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<tbody>
<tr>
<td><strong>A.M. SNACK</strong></td>
<td>Hawaiian Rolls w/butter (1 each), Ham Slices (2 each)</td>
<td>Whole Wheat Toast (WG) w/Peanut Butter (1 slice each) 1% Milk (4 oz. each)</td>
<td>Sociable Crackers (5 each) Apple Juice (4 oz. each)</td>
<td>Corn Chex Cereal (WG) (3/4 cup each) Red Apples (1/2 cup each)</td>
<td>Ritz Bits w/Cheese (12 each) Kiwi Strawberry Juice (4 oz. each)</td>
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<td><strong>LUNCH</strong></td>
<td>Chicken Patty on WW Bun (WG), Steamed Broccoli, Tropical Fruit, 1% Milk</td>
<td>Walking Taco w/ 3 Bean Chili, Frito Chips, Corn, Strawberries, Avocado, Diced Tomatoes, Shredded Cheese 1% Milk</td>
<td>Turkey &amp; Cheese Sandwich on WW Bread (WG), Baby Carrots, Apple Slices, 1% Milk</td>
<td>Lasagna, Breadstick (WG), Salad w/Lettuce, Carrots &amp; Tomatoes &amp; Ranch Dressing, Banana 1% Milk</td>
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<td><strong>P.M. SNACK</strong></td>
<td>Banana Blueberry Muffins (1 each) 1% Milk (4 oz. each)</td>
<td>Toasted Crackers (4 each) Mandarin Oranges (1/2 cup each)</td>
<td>Strawberry Muffins (1 each) Mango cup (1/2 cup each)</td>
<td>Pretzels Sticks (26 each) Fruit Cocktail Cup (1/2 cup each)</td>
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<td>Club Crackers (4 each) String Cheese (1 each)</td>
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<td>A.M. SNACK</td>
<td>French Toast Sticks (3 sticks each) (1/2 cup each)</td>
<td>Wheat Dinner Roll w/Butter (1 each), Cutie Oranges (2 each)</td>
<td>Red Apple Slices (1/2 cup each) Biscuit w/Butter (1 each)</td>
<td>Kix Cereal (WG), (3/4 cup each) 1% Milk (4 oz. each)</td>
<td>1/4 Whole Wheat Bagel (WG) w/Cream Cheese, Fruit Cup Choice Mango, Pineapple, Pear (1/2 cup each)</td>
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<tr>
<td>LUNCH</td>
<td>Hamburger on WG Bun, Coleslaw, Peaches 1% Milk</td>
<td>Chicken Taco Meat, WG Soft Shell, Black Beans, Corn, Tomatoes, Lettuce, Shredded Cheese, Applesauce, 1% Milk</td>
<td>Baked Ziti, WG Breadstick, Steamed Broccoli, Strawberries, 1% Milk</td>
<td>Hot Sliced Turkey, Butter Noodles, Mashed Sweet Potatoes, Banana 1% Milk</td>
<td>WG Pizza, Cauliflower, Honeydew, 1% Milk</td>
</tr>
<tr>
<td>P.M. SNACK</td>
<td>Triscuits Crackers (5 each), Peaches (1/2 cup each)</td>
<td>Town House Crackers (4 each), Apple Peach Juice (4 oz. each)</td>
<td>Blueberry &amp; Blueberry Banana Muffins (1 each), Fruit Punch Juice (4 oz. each)</td>
<td>Tortilla Chips (15 each) Hummus Dip (2 tablespoons each)</td>
<td>Assorted Muffins – Gingerbread, Banana, Corn muffins (1 each), 1% Milk (4 oz. each)</td>
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### Week of December 13, 2021 – December 17, 2021

**Illinois State University Child Care Center**

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| **A.M. SNACK**  
Two of these four components:  
Milk, Fluid  
Juice or Fruit or Vegetable  
Bread or Grain  
Meat or Meat alternative | Melba Melts  
(2 each),  
Berry Juice  
(4 oz. each) | **Multigrain Cheerios**  
(WG)  
(1/2 cup each)  
Strawberry Yogurt  
(1 - 6 oz. cup each) | Wheat Saltines  
4 each,  
Applesauce  
(1/2 cup each) | Green Grapes  
(1/2 cup each)  
Pancake on a Stick  
(1 each) |
| **LUNCH**  
Milk, Fluid  
Juice or Fruit or Vegetable  
Bread or Grain  
Meat or Meat alternative | Grilled Chicken  
Breast, **Brown Rice Pilaf** (WG),  
Roasted Zucchini & Squash,  
Oranges  
1% Milk | Turkey Burger  
on **WG Bun**,  
Baked Beans,  
Banana,  
1% Milk | **Wowbutter & Jelly**  
Sandwich on  
**WW Bread** (WG),  
Baby Carrots,  
Pineapple  
1% Milk | **WG Bosco Sticks**,  
Marinara Sauce  
Salad w/Lettuce,  
Carrots & Tomatoes &  
Ranch Dressing,  
Apples  
1% Milk |
| **P.M. SNACK**  
Two of these four components:  
Milk, Fluid  
Juice or Fruit or Vegetable  
Bread or Grain  
Meat or Meat alternative | Applesauce Muffins  
(1 each)  
1% Milk  
(4 oz. each) | Club Minis  
(12 each)  
Mango Juice  
(4 oz. each) | **Cheese Its**  
(15 each)  
Fruit Cocktail Cup  
(1/2 cup each) | **Sun Chips**  
(8 each),  
Peaches  
(1/2 cup each) |