

Illinois State University Child Care Center

Weekly Menu – Spring Cycle #5

Week of: May 29 – June 2, 2017

	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>Closed Memorial Day</p>	<p>Closed</p>	<p>Cheddar Goldfish Crackers (4 oz each) Apple Juice</p>	<p>Multigrain Cheerios (1/3 cup each) Milk</p>	<p>Plums (1 each) Cinnamon Toast (1 piece each)</p>
<p>LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Closed Memorial Day</p>	<p>Closed</p>	<p>BBQ Pork on Bun, Peas, Banana Skim Milk</p>	<p>WW Pancakes w/Syrup, Sausage Patties, Green & Red Pepper Strips Cantaloupe Skim Milk</p>	<p>Peanut Butter & Jelly on WW Bread, Strawberry Yogurt, Celery Sticks, Apples, Skim 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>Closed Memorial Day</p>	<p>Closed</p>	<p>Vanilla Pudding Vanilla Wafers</p>	<p>Take-Along Crunch Cookies Milk</p>	<p>Cheese Slices Whole Wheat Saltines</p>

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Weekly Menu – Summer Cycle #1

Week of: June 5th – June 9th, 2017

	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>Grape Tomatoes (1/2 cup each) W/Veggie Dip, Entertainment Crackers (3 each)</p>	<p>Watermelon Slices (1/2 cup each), Townhouse Crackers (4 each)</p>	<p>Ritz Bitz w/cheese Tropical Fruit Juice</p>	<p>Apple Slices (1/2 cup each) w/Drizzled Peanut Butter, Whole Wheat Saltine Crackers (4 each)</p>	<p>Multigrain Club Crackers (4 each), Cutie Oranges (1 each)</p>
<p>LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Grilled Chicken Breast, Buttered Noodles, WW Roll w/butter, Apples, Peas Skim Milk</p>	<p>Hamburger on WW Bun, Winter Mix Vegetables, Orange Quarters Skim Milk</p>	<p>Cheese Pizza, Celery w/ Peanut Butter, Sliced Pears Skim Milk</p>	<p>Meatballs w/Marinara Sauce, WW Roll, Strawberry Yogurt, Baby Carrots, Banana Skim Milk</p>	<p>Chicken Stir Fry, Brown Rice, Steamed Broccoli, Tropical Fruit, Graham Crackers Skim 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>Strawberries (1/2 cup each), Triscuit Crackers (4 each)</p>	<p>Chex Party Mix Strawberry Kiwi Juice</p>	<p>Cinnamon Toast (1 slice each), Milk</p>	<p>Corn Muffins, Raspberry Juice</p>	<p>Banana Oatmeal Cookies, Milk</p>

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Weekly Menu –Summer Cycle #2

Week of: June 12th – June 16th, 2017

	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>Apple Slices (1/2 cup each) Graham Crackers</p>	<p>Multigrain Cheerios (1/4 cup each), Pineapple Juice</p>	<p>Fresh Pear Slices (1/2 cup each) Triscuit Thin Crackers (8 each)</p>	<p>Cottage Cheese (1/4 cup each), Townhouse Wheat Crackers (4 Each)</p>	<p>Cucumber Slices (1/2 cup each) w/veggie dip, Wheat Thin Crackers (8 each)</p>
<p>LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Chicken Nuggets, French Fries, Peas, Canteloup Skim Milk</p>	<p>Beef Taco Meat, WW Tortilla, Shredded Lettuce, Diced Tomatoes, Shredded Cheese, Corn, Oranges Skim Milk</p>	<p>Sliced Turkey, Mashed Potatoes w/Gravy, Prince Edward Veg Blend, Roll w/Butter, Apples Skim Milk</p>	<p>Ham and Cheese Wrap, Steamed Broccoli, Bananas Skim Milk</p>	<p>Turkey Burger on WW Bun, Fresh Green Beans, Strawberries, Skim 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>½ Soft Pretzel, Grape Juice</p>	<p>Pumpkin Muffins, Milk</p>	<p>½ Whole Wheat English Muffin pizza with Sauce & Cheese Berry Juice</p>	<p>Mixed Fruit Salad (1/2 cup each), Mini Club Crackers (1/4 cup each)</p>	<p>Peanut Butter Balls, Milk</p>

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Weekly Menu – Summer Cycle # 3

Week of: June 19th – June 23rd, 2017

	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>Grapes (1/2 cup each), Whole Wheat Ritz Crackers (4 each)</p>	<p>Wheat Thin Crackers (8 each) Colby Cheese Cubes (6 each)</p>	<p>Cantaloupe (1/2 cup each), Triscuit Crackers (4 each)</p>	<p>Tortilla Shell w/ Turkey & Provolone Cheese</p>	<p>Teddy Grahams (1/4 cup each), Blueberry Pomegranate Juice</p>
<p>LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Chicken & Noodles, Green Beans, WW Roll, Watermelon Skim Milk</p>	<p>Sloppy Joe on Bun, Peas, Starwberries Skim Milk</p>	<p>Mac ‘n Cheese, Baby Carrots, Pineapple, Strawberry Yogurt Skim Milk</p>	<p>Lazagna, Whole Grain Breadstick, Steamed Broccoli, Skim Milk</p>	<p>Scrambled Eggs, Sausage Patties, Whole Grain Blueberry Muffin, Red Pepper Strips, Banana Skim 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>Melba Melts, Pineapple Orange Juice</p>	<p>Blueberry Muffins, Milk</p>	<p>Vanilla Yogurt, Vanilla Waffer (4 each)</p>	<p>Peanut Butter Bars, Milk</p>	<p>Cuttie Oranges (1 each), Townhouse Crackers (4 each)</p>

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Weekly Menu – Summer Cycle #4

Week of: June 26th – June 30th, 2017

	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>	Strawberries (1/2 cup each), Toasted Wheat Crackers	Honeydew (1/2 cup each), Whole Wheat Ritz Crackers	Ritz Bitz w/Cheese (1/4 cup each) Cherry Juice	Fresh Peaches (1/2 cup each), Honey What Club Crackers	½ Mini Bagel w/Cream Cheese, Milk
<p>LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	Chicken Patty Strips, Mashed Potatoes w/Gravy, Steamed Broccoli, Watermelon, Skim Milk	Beef Taco Meat, Tortilla, Shredded Cheese, Tomatoes, Lettuce, Corn, Strawberries Skim Milk	BBQ Pork on WW Bun, Peas, Banana Skim Milk	WW Pancakes w/Syrup, Sausage Patties, Green & Red Pepper Strips Cantaloupe Skim Milk	Peanut Butter & Jelly on WW Bread, Strawberry Yogurt, Celery Sticks, Apples, Skim Milk
<p>P.M. SNACK Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	Homemade Banana Pudding, Graham Crackers	Cranberry Bread, Milk	Strawberry Yogurt, Vanilla Wafers	Chex Party Mix, White Grape Juice	Oatmeal Muffins, Pear Slices