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<td></td>
<td>Ritz Bitz w/Peanut Butter</td>
<td>Corn Chex Cereal (WG)</td>
<td>French Toast Sticks (3 sticks each)</td>
<td>Cheddar &amp; Pretzel Goldfish (1/4 cup each)</td>
<td>Whole Wheat Toast (WG)</td>
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<tr>
<td></td>
<td>(8 each)</td>
<td>(1/2 cup. each),</td>
<td>Apple Juice (4 oz. each)</td>
<td>Grapes (1/2 cup each)</td>
<td>w/Peanut Butter, Mixed Fruit Cup (1/2 cup each)</td>
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<td>Apple Slices</td>
<td>1% Milk</td>
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<td></td>
<td>Hamburger on WW Bun (WG),</td>
<td>Turkey &amp; Cheese Sandwich on WW Bread (WG),</td>
<td>Baked Ziti, WG Breadstick, Red Pepper</td>
<td>Chicken Stir Fry, Brown Rice (WG), Celery</td>
<td>Lasagna, Breadstick, Salad w/carrots &amp;</td>
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<td></td>
<td>Broccoli, Peaches, 1% Milk</td>
<td>Baby Carrots, Pineapple, 1% Milk</td>
<td>Strips, Strawberries, 1% Milk</td>
<td>Sticks w/Wow butter, Banana, 1% Milk</td>
<td>tomatoes, ranch dressing, Apples, 1% Milk</td>
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<td>Blueberry Muffins (1 each)</td>
<td>Club Crackers (4 each)</td>
<td>WW Tortilla (WG) w/butter &amp; cinnamon</td>
<td>Sun Chips (8 chips each), Cottage Cheese</td>
<td>Toasted Butter Crisp Crackers (4 crackers</td>
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<tr>
<td></td>
<td>½ Banana</td>
<td>Cutie Oranges (1 each)</td>
<td>sugar</td>
<td>Cottage Cheese (1/4 cup each)</td>
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<td>Pears</td>
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Illinois State University Child Care Center  
Week of February 8 – February 12, 2021

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<td>Life Cereal (WG)</td>
<td>Wheat Thin Crackers</td>
<td>Red Grapes</td>
<td>¼ Whole Wheat Bagel (WG) w/Cream</td>
<td>Peanut Butter &amp; Jelly Tortilla Roll</td>
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<td></td>
<td>(1/2 cup each), 1% Milk</td>
<td>(8 each), Kiwi Strawberry Juice</td>
<td>(1/2 cup each), Biscuit</td>
<td>Cheese, Kiwi Strawberry Juice</td>
<td>ups (1 each), Strawberry &amp; Blueberry</td>
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<td>(4 oz. each)</td>
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<td>Juice Kababs</td>
<td>Fruit Kababs</td>
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<td>Melba Melts</td>
<td>2 each</td>
<td>¼ WW Bagel (WG)</td>
<td>Ritz Crackers</td>
<td>Multigrain Cheerios</td>
<td>½ Whole Wheat English Muffin (WG)</td>
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<tr>
<td>(1/2 cup each)</td>
<td></td>
<td>w/Cream Cheese</td>
<td>(4 each)</td>
<td>(WG) (1/3 cup each)</td>
<td>w/Peanut Butter (1 each)</td>
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<td></td>
<td></td>
<td>(¼ each), 1% Milk</td>
<td>½ Banana each</td>
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<td>Chicken Patty on WG Bun, Baby Carrots, Banana, 1% Milk</td>
<td></td>
<td>WG Tortilla Chip Nachos with Ground Beef, Cheese Sauce, Lettuce, Tomatoes Black Beans, Cantaloupe, 1% Milk</td>
<td></td>
<td>Bagel Breakfast Sandwich w/Egg &amp; Cheese, Sweet Potato &amp; Veggie Hash, Sliced Tropical Fruit, 1% Milk</td>
<td>WG Pizza, Green Beans, Peaches, 1% Milk</td>
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<td>Banana Bread</td>
<td>1 each</td>
<td>Townhouse Crackers</td>
<td>Sun Chips (WG)</td>
<td>Club Crackers</td>
<td>Pretzel &amp; Cheddar Gold Fish</td>
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<tr>
<td>(1 each)</td>
<td>4 each</td>
<td>(4 each)</td>
<td>(8 each), Fruit Punch</td>
<td>(4 each)</td>
<td>(1/4 cup each), Applesauce Cup</td>
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<tr>
<td>1% Milk</td>
<td>Fruit Punch Juice</td>
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<td>Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</td>
<td>Mango (1/2 cup each), Cheese It Crackers (15 each)</td>
<td>Kix Cereal (1/2 cup each), Honeydew (1/2 cup each)</td>
<td>Pancake on a stick (1 each) Pineapple Cup (1/2 cup each)</td>
<td>Whole Wheat Toast (WG) w/Peanut Butter 1% Milk (4 oz. each)</td>
<td>Club Crackers (4 each), Pear cup (1/2 cup each)</td>
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<td>Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</td>
<td>Grilled Chicken Breast, Brown Rice Pilaf (WG), Steamed Broccoli, Banana 1% Milk</td>
<td>Hot Sliced Turkey, WG Soft Shell, Butter Noodles, Black Beans, Corn, Cucumbers, Strawberries 1% Milk</td>
<td>Chicken Taco Meat, Chex Mix (1/3 cup each) Strawberry Watermelon Juice (4 oz. each)</td>
<td>Ham &amp; Cheese Wrap, Prince Charles Veggie Blend, Mandarin Oranges, Applesauce, 1% Milk</td>
<td>Chili, WG Dinner Roll, Green Pepper Strips, Apples, 1% Milk</td>
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<td>Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</td>
<td>Chex Mix (1/3 cup each) Strawberry Watermelon Juice (4 oz. each)</td>
<td>Sociable Crackers (5 each) Provolone Cheese Slice (1 each)</td>
<td>Pretzel Sticks (26 sticks each) Strawberry Watermelon Juice (4 oz. each)</td>
<td>Triscuits Crackers (4 each) Strawberry Green Grapes (1/2 cup each)</td>
<td>Whole Wheat Tortilla (WG) w/Butter &amp; Cinnamon Sugar, 1% Milk (4 oz. each)</td>
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