

Illinois State University Child Care Center

Week of January 3, 2022 – January 7, 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>Strawberry Yogurt (1 each), Cutie Oranges (2 each)</p>	<p>Ham Slices (2 each) Sociable Crackers (5 each)</p>	<p>Kix Cereal (WG), (3/4 cup each), 1% Milk (4 oz. each)</p>	<p>French Toast Sticks (2 sticks each) Red Apple Slices (1/2 cup each)</p>	<p>Pears (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>Turkey Burger on WG Bun, Baked Beans, Apples 1% Milk</p>	<p>Sweet & Sour Meatballs, Brown Rice (WG), Edamame, Pineapple, 1% Milk</p>	<p>Grilled Chicken Breast, (WG) Butter Noodles, Steamed Broccoli, Orange Wedges</p>	<p>Sloppy Joe on WG Bun, Green Beans, Banana, 1% Milk</p>	<p>Wowbutter & Jelly Sandwich on WW Bread (WG), Baby Carrots, Tropical Fruit, 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>Multigrain Club Crackers (4 each), String Cheese (1 each)</p>	<p>Tortilla Chips (15 each) Hummus Dip (2 tablespoons each)</p>	<p>Cheese It Crackers (15 each), Berry Juice (4 oz. each)</p>	<p>Toasted Crackers (4 each), Red Grapes (1/2 cup each)</p>	<p>Pretzel Sticks (26 each), Apple Juice (4 oz. each)</p>

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Week of January 10, 2022 – January 14, 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>$\frac{1}{4}$ Whole Wheat Bagel (WG) w/Cream Cheese, Applesauce (1/2 cup each)</p>	<p>$\frac{1}{2}$ Soft Pretzel (1 each), Apple Peach Juice (4 oz. each)</p>	<p>Kix Cereal (WG), (1/3 cup each), 1% Milk (4 oz. each)</p>	<p>Hard Salami (4 each), Town House Crackers (4 each)</p>	<p>Pancakes on a stick (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>Chicken Strips, Mashed Potatoes w/Gravy, Celery Sticks, Tropical Fruit, 1% Milk</p>	<p>Baked Ziti, WG Breadstick, Steamed Broccoli, Mandarin Oranges, 1% Milk</p>	<p>Beef Tacos on WG Tortilla, Refried Beans, Cantaloupe, Lettuce, Cheese & Tomatoes, 1% Milk</p>	<p>WG Pizza, Fresh Cauliflower, Apples, 1% Milk</p>	<p>Chili, WG Roll, Red Peppers, Pineapple, 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>Ritz Bits with Peanut Butter (12 each), Zucchini & Squash Sticks w/ Ranch (1/2 cup each)</p>	<p>Blueberry Muffins (1 each), Mangos (1/2 cup each)</p>	<p>Sun Chips (WG) (8 chips each), Pineapple Cup (1/2 cup each)</p>	<p>Corn Muffins (1 each), Strawberry Watermelon Juice (4 oz. each)</p>	<p>Club Mini Crackers (17 each), Peaches (1/2 cup each)</p>

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Week of Week of January 17, 2022 – January 21, 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>	CLOSED	<p>Whole Wheat English Muffin (WG) w/Butter & Jelly (1/2 each), Honeydew (1/2 cup each)</p>	<p>Life Cereal (WG) 1/2 cup each, 1% Milk (4 oz. each)</p>	<p>Hawaiian Rolls w/butter (1 each), Turkey Slices (2 slices each)</p>	<p>Pineapple (1/2 cup each), Cottage Cheese (1/4 cup each)</p>
<p>LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	CLOSED	<p>WG Pasta w/Meat Balls & Marinara Sauce (WG), Salad w/Lettuce, Carrots & Tomatoes & Ranch Dressing, Clementines 1% Milk</p>	<p>Walking Taco w/ 3 Bean Chili, WG Corn Chips, Zippy Corn Salad, Peaches, Shredded Cheese 1% Milk</p>	<p>Mac & Cheese, Steamed Broccoli, Banana, 1% Milk</p>	<p>WG Bosco Sticks, Marinara Sauce, Pesto Veggie Salad, Cantaloupe, 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>	CLOSED	<p>Peanut Butter Balls (1 each), 1% Milk (4 oz. each)</p>	<p>Triscuits (5 each), Mango Juice (4 oz. each)</p>	<p>Whole Wheat Tortilla (WG) w/Butter, Cinnamon & Sugar (1 each), 1% Milk (4 oz. each)</p>	<p>Banana Crumb Muffins (1 each), Pears (1/2 cup each)</p>

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Week of January 24, 2022 – January 28, 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>Multigrain Cheerios (WG) (1/2 cup each), Cutie Oranges (2 each = 1/2 cup)</p>	<p>Dinner Roll w/Butter (1 each), Fruit Cocktail (1/2 cup each)</p>	<p>Wheat Saltines (4 each) Celery w/Peanut Butter & Raisins (3 pieces each)</p>	<p>Bagel Bites (3 each), Red Apple Slices (1/2 cup each)</p>	<p>Whole Wheat Toast (WG) w/Butter, Cinnamon & Sugar (1 each), Fruit Punch Juice (4 oz. each)</p>
<p>LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Hot Sliced Turkey, Butter Noodles, Sweet Potatoes, Honeydew, 1% Milk</p>	<p>Cheesy Chili Mac, WG Dinner Roll, Steamed Broccoli, Mandarin Oranges 1% Milk</p>	<p>Ham & Cheese Wrap on WW Tortilla (WG), Baby Carrots, Banana, 1% Milk</p>	<p>Hamburger on WG Bun, Red Peppers, Apple Slice, 1% Milk</p>	<p>Lasagna, WG Breadstick, Lettuce Salad w/Carrots, Tomatoes, & Ranch Dressing Pineapple, 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>Ritz Crackers (4 each), Cheddar Cheese (1 slice each)</p>	<p>Chex Mix (1/2 cup each), Apple Grape Juice (4 oz. each)</p>	<p>Pumpkin Cranberry Muffins (1 each), 1% Milk (4 oz. each)</p>	<p>Whole Wheat Tortilla (WG) w/ Peanut Butter & Jelly, (1 each) 1% Milk (4 oz. each)</p>	<p>Strawberry Muffins (1 each) Peaches (1/2 cup each)</p>

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Week of January 31, 2022 – February 4, 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 Tortilla (WG) w/melted Cheddar Cheese, ½ Red Apple Slices (1/2 cup each)</p>	<p>Ham Slices (2 each) Sociable Crackers (5 each)</p>	<p>Kix Cereal (WG), (3/4 cup each) (4 crackers each), 1% Milk (4 oz. each)</p>	<p>French Toast Sticks (2 sticks each) Mandarin Oranges (1/2 cup each)</p>	<p>Pears (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>Turkey Burger on WG Bun, Baked Beans, Apples 1% Milk</p>	<p>Sweet & Sour Meatballs, Brown Rice (WG), Edamame, Pineapple, 1% Milk</p>	<p>Grilled Chicken Breast, (WG) Butter Noodles, Steamed Broccoli, Orange Wedges</p>	<p>Sloppy Joe on WG Bun, Green Beans, Banana, 1% Milk</p>	<p>Wowbutter & Jelly Sandwich on WW Bread (WG), Baby Carrots, Tropical Fruit, 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>Strawberry Yogurt (1 each), Cuties (2 each)</p>	<p>Banana Blueberry Muffins (1 each) 1% Milk (4 oz. each)</p>	<p>Wheat Thins (8 each), Berry Juice (4 oz. each)</p>	<p>Peanut Butter Muffins (1 each), Red Grapes (1/2 cup each)</p>	<p>Pretzel Sticks (26 each), Apple Juice (4 oz. each)</p>