

Illinois State University Child Care Center
Week of November 1, 2021 – November 5, 2021

	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 (3 sticks each) Red Grapes (1/2 cup each)</p>	<p>Wheat Dinner Roll w/Butter (1 each), Fruit Punch Juice (4 oz. each)</p>	<p>Red Apple Slices (1/2 cup each) Biscuit w/Butter (1 each)</p>	<p>$\frac{1}{4}$ Whole Wheat Bagel (WG) w/Cream Cheese, Mango Cup (1/2 cup each)</p>	<p>Kix Cereal (WG), (3/4 cup each) 1% Milk (4 oz. each)</p>
<p>LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Hamburger on WG Bun, Coleslaw, Peaches 1% Milk</p>	<p>Chicken Taco Meat, WG Soft Shell, Black Beans, Corn, Tomatoes, Lettuce, Shredded Cheese, Applesauce, 1% Milk</p>	<p>Baked Ziti, WG Breadstick, Steamed Broccoli, Strawberries, 1% Milk</p>	<p>Hot Sliced Turkey, Butter Noodles, Mashed Sweet Potatoes, Banana 1% Milk</p>	<p>WG Pizza, Cauliflower, Watermelon, 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>Applesauce Muffins (1 each), 1 % Milk (4 oz. each)</p>	<p>Ritz Crackers (4 each), Pineapple Cup (1/2 cup each)</p>	<p>Blueberry Banana Muffins (1 each), Cherry Juice (4 oz. each)</p>	<p>Tortilla Chips (15 each) Hummus Dip (2 tablespoons each)</p>	<p>Triscuits Crackers (5 each), Peaches (1/2 cup each)</p>

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Week of November 8, 2021 – November 12, 2021

	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>Melba Melts (2 each), Strawberry Watermelon Juice (4 oz. each)</p>	<p>Multigrain Cheerios (WG) (1/3 cup each) Strawberry Yogurt (1 - 6 oz. cup each)</p>	<p>Frito Chips 14 each, 1% Milk (4 oz. each)</p>	<p>Wheat Thin Crackers (6 each) Hard Salami Slices (6 slices / 1 oz. each)</p>	<p>Green Grapes (1/2cup 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>Grilled Chicken Breast, Brown Rice Pilaf (WG), Roasted Zucchini & Squash, Oranges 1% Milk</p>	<p>Ham & Cheese Wrap on WW Tortilla (WG), Baby Carrots, Banana 1% Milk</p>	<p>Wowbutter & Jelly Sandwich on WW Bread (WG), Broccoli, Pineapple 1% Milk</p>	<p>Sloppy Joe on WG Bun, Green Beans, Cantaloupe 1% Milk</p>	<p>Whole Wheat Spaghetti w/Meat Sauce (WG), Cheese Stick Salad w/Lettuce, Carrots & Tomatoes & Ranch Dressing, Apples 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>Cheese Biscuits (1 each) Applesauce (1/2 cup each)</p>	<p>Cheddar Goldfish (1/2 cup each) Apple Juice (4 oz. each)</p>	<p>Chex Mix (1/3 cup each) Fruit Cocktail Cup (1/2 cup each)</p>	<p>Whole Wheat Tortilla (WG) w/Butter, Cinnamon & Sugar (1 each) 1% Milk (4 oz. each)</p>	<p>Sun Chips (8 each), Pears (1/2 cup each)</p>

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Week of November 15, 2021 – November 19, 2021

	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>Life Cereal (WG) (1/2 cup each) Honeydew (1/2 cup each)</p>	<p>½ Soft Pretzel (1 each) Cherry Juice (4 oz. each)</p>	<p>Cheez It Crackers (15 each) Green Grapes (1/2 cup each)</p>	<p>Pancake on a Stick (1 each), Green Apple Slices (1/2 cup each)</p>	<p>½ Whole Wheat English Muffin (WG) (1 each) w/ Ham Slices (2 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>Beef Tacos on WG Tortilla Shells, Refried Beans, Lettuce, Tomatoes, Shredded Cheese, Cantaloup 1% Milk</p>	<p>Chili, WG Roll, Red Bell Pepper Strips Apples 1% Milk</p>	<p>Turkey Burger on WG Bun, Peas, Clementines 1% Milk</p>	<p>WG Bosco Sticks, Marinara Sauce, Steamed Broccoli, Banana, 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>Peanut Butter Balls (3 each) Peaches (1/2 cup each)</p>	<p>Townhouse Crackers (4 each), Cutie Oranges (1 each = ½ cup)</p>	<p>Cranberry Orange 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>Mini Club Crackers (12 each), Apple Grape Juice (4 oz. each)</p>

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Week of November 29, 2021 – December 3, 2021

	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>Hawaiian Rolls w/butter (1 each), Turkey Slices (2 each)</p>	<p>Whole Wheat Toast (WG) w/Peanut Butter (1 slice each) 1% Milk (4 oz. each)</p>	<p>Sociable Crackers (5 each) Cantaloupe (1/2 cup each)</p>	<p>Corn Chex Cereal (WG) (1/2 cup each) Red Grapes (1/2 cup each)</p>	<p>Ritz Bits w/Cheese (12 each) Kiwi Strawberry Juice (4 oz. each)</p>
<p>LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Chicken Patty on WW Bun (WG), Baby Carrots, Tropical Fruit, 1% Milk</p>	<p>Walking Taco w/ 3 Bean Chili, Frito Chips, Corn, Strawberries, Avocado, Diced Tomatoes, Shredded Cheese 1% Milk</p>	<p>Bagel Breakfast Sandwich on WW Bagel (WG) w/Egg & Cheddar Cheese, Roasted Sweet Potatoes, Apple, 1% Milk</p>	<p>Mac & Cheese, Roasted Lemon Cauliflower, Clementines, 1% Milk</p>	<p>Lasagna, Breadstick (WG), Salad w/Lettuce, Carrots & Tomatoes & Ranch Dressing, Banana 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>Cranberry Pumpkin Muffins (1 each) 1% Milk (4 oz. each)</p>	<p>Toasted Crackers (4 each) Mandarin Oranges (1/2 cup each)</p>	<p>_____ Muffins (1 each) Mango cup (1/2 cup each)</p>	<p>Pretzels Sticks (26 each) Fruit Cocktail Cup (1/2 cup each)</p>	<p>Club Crackers (4 each) String Cheese (1 each)</p>