

Illinois State University Child Care Center

Week of August 31 – September 4, 2020

	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>Red Apple Slices (1/2 cup each), White Cheddar Cheese It Crackers (15 each)</p>	<p>Club Crackers (4 each), 1 % Milk (4 oz. each)</p>	<p>Whole Wheat Tortilla (WG) w/Butter & Cinnamon Sugar, Pear Cup (1/2 cup each)</p>	<p>Rice Chex Cereal (WG) (1/2 cup each), Cutie Oranges (1each)</p>	<p>Whole Wheat Toast (WG) w/Wow Butter 1% Milk (4 oz. 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), Steamed Broccoli, Banana 1% Milk</p>	<p>Chicken Taco Meat, WG Soft Shell, Black Beans, Corn, Tomatoes, Lettuce, Shredded Cheese, Applesauce, 1% Milk</p>	<p>Hot Sliced Turkey, Butter Noodles, Cucumbers, Strawberries 1% Milk</p>	<p>Ham & Cheese Wrap, Prince Charles Veggie Blend, Mandarins in Juice, 1% Milk</p>	<p>Chili, WG Corn Muffin, Green Pepper Strips, 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>Hawaiian Roll, (1 each) 1% Milk (4 oz. each)</p>	<p>Townhouse Crackers (4 each), Fruit Punch Juice (4 oz. each)</p>	<p>Sociable Crackers (5 each) Colby or Provolone Cheese Slice (1 each)</p>	<p>Wheat Thin Crackers (8 each) Green Grapes (1/2 cup each)</p>	<p>Pretzel & Cheddar Goldfish Mix (1/4 cup each) Fruit Punch Juice (4 oz. each)</p>

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Week of September 7 – September 11, 2020

	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>Chex Mix (1/3 cup each) Grapes (1/2 cup each)</p>	<p>Multigrain Cheerios (WG) (1/2 cup. each), 1% Milk (4 oz. each)</p>	<p>French Toast Sticks (3 sticks each) Apple Peach Juice (4 oz. each)</p>	<p>Biscuit w/butter 1% Milk (4 oz. each)</p>	<p>$\frac{1}{4}$ Whole Wheat Bagel (WG) w/Cream Cheese, Applesauce Cup (1/2 cup each)</p>
<p>LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Hamburger on WW Bun (WG), Broccoli, Peaches, 1% Milk</p>	<p>Honey Lemon Chicken, WG Breadstick, Red Pepper Strips, Strawberries, 1% Milk</p>	<p>Turkey & Cheese Sandwich on WW Bread (WG), Baby Carrots, Pineapple, 1% Milk</p>	<p>Chicken Stir Fry, Brown Rice (WG), Celery Sticks w/Wow butter, Banana, 1% Milk</p>	<p>Lasagna, Breadstick, Salad w/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>Ritz Bits W/Cheese (8 each) Apple Peach Juice (4 oz each)</p>	<p>Club Crackers (4 each) Cheddar Cheese Slice (1 each)</p>	<p>WW Tortilla w/butter & cinnamon sugar Mandarin Oranges Cup (1/2 cup each)</p>	<p>Pretzel Sticks (26 sticks each), Cottage Cheese (1/4 cup each)</p>	<p>Toasted Harvest Wheat Crackers (4 crackers each) Mango Cup (1/2 cup each)</p>

Illinois State University Child Care Center
Week of September 14 – September 18, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. SNACK Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative	Wheat Thin Crackers (8 each), Cherry Juice (4 oz. each)	Bagel Bites (3 each) Fruit Cocktail (1/2 cup each)	Red Grapes (1/2 cup each), Cheese It Crackers (15 each)	Whole Wheat Toast (WG) w/Wow Butter, Cherry Juice (4 oz. each)	Life Cereal (WG) (1/2 cup each), 1% Milk (4 oz. each)
LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative	Chicken Strips, Mashed Potatoes w/Gravy, Cucumbers, Whole Mandarins, 1% Milk	Ground Beef Taco Meat, WG Soft Taco Shells, Refried Beans, Corn, Tomatoes, Lettuce, Cheese, Cantaloupe 1% Milk	Turkey Burger on WG Bun, Baby Carrots, Tropical Fruit, 1% Milk	Chicken & Noodles Broccoli, Apples, 1% Milk	WG Bosco Sticks, California Blend Veggies, Banana, 1% Milk
P.M. SNACK Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative	Triscuits (WG) Crackers (4 each), Pear Cup (1/2 cup each)	Ritz Crackers (4 crackers each), Cutie Oranges (1 each)	Townhouse Crackers (4 crackers each), String Cheese (1 each)	Toasted Crackers (4 crackers each), Applesauce cup (4 oz. each)	Pretzel & Cheddar Gold Fish (1/4 cup each), Applesauce Cup (1/2 cup each)

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Week of September 21 – September 25, 2020

	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>Ritz Bits W/Cheese (8 each) ½ Banana each</p>	<p>Toasted Wheat Crackers (4 each) Watermelon (1/2 cup each)</p>	<p>Kix Cereal (WG) (1/3 cup each) 1% Milk (4 oz. each)</p>	<p>¼ WW Bagel (WG) w/Blueberry Cream Cheese (¼ each), Mandarin Oranges Cup (1/2 cup each)</p>	<p>Melba Melts (2 each), 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 Patty on WG Bun (WG), Baby Carrots, Banana, 1% Milk</p>	<p>WG Tortilla Chip Nachos with Ground Beef, Cheese Sauce, Lettuce, Tomatoes Black Beans, Cantaloupe, 1% Milk</p>	<p>Bagel Breakfast Sandwich w/Egg & Cheese, Sweet Potato & Veggie Hash, Sliced Tropical Fruit, 1% Milk</p>	<p>Mac & Cheese, Cauliflower, Apples, 1% Milk</p>	<p>WG Pizza, Green Beans, Peaches, 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>Sociable Crackers (5 each) Berry Juice (4 oz. each)</p>	<p>Sun Chips (WG) (8 each), Berry Juice (4 oz. each)</p>	<p>Ritz Crackers (4 each) Cottage Cheese (1/4 cup each)</p>	<p>Townhouse Crackers (4 each) Applesauce cup (4 oz. each)</p>	<p>½ Whole Wheat English Muffin (WG) w/Colby Cheese (1 each)</p>

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Week of September 28 – October 2, 2020

	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>Nectarines (1/2 cup each), White Cheddar Cheese It Crackers (15 each)</p>	<p>Corn Chex Cereal (WG) (1/2 cup each), Honeydew (1/2 cup each)</p>	<p>Biscuit w/butter Applesauce Cup (1/2 cup each)</p>	<p>Whole Wheat Toast (WG) w/Wow Butter 1% Milk (4 oz. each)</p>	<p>Club Crackers (4 each), Pear cup (1/2 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), Steamed Broccoli, Banana 1% Milk</p>	<p>Chicken Taco Meat, WG Soft Shell, Black Beans, Corn, Tomatoes, Lettuce, Shredded Cheese, Applesauce, 1% Milk</p>	<p>Hot Sliced Turkey, Butter Noodles, Cucumbers, Strawberries 1% Milk</p>	<p>Ham & Cheese Wrap, Prince Charles Veggie Blend, Mandarins in Juice, 1% Milk</p>	<p>Chili, WG Corn Muffin, Green Pepper Strips, 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>Chex Mix (1/3 cup each) Strawberry Watermelon Juice (4 oz. each)</p>	<p>Sociable Crackers (5 each) Provolone Cheese Slice (1 each)</p>	<p>Whole Wheat Tortilla (WG) w/Butter & Cinnamon Sugar, 1% Milk (4 oz. each)</p>	<p>Triscuits Crackers (4 each) Green Grapes (1/2 cup each)</p>	<p>Pretzel & Cheddar Goldfish Mix (1/4 cup each) Strawberry Watermelon Juice (4 oz. each)</p>