

Illinois State University Child Care Center

Week of April 25, 2022 – April 29, 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), Green Apple Slices (1/2 cup each)</p>	<p>Multigrain Cheerios (WG) (1/2 cup each), Pears (1/2 cup each)</p>	<p>Bagel Bites (3 each), Fruit Cocktail (1/2 cup each)</p>	<p>Melba Melts (2 each) Cutie Oranges (2 each = 1/2 cup)</p>	<p>Whole Wheat Toast (WG) w/Butter, Cinnamon & Sugar (1 each), Mango Strawberry 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 (WG), 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, Hummus, 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), Colby Jack Cheese (1 slice each)</p>	<p>Gingerbread & Cranberry Orange Muffins (1/2 cup each), 1% Milk (4 oz. each)</p>	<p>Toasted Crackers (4 each), Red Grapes (1/2 cup each)</p>	<p>Cheese It Crackers (15 each) Peaches (1/2 cup each)</p>	<p>Blueberry Muffins (1 each), 1% Milk (4 oz. each)</p>

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Week of May 2, 2022 – May 6, 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 (2 sticks each) Green & Red Grapes (1/2 cup 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>Strawberry Yogurt (1 each), Cutie Oranges (2 each)</p>	<p>Honeydew (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 1% Milk</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>Club Crackers (4 each), String Cheese (1 each)</p>	<p>Strawberry Muffins (1 each) Apple Juice (4 oz. each)</p>	<p>Cheddar & Pretzel Goldfish Mix (1/2 cup each), Kiwi Strawberry Juice (4 oz. each)</p>	<p>Ritz w/Peanut Butter (3 each) 1% Milk (4 oz. each)</p>	<p>Tortilla Chips (15 each) Hummus Dip (2 tablespoons each)</p>

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Week of May 9, 2022 – May 13, 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>Mini Frosted Wheats Cereal (WG), (1/2 cup each), Red Apple Slices (1/2 cup each)</p>	<p>$\frac{1}{4}$ Whole Wheat Bagel (WG) w/Cream Cheese, Fruit Punch Juice (4 oz. each)</p>	<p>$\frac{1}{2}$ Soft Pretzel (1 each), Cutie Oranges (2 each = 1/2 cup)</p>	<p>Hard Salami (4 each), Town House Crackers (4 each)</p>	<p>Waffle w/cinnamon & sugar (1 each), Red 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, Mandarin Oranges, 1% Milk</p>	<p>Baked Ziti, WG Breadstick, Steamed Broccoli, Honeydew, 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 Corn Muffin, 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>Pretzel Sticks (26 each), Zucchini & Squash Sticks w/ Ranch (1/2 cup each)</p>	<p>Pumpkin Cranberry & Cranberry Orange Muffins (1 each), Applesauce (1/2 cup each)</p>	<p>Sun Chips (WG) (8 chips each), Peaches (1/2 cup each)</p>	<p>Applesauce Muffins (1 each), Elmo's Punch Juice (4 oz. each)</p>	<p>Club Mini Crackers (17 each), Cheddar Cheese Slice (1 each)</p>

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Week of May 16, 2022 –May 20, 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), Honeydew (1/2 cup each)</p>	<p>Life Cereal (WG) (1/2 cup each), 1% Milk (4 oz. each)</p>	<p>Wheat Saltines (4 each) Celery w/Peanut Butter & Raisins (3 pieces 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>	<p>Chicken Patty on WG Bun, Sweet Potato Fries, Applesauce, 1% Milk</p>	<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, Green Beans, 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>	<p>Cheddar & Pretzel Goldfish Mix (1/2 cup each) Cherry Juice (4 oz. each)</p>	<p>Banana Muffins (1 each), Mangos (1/2 cup each)</p>	<p>Triscuits (5 each), Apple Grape Juice (4 oz. each)</p>	<p>Whole Wheat Tortilla (WG) w/Butter, Cinnamon & Sugar (1 each), 1% Milk (4 oz. each)</p>	<p>Corn Muffins (1 each), Pears (1/2 cup each)</p>

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Week of May 23, 2022 – May 27, 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), Green Apple Slices (1/2 cup each)</p>	<p>Berry Kix (WG) (3/4 cup each), Pears (1/2 cup each)</p>	<p>Bagel Bites (3 each), Fruit Cocktail (1/2 cup each)</p>	<p>Pancakes on a Stick (1 each) Green Grapes (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>Hot Sliced Turkey, Butter Noodles (WG), Sweet Potatoes, Strawberries, 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, Hummus, 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>Club Crackers (4 each), Colby Jack Cheese (1 slice each)</p>	<p>Chex Mix (1/2 cup each), Cookie Monster Berry Juice (4 oz. each)</p>	<p>Toasted Crackers (4 each), Red Grapes (1/2 cup each)</p>	<p>Blueberry, Banana Crumb & Strawberry Muffins (1 each), 1% Milk (4 oz. each)</p>	<p>Cheese It Crackers (15 each) Peaches (1/2 cup each)</p>

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Week of May 30, 2022 – June 3, 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>CLOSED Memorial Day Holiday</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>Strawberry Yogurt (1 each), Cutie Oranges (2 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>CLOSED Memorial Day Holiday</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>CLOSED Memorial Day Holiday</p>	<p>Strawberry Muffins (1 each) Apple Peach Juice (4 oz. each)</p>	<p>Cheddar & Pretzel Goldfish Mix (1/2 cup each), White Grape Juice (4 oz. each)</p>	<p>Oatmeal Muffins (1 each) 1% Milk (4 oz. each)</p>	<p>Tortilla Chips (15 each) Hummus Dip (2 tablespoons each)</p>