

Illinois State University Child Care Center

Week of August 1, 2022 – August 5, 2022

	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>Red Apple Slices (½ cup each), Ritz Bitz w/ Peanut Butter (12 each)</p>	<p>Strawberry Yogurt (1 each), Animal Crackers (1 pack each)</p>	<p>Whole Wheat Toast (WG) w/Peanut Butter, 1 % Milk (4 oz. each)</p>	<p>Dinner Rolls (1 each), Mandarin Oranges (2 each)</p>	<p>Pancakes w/cinnamon & sugar (1 each), Green Grapes (1/2 cup 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/Graby, Celery Sticks, Mandarin Oranges, 1% Milk</p>	<p>Beef Tacos on WG Tortilla, Refried Beans, Corn Cantaloupe, Lettuce, Cheese & Tomatoes, 1% Milk</p>	<p>WG Pasta w/Meat Balls & Marinara Sauce, Salad w/Lettuce, Carrots & Tomatoes & Ranch Dressing, Oranges, 1% Milk</p>	<p>Hamburger on WG Bun, Red Peppers, Watermelon, 1% Milk</p>	<p>WG Pizza, Green Beans, 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>Club Crackers (4 each), Cheddar Cheese Slice (1 each)</p>	<p>Sun Chips (WG) (8 chips each), Apple Grape Juice (4 oz. each)</p>	<p>Banana Blueberry Muffins (1 each) Pineapple (1/2 cup each)</p>	<p>WW Tortilla (WG) w/Butter, Cinnamon & Sugar, (1 each), Fruit Punch Juice (1/2 cup each)</p>	<p>Corn Muffins (1 each), 1% Milk (4 oz. each)</p>

Condiments Key:

K = Ketchup, M = Mustard, R = Ranch, BBQ, Mayo

Illinois State University Child Care Center

Week of August 8 – August 12, 2022

	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>Whole Wheat English Muffin (WG) w/Butter & Jelly (1/2 each), Fruit Cocktail (1/2 cup each)</p>	<p>Cheese Toast on WW Bread (1 each), Applesauce (1/2 cup each)</p>	<p>Life Cereal (WG) (1/2 cup each), 1% Milk (4 oz. each)</p>	<p>Multigrain Cheerios (1/2 cup each), Peaches (1/2 cup each)</p>	<p>Mini Frosted 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>Cheesy Chili Mac, WG Dinner Roll, Green Pepper Strips, Pears 1% Milk</p>	<p>BBQ Meatballs, Brown Rice (WG), Carrots, Pineapple, 1% Milk</p>	<p>Baked Ziti, WG Breadstick, Steamed Broccoli, Clementines, 1% Milk</p>	<p>Turkey Burger on WG Bun (WG), Baked Beans, Apple Slices, 1% Milk</p>	<p>Ham & Cheese Wrap on WW Tortilla (WG), Baby Carrots, Hummus, 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>Peanut Butter Balls (3 each), 1% Milk (4 oz. each)</p>	<p>Sociable, Triscuits, & Toasted Crackers (5 each), Berry Juice (4 oz. each)</p>	<p>Hawaiian Rolls w/butter (1 each), Ham & Turkey Slices (2 slices each)</p>	<p>Saltine Crackers (4 each), String Cheese (1 each)</p>	<p>Chex Mix (1/3 cup each), Pineapple (1/2 cup each)</p>

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Illinois State University Child Care Center

Week of August 22 – August 26, 2022

	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>Dinner Roll w/Butter (1 each), Fruit Cocktail (1/2 cup each)</p>	<p>Hard Salami (4 pieces each), Townhouse Crackers (4 each)</p>	<p>Berry Kix (WG) (3/4 cup each), Pears (1/2 cup each)</p>	<p>Strawberry Yogurt (1 each), Watermelon (1/2 cup each)</p>	<p>Whole Wheat Toast (WG) w/Butter, Cinnamon & Sugar (1 each), Mango Juice (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 Fries, Pears, 1% Milk</p>	<p>Wowbutter & Jelly Sandwich on WW Bread (WG), Red Pepper Slices, Pineapple, 1% Milk</p>	<p>Lasagna, WG Breadsticks, Lettuce Salad w/ Carrots, Tomatoes & Ranch Dressing, Applesauce, 1% Milk</p>	<p>Sloppy Joe on WG Bun, Coleslaw, Banana, 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>Animal Crackers (1 bag each), White Grape Juice (4 oz. each)</p>	<p>Tortilla Chips (15 each) Cottage Cheese (1/4 cup each)</p>	<p>Cheese It Crackers (12 each) Peaches (1/2 cup each)</p>	<p>Pretzel Sticks (26 each), String Cheese (1 each)</p>	<p>Strawberry Muffins (1 each), 1% Milk (4 oz. each)</p>

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Illinois State University Child Care Center
Week of July August 29 – September 2, 2022

	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>French Toast Sticks (3 each), Honeydew (1/2 cup each)</p>	<p>Ham Slices (2 each) Saltine Crackers (4 each)</p>	<p>Kix Cereal (WG), (3/4 cup each), 1% Milk (4 oz. each)</p>	<p>Pancakes on a Stick (1 each) Green Grapes (1/2 cup each)</p>	<p>Red Apple Slices (1/2 cup each) Biscuit w/Butter (1 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/Graby, Celery Sticks, Peaches, 1% Milk</p>	<p>Beef Tacos on WG Tortilla, Refried Beans, Corn Cantaloupe, Lettuce, Cheese & Tomatoes, 1% Milk</p>	<p>WG Pasta w/Meat Balls & Marinara Sauce, Salad w/Lettuce, Carrots & Tomatoes & Ranch Dressing, Clementines, 1% Milk</p>	<p>Hamburger on WG Bun, Baby Carrots, Watermelon, 1% Milk</p>	<p>WG Pizza, Green Beans, 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>Banana Blueberry Muffins (1 each) Apple Juice (4 oz. each)</p>	<p>Wheat Thin Crackers (8 each), Colby Cheese Slice (1 slice each)</p>	<p>Cheddar & Pretzel Goldfish Mix (1/2 cup each), Cherry Juice (4 oz. each)</p>	<p>Toasted Crackers (4 each), Red Grapes (1/2 cup each)</p>	<p>Assorted Muffins (1 each) 1% Milk (4 oz. each)</p>

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