

Illinois State University Child Care Center

Week of October 31 - November 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>Halloween Pretzels (1 bag each) ½ Banana Ghost (½ cup each)</p>	<p>Snap Peas (1/2 cup each), Sociable Crackers (5 each)</p>	<p>WW Bagel w/Cream Cheese (1/4 each), Red Grapes (1/2 cup each)</p>	<p>Cheddar & Pretzel Goldfish Crackers (12 cup each), Tropical Fruit (1/2 cup each)</p>	<p>Multigrain Cheerios (WG), (1/2 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>Cheesy Chili Mac, WG Dinner Roll, Green Pepper Strips, Sliced Pears, 1% Milk</p>	<p>BBQ Meatballs, Brown Rice (WG), Carrots, Pineapple, 1% Milk</p>	<p>Baked Ziti, WG Breadstick, Broccoli, Clementines, 1% Milk</p>	<p>Turkey Burger on WG Bun (WG), Baked Beans, Apple Slices, 1% Milk</p>	<p>Ham & Cheese Wrap on WW Tortilla (WG), Baby Carrots, Hummus, 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>Mini Club Crackers (15 each), Cutie Pumpkin Oranges (2 each)</p>	<p>Chex Mix (1/3 cup each), Berry Juice (4 oz. each)</p>	<p>Sun Chips (WG) (8 each), Kiwi Strawberry Juice (4 oz. each)</p>	<p>Cranberry Pumpkin Muffins (1 bag each), Mandarin Oranges (1/2 cup each)</p>	<p>Strawberry Yogurt (1 each), Mangos (1/2 cup each)</p>

Condiments Key:

K = Ketchup, M = Mustard, R = Ranch, BBQ, Mayo

Illinois State University Child Care Center

Week of November 7 – November 11, 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), Strawberries (1/2 cup each)</p>	<p>Life Cereal (WG) (1/2 cup each), 1% Milk (4 oz. each)</p>	<p>Whole Wheat Tortilla (WG) w/Butter, Cinnamon & Sugar (1 each), Mango Juice (4 oz. each)</p>	<p>Tortilla Chips (15 each) Hummus (1 TBS. each)</p>	<p>Cheese Toast on WW Bread (1 each), Applesauce (1/2 cup each)</p>
<p>LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Chicken & Gravy, WG Butter Noodles, Zucchini & Squash, Tropical Fruit, 1% Milk</p>	<p>Walking Taco w/3 Bean Chili, WG Corn Chips, Zippy Corn Salad, Cantaloupe, Shredded Cheese, 1% Milk</p>	<p>Sweet & Sour Meatballs, Brown Rice (WG), Edamame, Oranges 1% Milk</p>	<p>Mac n'Cheese w/ WG Noodles, Peas, Honeydew, 1% Milk</p>	<p>Grilled Chicken Breast, Brown Rice Pilaf (WG), Mashed Sweet Potatoes, Strawberries, 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>Cottage Cheese (1/4 cup each), Pineapple (1/2 cup each)</p>	<p>Banana Crumb Muffins (1 each), Apple Peach Juice (4 oz. each)</p>	<p>Triscuits Crackers (4 each), Cheddar Cheese Slice (1 each)</p>	<p>Gingerbread Muffins (1 each), 1% Milk (4 oz. each)</p>	<p>Hawaiian Rolls w/butter (1 each), Turkey Slices (2 slices each)</p>

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Week of November 14 – November 18, 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), Applesauce (1/2 cup each)</p>	<p>Berry Kix (WG) (3/4 cup each), Pears (1/2 cup each)</p>	<p>Hard Salami (4 pieces each), Townhouse Crackers (4 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), White Grape 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 WG Bun, Sweet Potato Tots, Pears 1% Milk</p>	<p>Wowbutter & Jelly Sandwich on WW Bread (WG), Red Pepper Slices, Pineapple, 1% Milk</p>	<p>Lasagna, WG Breadsticks, Lettuce Salad w/ Carrots, Tomatoes & Ranch Dressing, Applesauce, 1% Milk</p>	<p>Sloppy Joe on WG Bun, Coleslaw, Banana, 1% Milk</p>	<p>WG Bosco Sticks w/Marinara, Broccoli, Mandarin Oranges 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), String Cheese (1 each)</p>	<p>Applesauce & Cranberry Orange Muffins (1 each), 1% Milk (4 oz. each)</p>	<p>Ritz Bits w/Cheese Crackers (12 each) Fruit Punch Juice (4 oz each)</p>	<p>Blueberry & Blueberry Banana Muffins (1 each), 1% Milk (4 oz. each)</p>	<p>Cheese It Crackers (12 each) Peaches (1/2 cup each)</p>

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Week of November 28 – December 2, 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 (3 each), Green Grapes (1/2 cup each)</p>	<p>Ham Slices (2 each) Saltine Crackers (4 each)</p>	<p>Kix Cereal (WG), (3/4 cup each), Cantaloup (1/2 cup each)</p>	<p>Pancakes on a Stick (1 each) 1% Milk (4 oz. each)</p>	<p>Honeydew Melon (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>Cheesy Chili Mac, WG Dinner Roll, Green Pepper Strips, Sliced Pears, 1% Milk</p>	<p>BBQ Meatballs, Brown Rice (WG), Carrots, Pineapple, 1% Milk</p>	<p>Baked Ziti, WG Breadstick, Broccoli, Clementines, 1% Milk</p>	<p>Turkey Burger on WG Bun (WG), Baked Beans, Apple Slices, 1% Milk</p>	<p>Ham & Cheese Wrap on WW Tortilla (WG), Baby Carrots, Hummus, 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>Blueberry Banana Muffins (1 each) 1% Milk (4 oz. each)</p>	<p>Cheddar & Pretzel Goldfish Mix (1/2 cup each), Strawberry Watermelon Juice (4 oz. each)</p>	<p>Toasted Crackers (4 each), Berry Juice (1/2 cup each)</p>	<p>Wheat Thin Crackers (8 each), Colby Cheese Slice (1 slice each)</p>	<p>Corn Muffins (1 each) 1% Milk (4 oz. each)</p>

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