Pancakes</p> <p>Infants: <b>Banana</b></p>	<p>Oatmeal<sup>5</sup> Bacon Pineapple Chunks 2% Milk<sup>2</sup></p> <p>Substitutes: <b>(EGG)</b> String Cheese<sup>2</sup></p> <p>Infants: <b>Applesauce</b></p>	<p>French Toast Sticks<sup>1256</sup> Scrambled Eggs<sup>1</sup> Mandarin Oranges 2% Milk<sup>2</sup></p> <p>Substitutes: <b>(EGG) (DAIRY)</b> Wheat Toast<sup>5</sup> with Cinnamon <b>(EGG)</b> String Cheese<sup>2</sup></p> <p>Infants: <b>Oranges</b></p>	<p>Sausage and Cheese Biscuit<sup>25</sup> Cantaloupe 2% Milk<sup>2</sup></p> <p>Substitutes: <b>(VEG)</b> Veggie Sausage Muffin<sup>12567</sup> <b>(DAIRY)</b> Sausage on English Muffin<sup>567</sup></p> <p>Infants: <b>Cantaloupe</b></p>
LUNCH	<p>Ham and Cheddar Wrap<sup>257</sup> Roasted Cauliflower Honeydew 2% Milk<sup>2</sup></p> <p>Substitutes: <b>(VEG)</b> Cheese Wrap<sup>25</sup> <b>(DAIRY)</b> Ham Wrap<sup>57</sup></p> <p>Infants: <b>Honeydew</b></p>	<p>Swedish Meatballs Egg Noodles<sup>15</sup> Cantaloupe 2% Milk<sup>2</sup></p> <p>Substitutes: <b>(VEG)</b> Veggie Meatballs<sup>125</sup> Rice Pasta</p> <p>Infants: <b>Cantaloupe</b></p>	<p><b>Allergen Free Turkey Meatloaf</b><sup>15</sup> Smashed Potatoes<sup>6</sup> Green Beans 2% Milk<sup>2</sup></p> <p>Substitutes: <b>(VEG)</b> Lentil Loaf<sup>56</sup></p> <p>Infants: <b>Smashed Potatoes</b><sup>6</sup></p>	<p>Hamburger Sliders<sup>5</sup> Broccoli Banana 2% Milk<sup>2</sup></p> <p>Substitutes: <b>(VEG)</b> Veggie Burger<sup>256</sup></p> <p>Infants: <b>Broccoli</b></p>	<p>Marconi and Cheese<sup>256</sup> Grilled Chicken Tender Roasted Vegetables Honeydew 2% Milk<sup>2</sup></p> <p>Substitutes: <b>(DAIRY)</b> Gluten Free Penne with marinara sauce</p> <p>Infants: <b>Roasted Vegetables</b></p>
SNACK	<p>Banana Bread<sup>125</sup> Water</p> <p><b>(DAIRY)</b> Bananas and Low fat Granola<sup>5</sup></p> <p>Infants: <b>Bananas</b></p>	<p>Cottage Cheese<sup>2</sup> Sliced Apples Water</p> <p><b>(DAIRY)</b> Hummus<sup>3</sup></p> <p>Infants: <b>Cottage Cheese</b><sup>2</sup></p>	<p>Graham Crackers<sup>56</sup> Yogurt Fruit Dip<sup>2</sup> Water</p> <p><b>(DAIRY)</b> Peaches</p> <p>Infants: <b>Peaches</b></p>	<p>Guacamole Baked Pita Chips<sup>25</sup></p> <p><b>(DAIRY)</b> Wheat Crackers<sup>5</sup></p> <p>Infants: <b>Pita Bread</b></p>	<p>Baked Soft Pretzel<sup>56</sup> Water</p> <p>Infants: <b>Baked Soft Pretzel</b></p>

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# ALLSTATE LITTLE HANDS MENU

## WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<p>Scrambled Eggs<sup>1</sup> Bagel<sup>5</sup> Peaches 2% Milk<sup>2</sup></p> <p>Substitutes: <b>(EGG)</b> String Cheese<sup>2</sup></p> <p>Infants: <b>Peaches</b></p>	<p>Chocolate Banana Pancakes<sup>256</sup> Turkey Sausage 2% Milk<sup>2</sup></p> <p>Substitutes: <b>(VEG)</b> Veggie Sausage<sup>156</sup> <b>(DAIRY)</b> English Muffins and Banana<sup>256</sup></p> <p>Infants: <b>Banana</b></p>	<p>Egg and Tator Tot Casserole<sup>12</sup> Honeydew 2% Milk<sup>2</sup></p> <p>Substitutes: <b>(EGG)</b> <b>(DAIRY)</b> Breakfast Ham and Tator Tots</p> <p>Infants: <b>Honeydew</b></p>	<p>Waffles<sup>1256</sup> Bacon<sup>7</sup> Peaches 2% Milk<sup>2</sup></p> <p>Substitutes: <b>(VEG)</b> Veggie Sausage<sup>156</sup> <b>(EGG)</b> <b>(DAIRY)</b> Mini Whole Wheat Bagels<sup>5</sup> with Grape Jelly</p> <p>Infants: <b>Peaches</b></p>	<p>Breakfast Taquito<sup>125</sup> Cantaloupe 2% Milk<sup>2</sup></p> <p>Substitutes: <b>(EGG)</b> Cheese Taquito<sup>2</sup> <b>(DAIRY)</b> Egg Taquito<sup>1</sup></p> <p>Infants: <b>Cantaloupe</b></p>
LUNCH	<p>Black Bean and Cheese Quesadilla<sup>25</sup> Chicken Tortilla Soup<sup>5</sup> Cantaloupe 2% Milk<sup>2</sup></p> <p>Substitutes: <b>(VEG)</b> Black Bean Soup <b>(DAIRY)</b> Bean and Salsa Quesadilla<sup>5</sup></p> <p>Infants: <b>Cantaloupe</b></p>	<p>Oven Roasted Turkey Roasted Sweet Potatoes Wheat Roll<sup>5</sup> 2% Milk<sup>2</sup></p> <p>Substitutes: <b>(VEG)</b> Roasted Herb Tofu<sup>6</sup></p> <p>Infants: <b>Roasted Sweet Potatoes</b></p>	<p>Chicken Stir Fry Brown Rice Pineapple Chunks 2% Milk<sup>2</sup></p> <p>Substitutes: <b>(VEG)</b> Chickpea Stir Fry<sup>6</sup></p> <p>Infants: <b>Applesauce</b></p>	<p>Sloppy Joe<sup>5</sup> Mandarin Orange Fresh Broccoli 2% Milk<sup>2</sup></p> <p>Substitutes: <b>(VEG)</b> Lentil Sloppy Joes<sup>5</sup></p> <p>Infants: <b>Mandarin Oranges</b></p>	<p>Baked Chicken Tender<sup>5</sup> Maple Carrots and Apples 2% Milk<sup>2</sup></p> <p>Substitutes: <b>(VEG)</b> Honey Orange Tofu<sup>56</sup></p> <p>Infants: <b>Carrots and Apple Mash</b></p>
SNACK	<p>Carrot and Celery Sticks Ranch Dressing<sup>21</sup> Wheat Crackers<sup>56</sup> Water</p> <p><b>(DAIRY)</b> Vegan Ranch</p> <p>Infants: <b>Mandarin Oranges</b></p>	<p>Sun Butter Maple Dip Apple Slices Water</p> <p>Infants: <b>Applesauce</b></p>	<p>Energy Bites<sup>5</sup> Water</p> <p>Infants: <b>Peaches</b></p>	<p>White Bean Dip Sliced Cucumbers Baked Pita Chips<sup>56</sup> Water</p> <p>Substitutes: <b>(DAIRY)</b> Wheat Crackers<sup>5</sup></p> <p>Infants: <b>Applesauce</b></p>	<p>Turkey Cubes Rice Cakes Water</p> <p>Substitutes: <b>(VEG)</b> Cheese Cubes<sup>2</sup></p> <p>Infants: <b>Bananas</b></p>

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