Illinois State University Child Care Center
Week of February 26 - March 1, 2024

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

Condiments Key:
$\mathrm{K}=$ Ketchup, $\mathrm{M}=$ Mustard, $\mathrm{R}=$ Ranch, BBQ , Mayo

Illinois State University Child Care Center
Week of March 4 - March 8, 2024

|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| A.M. SNACK <br> Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative | Mini Club Crackers <br> (15 Each) <br> Strawberries <br> (1/2 cup each) | Turkey Slices (2 pieces each), WW Tortilla (1 each) | Life Cereal (WG) <br> (1/2 cup each) 1\% Milk <br> (4 oz. each) | French Toast Sticks <br> (3 each) <br> Apple Juice <br> (4 oz. each) | Hawaiian Roll w/ Butter (1 each) Cutie oranges (2 each) |
| LUNCH <br> Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative | WG Chicken Strips, Mashed Potatoes w/ Gravy, Celery Sticks, Peaches 1\% Milk | 3 Bean Chili, WG Corn Chips, Corn, Cantaloupe, Shredded Cheese, 1\% Milk | Sweet \& Sour Meatballs, <br> Brown Rice (WG), <br> Edamame, Oranges 1\% Milk | Breakfast Sandwich (WG Bagel w/Egg Patty \& Cheese), Baby Carrots, Apple Slices, 1\% Milk | Lasagna, WG Breadstick Lettuce Salad w/Tomatoes \& Carrots, Banana, 1\% Milk |
| P.M. SNACK <br> Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative | Gingerbread Muffins <br> (1 each), <br> ½ Banana <br> (1/2 each) | Wheat Saltine Crackers $(4$ each $)$, Cheddar Cheese Slice (1 slice each) | Cottage Cheese <br> (1/4 Cup each) <br> Pretzel Sticks <br> (26 sticks each) | Cinnamon Pita Chips (5 each), <br> Strawberry Yogurt (1 each) | Banana Blueberry <br> Muffins <br> (1 each) <br> Mangos <br> ( $1 / 2$ cup each) |

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Illinois State University Child Care Center
Week of March 18 - March 22, 2024

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

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Illinois State University Child Care Center
Week of March 25 - March 29, 2024

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

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