

Illinois State University Child Care Center

Week of March 25 – March 29, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>A.M. SNACK Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Kix Cereal (3/4 cup each), 1% Milk (4 oz. each)</p>	<p>Biscuit w/Butter, (1 each), Red Apple Slices (1/2 cup each)</p>	<p>Sociable Crackers (5 each) Green Grapes (1/2 cup each)</p>	<p>WW Toast w/ Butter & Cinnamon Sugar, (1 each), Mandarin Oranges (1/2 cup each)</p>	<p>Hard Salami (4 pieces each) Townhouse Crackers (4 each)</p>
<p>LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Turkey Burger on WG Bun, Baked Beans, Apples, 1% Milk</p>	<p>Beef Tacos on WW Tortillas, Refried Beans, Corn, Cantaloupe, Shredded Lettuce, Shredded Cheese, Tomatoes 1% Milk</p>	<p>Grilled Cheese on WG Bread, Broccoli, Mandarin Oranges 1% Milk</p>	<p>Chicken & Gravy, WG Buttered Noodles, Zucchini & Squash, Peaches, 1% Milk</p>	<p>WG Mac & Cheese, Green Beans, Apple Slices 1% Milk</p>
<p>P.M. SNACK Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Strawberry & Zucchini Muffins (1 each), Fruit Cocktail (1/2 cup each)</p>	<p>Cinnamon Sugar Pretzel Twists (14 sticks each) Fruit Punch Juice (4 oz. each)</p>	<p>Pumpkin, Banana Crumb & Gingerbread Muffins (1 each) Peaches (1/2 cup each)</p>	<p>Cheddar Goldfish (1/2 cup each), Applesauce (1/2 cup each)</p>	<p>Wheat Thin Crackers (8 each), Apple Grape Juice (4 oz. each each)</p>

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Week of April 1 – April 5, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>A.M. SNACK Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Cheese It Crackers (12 each), Applesauce (1/2 cup each)</p>	<p>Dinner Roll w/Butter (1 each), Honeydew (1/2 cup each)</p>	<p>WW English Muffin w/butter & Jelly (1/2 each), 1% Milk (4 oz. each)</p>	<p>Ham Slices (2 each) Toasted Crackers (4 each)</p>	<p>Kix (WG) (3/4 cup each), 1% Milk (4 oz. each)</p>
<p>LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Chili, WG Cornbread Poppers, Baby Carrots, Pears, 1% Milk</p>	<p>Chicken Tacos on WG Soft Tortilla, WG Tortilla Chips, Black Beans, Corn, Pineapple, Shredded Lettuce, Cheese, Tomatoes 1% Milk</p>	<p>Baked Ziti, WG Breadstick, Green Beans, Apples 1% Milk</p>	<p>Hamburger on WG Bun, Coleslaw, Bananas, 1% Milk</p>	<p>WG Bosco Sticks w/Marinara, Broccoli, Mandarin Oranges 1% Milk</p>
<p>P.M. SNACK Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Chex Mix (1/2 cup each), Apple Cranberry Juice (4 oz. each)</p>	<p>Ritz Crackers (4 each), Strawberry Yogurt (1 each)</p>	<p>Corn Muffins (1 each) Pineapple (1/2 cup each)</p>	<p>Club Crackers (4 each), Colby Jack Cheese Slice (1 each)</p>	<p>Triscuit Crackers (4 each), Peach Mango Juice (4 oz. each)</p>

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Week of April 8 – April 12, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>A.M. SNACK Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>White Cheddar Cheese It Groves (12 Each) Strawberries (1/2 cup each)</p>	<p>Turkey Slices (2 pieces each), WW Tortilla (1 each)</p>	<p>Life Cereal (WG) (1/2 cup each) 1% Milk (4 oz. each)</p>	<p>French Toast Sticks (3 each) Cherry Juice (4 oz. each)</p>	<p>Hawaiian Roll w/ Butter (1 each) Red Apple slices (2 each)</p>
<p>LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>WG Chicken Strips, Mashed Potatoes w/ Gravy, Celery Sticks, Peaches 1% Milk</p>	<p>3 Bean Chili, WG Corn Chips, Corn, Cantaloupe, Shredded Cheese, 1% Milk</p>	<p>Sweet & Sour Meatballs, Brown Rice (WG), Edamame, Oranges 1% Milk</p>	<p>Breakfast Sandwich (WG Bagel w/Egg Patty & Cheese), Baby Carrots, Apple Slices, 1% Milk</p>	<p>Cheesy Tortellini Bake, WG Breadstick Lettuce Salad w/Tomatoes & Carrots, Banana, 1% Milk</p>
<p>P.M. SNACK Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Gingerbread Muffins (1 each), ½ Banana (1/2 each)</p>	<p>Wheat Saltine Crackers (4 each), Cheddar Cheese Slice (1 slice each)</p>	<p>Cottage Cheese (1/4 Cup each) Pretzel Sticks (26 sticks each)</p>	<p>Cinnamon Pita Chips (5 each), Fruit Cocktail (1/2 cup each)</p>	<p>Blueberry Muffins (1 each) Mangos (1/2 cup each)</p>

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Week of April 15 – April 19, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>A.M. SNACK Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Multigrain Cheerios (WG) (3/4 cup each), Green Apples (1/2 each cup each)</p>	<p>Soft Pretzels (1/2 Pretzel each) Red Grapes (1/2 cup each)</p>	<p>WW Bagel w/Cream Cheese (1/4 each), Mandarin Oranges (1/2 cup each)</p>	<p>Pizza Bagel Bites (3 each), Tropical Passion Fruit Juice (4 oz each)</p>	<p>Frosted Mini Wheat Cereal (WG) (1/2 cup each) 1% milk (4 oz. each)</p>
<p>LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Chicken Patty on WG Bun, Sweet Potato Tots, Pears 1% Milk</p>	<p>Beef Nacho Meat, WG Tortilla Chips, Black Beans, Corn, Cheese Sauce, Pineapple, 1% Milk</p>	<p>WG Pasta & Meatballs in Marinara Sauce, Lettuce Salad w/ Carrots, Tomatoes & Ranch Dressing, Applesauce, 1% Milk</p>	<p>Hamburger on WG Bun, Carrots, Bananas, 1% Milk</p>	<p>WG Mac & Cheese, Green Beans, Apple Slices 1% Milk</p>
<p>P.M. SNACK Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Sun Chips (WG) (8 each), Strawberry Watermelon Juice (4 oz. each)</p>	<p>Oatmeal Muffins (1 each) Pears (1/2 cup each)</p>	<p>Triscuit Thin Crackers (8 each), String Cheese (1 each)</p>	<p>Pumpkin Muffins (1 each) 1% milk (4 oz. each)</p>	<p>Utz Snack Mix (1/2 cup each) Peaches (1/2 cup each)</p>

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Week of April 22 – April 26, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>A.M. SNACK Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>WW Toast w/ Butter & Cinnamon Sugar, (1 each), Apple Banana Juice (4 oz. each)</p>	<p>Biscuit w/Butter, (1 each), Cantaloup (1/2 cup each)</p>	<p>Sociable Crackers (5 each) Green Grapes (1/2 cup each)</p>	<p>Pancakes on a Stick (1 each) Cuties (2 each)</p>	<p>Hard Salami (4 pieces each) Townhouse Crackers (4 each)</p>
<p>LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Turkey Burger on WG Bun, Baked Beans, Apples, 1% Milk</p>	<p>Beef Tacos on WW Tortillas, Refried Beans, Corn, Cantaloupe, Shredded Lettuce, Shredded Cheese, Tomatoes 1% Milk</p>	<p>Grilled Cheese on WG Bread, Broccoli, Mandarin Oranges 1% Milk</p>	<p>Chicken & Gravy, WG Buttered Noodles, Zucchini & Squash, Peaches, 1% Milk</p>	<p>WG Pizza, Red Peppers, Strawberries, 1% Milk</p>
<p>P.M. SNACK Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Strawberry Muffins (1 each), 1% Milk (4 oz. each)</p>	<p>Cheddar & Pretzel Goldfish (1/2 cup each), Applesauce (1/2 cup each)</p>	<p>Banana Crumb Muffins (1 each) Peaches (1/2 cup each)</p>	<p>Cinnamon Sugar Pretzel Twists (14 sticks each) Tropical Fruit Cup (1/2 cup each)</p>	<p>Wheat Thin Crackers (8 each), Kiwi Strawberry Juice (4 oz. each each)</p>

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Week of April 29 – May 3, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>A.M. SNACK Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Cheese It Crackers (12 each), Red Apples (1/2 cup each)</p>	<p>Dinner Roll w/Butter (1 each), Watermelon (1/2 cup each)</p>	<p>WW English Muffin w/butter & Jelly (1/2 each), 1% Milk (4 oz. each)</p>	<p>Ham Slices (2 each) Toasted Crackers (4 each)</p>	<p>Kix (WG) (3/4 cup each), 1% Milk (4 oz. each)</p>
<p>LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Chili, WG Cornbread Poppers, Baby Carrots, Pears, 1% Milk</p>	<p>Chicken Tacos on WG Soft Tortilla, WG Tortilla Chips, Black Beans, Corn, Pineapple, Shredded Lettuce, Cheese, Tomatoes 1% Milk</p>	<p>Baked Ziti, WG Breadstick, Green Beans, Apples 1% Milk</p>	<p>Hamburger on WG Bun, Coleslaw, Bananas, 1% Milk</p>	<p>WG Bosco Sticks w/Marinara, Broccoli, Mandarin Oranges 1% Milk</p>
<p>P.M. SNACK Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Apple Sauce Muffins (1 each), Mango Juice (4 oz. each)</p>	<p>Club Crackers (4 each), Colby Cheese Slice (1 each)</p>	<p>Ritz Crackers (4 each), Pineapple (1/2 cup each)</p>	<p>Zucchini Muffins (1 each) Fruit Cocktail (1/2 cup each)</p>	<p>Triscuit Crackers (4 each), Apple Peach Juice (4 oz. each)</p>