

Illinois State University Child Care Center

Week of October 4, 2021 – October 8, 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 (2 sticks each) Red Grapes (1/2 cup each)</p>	<p>Wheat Dinner Roll w/Butter (1 each), Apple Peach Juice (4 oz. each)</p>	<p>Kix Cereal (WG), (3/4 cup each) 1% Milk (4 oz. each)</p>	<p>$\frac{1}{4}$ Whole Wheat Bagel (WG) w/Cream Cheese, Mango Cup (1/2 cup each)</p>	<p>Green & 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>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, 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>Banana Crumb Muffins (1 each), 1 % Milk (4 oz. each)</p>	<p>Toasted Crackers (4 each), Pineapple Cup (1/2 cup each)</p>	<p>Pumpkin Muffins (1 each), Berry Juice (4 oz. each)</p>	<p>Tortilla Chips (15 each) Hummus Dip (2 tablespoons each)</p>	<p>Club Crackers (4 each), Peaches (1/2 cup each)</p>

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Week of October 11 – October 15, 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>Life Cereal (WG) 1/3 cup 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, Banana 1% Milk</p>	<p>Ham & Cheese Wrap on WW Tortilla (WG), Baby Carrots, Oranges 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), 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>Gingerbread Muffins (1 each) Applesauce (1/2 cup each)</p>	<p>Cheddar & Pretzel Goldfish (1/2 cup each) Mango 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>Frito Chips (14 each), Pears (1/2 cup each)</p>

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Week of October 18, 2021 – October 22, 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>Multigrain Cheerios (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>Bagel Bites (3 each), Red 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>Banana Bread Muffins (1 each) Peaches (1/2 cup each)</p>	<p>Townhouse Crackers (4 each), Cutie Oranges (1 each = ½ cup)</p>	<p>Cornbread 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 October 25 - October 29, 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>Whole Wheat Saltines (4 each) Cantaloupe (1/2 cup each)</p>	<p>Corn Chex Cereal (WG) (1/2 cup each) Red Grapes (1/2 cup each)</p>	<p>Popcorn Ball Ghosts (2 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>Strawberry Muffins (1 each) 1% Milk (4 oz. each)</p>	<p>Ritz Crackers (4 each) Mandarin Oranges (1/2 cup each)</p>	<p>Blueberry Muffins (1 each) Mango cup (1/2 cup each)</p>	<p>String Cheese (1 each) Fruit Cocktail Cup (1/2 cup each)</p>	<p>Corn Muffins (1 each) Cutie Orange Pumpkins (1 each)</p>