

**Illinois State University Child Care Center**

**Week of January 2<sup>nd</sup> – January 6<sup>th</sup>, 2023**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>A.M. SNACK</b> Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p><b>CLOSED ISU WINTER BREAK</b></p>	<p>Hawaiian Rolls w/butter (1 each), Ham Slices (2 slices each)</p>	<p><b>Shredded Mini Wheats (WG)</b> (1/2 cup each), 1% Milk (4 oz. each)</p>	<p>Strawberry Yogurt (1 each), Teddy Grahams (1bag each)</p>	<p><b>Whole Wheat English Muffin (WG)</b> w/Butter, Cinnamon &amp; Sugar (1 each), Berry Juice (4 oz. each)</p>
<p><b>LUNCH</b> Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p><b>CLOSED ISU WINTER BREAK</b></p>	<p>Walking Taco w/3 Bean Chili, <b>WG Corn Chips</b>, Zippy Corn Salad, Cantaloupe, Shredded Cheese, 1% Milk</p>	<p>Sweet &amp; Sour Meatballs, <b>Brown Rice (WG)</b>, Edamame, Oranges 1% Milk</p>	<p>Mac n'Cheese w/ <b>WG Noodles</b>, Peas, Honeydew, 1% Milk</p>	<p>Grilled Chicken Breast, <b>Brown Rice Pilaf (WG)</b>, Mashed Sweet Potatoes, Strawberries 1% Milk</p>
<p><b>P.M. SNACK</b> Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p><b>CLOSED ISU WINTER BREAK</b></p>	<p>Blueberry Muffins (1 each), Berry Juice (4 oz. each)</p>	<p>Cheddar &amp; Pretzel Goldfish Mix (1/2 cup each), Mangos (1/2 each)</p>	<p>Tortilla Chips (15 each), Cottage Cheese (1/4 cup each)</p>	<p>Applesauce Muffins (1 each), Peaches (1/2 each)</p>

**Illinois State University Child Care Center**

**Week of January 9<sup>th</sup> – January 13<sup>th</sup>, 2023**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>A.M. SNACK</b> 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), Red Apple Slices (1/2 cup each)</p>	<p><b>Kix (WG)</b> (3/4 cup each), Pears (1/2 cup each)</p>	<p>Ham (2 pieces each), Sociable Crackers (5 each)</p>	<p>Bagel Bites (3 each), Honeydew (1/2 cup each)</p>	<p><b>Whole Wheat Bagel (WG)</b> w/Cream Cheese (1/4 each), Kiwi Strawberry Juice (4 oz. each)</p>
<p><b>LUNCH</b> Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Chicken Patty on <b>WG Bun</b>, Sweet Potato Tots, Pears 1% Milk</p>	<p>Wowbutter &amp; Jelly Sandwich on <b>WW Bread (WG)</b>, Red Pepper Slices, Pineapple, 1% Milk</p>	<p><b>WG Pasta &amp;</b> Meatballs in Marinara Sauce, Lettuce Salad w/ Carrots, Tomatoes &amp; Ranch Dressing, Applesauce, 1% Milk</p>	<p>Hamburger on <b>WG Bun</b>, Coleslaw, Bananas, 1% Milk</p>	<p><b>WG Bosco Sticks</b> w/Marinara, Broccoli, Mandarin Oranges 1% Milk</p>
<p><b>P.M. SNACK</b> Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Sun Chips (8 each) Orange Pineapple, Apple Juice (4 oz each)</p>	<p>Townhouse Crackers (4 each), Cheddar Cheese Slice (1 each)</p>	<p>Strawberry Muffins (1 each), 1% Milk (4 oz. each)</p>	<p>Club Mini Crackers (15 each) Mandarin Oranges (1/2 cup each)</p>	<p>Pretzel Sticks (26 each), String Cheese (1 each)</p>

**Illinois State University Child Care Center**

**Week of January 16<sup>th</sup> – January 20<sup>th</sup>, 2023**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>A.M. SNACK</b> Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p><b>CLOSED MLK JR. HOLIDAY</b></p>	<p>Hard Salami (4 pieces each) Triscuits Crackers (4 each)</p>	<p><b>Berry Kix Cereal (WG),</b> (3/4 cup each), 1% Milk (4 oz. each)</p>	<p>Pancakes on a Stick (1 each) 1% Milk (4 oz. each)</p>	<p>Green Grapes (1/2 cup each) Biscuit w/Butter (1 each)</p>
<p><b>LUNCH</b> Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p><b>CLOSED MLK JR. HOLIDAY</b></p>	<p>Beef Tacos on <b>WG</b> Tortilla, Refried Beans, Corn Cantaloupe, Lettuce, Cheese &amp; Tomatoes, 1% Milk</p>	<p>Lasagna, <b>WG Breadstick</b> Green Beans, Oranges, 1% Milk</p>	<p>Sloppy Joe on <b>WG Bun,</b> Baby Carrots, Honeydew, 1% Milk</p>	<p><b>WG</b> Pizza, Broccoli, Strawberries, 1% Milk</p>
<p><b>P.M. SNACK</b> Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p><b>CLOSED MLK JR. HOLIDAY</b></p>	<p>Cottage Cheese (1/4 cup each), Pineapple (1/2 cup each)</p>	<p>Banana Crumb Muffins (1 each), Tropical Fruit (1/2 cup each)</p>	<p><b>Sun Chips (WG)</b> (8 each), Apple Grape Juice (1/2 cup each)</p>	<p>Chex Mix (1 each) 1% Milk (4 oz. each)</p>

**Illinois State University Child Care Center**

**Week of January 23<sup>rd</sup> – January 27<sup>th</sup>, 2023**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>A.M. SNACK</b> Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p><b>Ritz Bits w/Cheese (12 each)</b> ½ Banana (½ cup each)</p>	<p><b>WW Bagel w/Cream Cheese</b> (1/4 each), Red Grapes (1/2 cup each)</p>	<p>Cheese Toast on <b>WW Bread</b> (1 each), Strawberries (1/2 cup each)</p>	<p>Soft Pretzel (1/2 each), Green Apple Slices (1/2 cup each)</p>	<p>Multigrain Cheerios <b>(WG)</b>, (1/2 cup each), 1% Milk (4 oz. each)</p>
<p><b>LUNCH</b> Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Cheesy Chili Mac, <b>WG Dinner Roll</b>, Green Pepper Strips, Sliced Pears, 1% Milk</p>	<p>BBQ Meatballs, <b>Brown Rice (WG)</b>, Carrots, Pineapple, 1% Milk</p>	<p>Baked Ziti, <b>WG Breadstick</b>, Broccoli, Clementines, 1% Milk</p>	<p>Turkey Burger on <b>WG Bun (WG)</b>, Baked Beans, Apple Slices, 1% Milk</p>	<p>Ham &amp; Cheese Wrap on <b>WW Tortilla (WG)</b>, Baby Carrots, Hummus, Banana, 1% Milk</p>
<p><b>P.M. SNACK</b> 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), Cutie Oranges (2 each)</p>	<p>Cheese It Crackers (12 Each), Apple Peach Juice (4 oz. each)</p>	<p>Cinnamon Pita chips (5 each), Applesauce (1/2 cup each)</p>	<p>Wheat Thin Crackers (8 each), Colby Cheese Slice (1 slice each)</p>	<p>Saltine Crackers (4 each), Strawberry Watermelon Juice (4 oz. each)</p>

**Illinois State University Child Care Center**

**Week of January 30<sup>th</sup> – February 3<sup>rd</sup>, 2023**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>A.M. SNACK</b> 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), Mandarin Oranges (1/2 cup each)</p>	<p>Ritz Crackers (4 each), Turkey Slices (2 slices each)</p>	<p><b>Life Cereal (WG)</b> (1/2 cup each), 1% Milk (4 oz. each)</p>	<p>Cottage Cheese (1/4 cup each), Pineapple (1/2 cup each)</p>	<p><b>Whole Wheat Tortilla (WG)</b> w/Butter, Cinnamon &amp; Sugar (1 each), Mango Juice (4 oz. each)</p>
<p><b>LUNCH</b> Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Chicken &amp; Gravy, WG Buttered Noodles, Zucchini &amp; Squash, Tropical Fruit, 1% Milk</p>	<p>Walking Taco w/3 Bean Chili, <b>WG Corn Chips</b>, Zippy Corn Salad, Cantaloupe, Shredded Cheese, 1% Milk</p>	<p>Sweet &amp; Sour Meatballs, <b>Brown Rice (WG)</b>, Edamame, Oranges 1% Milk</p>	<p>Mac n'Cheese w/ <b>WG Noodles</b>, Peas, Honeydew, 1% Milk</p>	<p>Grilled Chicken Breast, <b>Brown Rice Pilaf (WG)</b>, Carrots, Strawberries 1% Milk</p>
<p><b>P.M. SNACK</b> Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Blueberry Muffins (1 each), White Grape Juice (4 oz. each)</p>	<p>Snap Peas (1/2 cup each), Toasted Crackers (4 each)</p>	<p>Strawberry Yogurt (1 each), Mangos (1/2 cup each)</p>	<p>Club Crackers (4 each), Peaches (1/2 cup each)</p>	<p>Corn Muffins (1 each), 1% Milk (4 oz. each)</p>