

Illinois State University Child Care Center

Weekly Menu – Summer Cycle #5

Week of: Sept. 4 – Sept. 8, 2017

	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 for Labor Day</p>	<p>¼ cup Vanilla yogurt, Townhouse Crackers (4 each)</p>	<p>Ritz Bitz w/cheese Tropical Fruit Juice (4 oz. each)</p>	<p>½ cup Apple Slices Whole Wheat Saltine Crackers (4 each)</p>	<p>Multigrain Club Crackers (4 each), Cantaloupe (1/2 cup each)</p>
<p>LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Closed for Labor Day</p>	<p>Beef Taco Meat, WW Tortilla, Shredded Lettuce, Diced Tomatoes, Shredded Cheese, Corn, Oranges Skim Milk</p>	<p>Scrambled Eggs, Sausage Patties, WW Blueberry Muffin, Red Pepper Strips, Banana Skim Milk</p>	<p>Chicken Parmesan, WW Spaghetti, Marinara Sauce, WW Breadsticks, Celery w/Peanut Butter, Watermelon Skim Milk</p>	<p>Sliced Turkey, Mashed Potatoes w/Gravy, Green Beans, WW Roll w/Butter, Strawberries, Graham Crackers Skim 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 for Labor Day</p>	<p>Tortilla w/Strawberry Cream Cheese & Strawberries (1/2 cup each)</p>	<p>Corn Bread, Milk</p>	<p>½ cup Pea Pods w/Veggie Dip, Triscuit Crackers (4 each)</p>	<p>Banana Bread, Milk</p>

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Weekly Menu –Summer Cycle #2

Week of: Sept. 11 – Sept. 15, 2017

	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>½ cup Orange Slices Honey Nut Cheerios (1/4 cup each)</p>	<p>French Toast Sticks w/ Syrup (2 each),</p>	<p>¼ cup Cottage Cheese Sociable Crackers (5 Each)</p>	<p>Cucumber Slices (1/2 cup each) w/veggie dip, Wheat Thin Crackers (8 each)</p>	<p>Pineapple Chunks (1/2 cup each) Town House Focaccia Tuscan Cheese Crackers (4 each)</p>
<p>LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Peanut Butter & Jelly Sandwiches on WW Vegetable Blend, Watermelon, Strawberry Yogurt Skim Milk</p>	<p>Bean & Beef Burrito, Cheese Sauce, Peas, Apples Skim Milk</p>	<p>Cheese Tortellini, Marinara Sauce, String Cheese, Broccoli, Strawberry Yogurt, Banana Skim Milk</p>	<p>Chicken Stir Fry, Brown Rice, Baby Carrots, Pineapple, Graham Crackers Skim Milk</p>	<p>Chili, Cheese & Crackers, Celery, Cantaloupe Skim 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>Zucchini Bread, Milk</p>	<p>Toasted English Muffin (1/2 each) w/ Peanut Butter, Milk (4 oz each)</p>	<p>Homemade Tortilla Chips w/Fresh Fruit Salsa Colby Cheese Cubes (6 each)</p>	<p>Cheese It Crackers Pineapple Juice (1/4 cup)</p>	<p>Cranberry Bread, Milk</p>

Illinois State University Child Care Center

Weekly Menu –Summer Cycle #1

Week of: Sept. 18 – Sept. 22, 2017

	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>Entertainment Crackers (2 each) Grape Tomatoes (1/2 cup each) w/Veggie Dip</p>	<p>½ cup Cantaloupe, Toasted Wheat Crackers (4 each)</p>	<p>Cinnamon Toast (1 slice each), Milk (4 oz each)</p>	<p>¼ cup Cottage Cheese Wheat Saltine Crackers (4 Each)</p>	<p>½ a Mini Bagel w/Cream Cheese Honeydew Melon (1/2 cup each)</p>
<p>LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Meatballs w/Marinara, WW Spaghetti Celery w/Peanut Butter, String Cheese, Oranges Skim Milk</p>	<p>Beef Taco Meat, Corn Chips, Black Beans, Cheese Sauce, Shredded Lettuce, Diced Tomatoes, Broccoli, Banana Skim Milk</p>	<p>Sliced Turkey, Mashed Potatoes Baby Carrots, WW Roll w/Butter, Apples Skim Milk</p>	<p>Chicken Patty on WW Bun, Peas, Watermelon, Skim Milk</p>	<p>Macaroni & Cheese, Caribbean Vegetables, Strawberries Skim 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>Graham Crackers, ½ cup Mandarin Oranges</p>	<p>Peanut Butter Balls, Milk</p>	<p>Blueberry Muffins Tropical Fruit Juice (4 oz each)</p>	<p>Tortilla w/Peanut Butter, Raspberry Juice (4 oz each)</p>	<p>½ cup Orange Slices, Multigrain Club Crackers (4 each)</p>

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Weekly Menu –Summer Cycle #5

Week of: Sept. 25 – Sept. 29, 2017

	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>½ cup Fresh Mixed Berries, ¼ cup Kix Cereal</p>	<p>½ cup Honeydew Melon, Whole Wheat Ritz Crackers (4 each)</p>	<p>Toast w/Peanut Butter (1 slice each), Milk (4 oz each)</p>	<p>Fresh Baked Biscuit, ½ cup Fresh Peach Slices</p>	<p>½ Whole Wheat Bagel w/Butter Watermelon Juice (4 oz each)</p>
<p>LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Lasagna, Whole Grain Breadstick, Lettuce Salad with Carrots, Tomato & Ranch Dressing, Watermelon Skim Milk</p>	<p>Ham and Cheese Wrap on WW Tortilla, Steamed Broccoli, Apples, Pretzels Skim Milk</p>	<p>BBQ Pork on WW Bun, California Blend Veggies, Pineapple Skim Milk</p>	<p>Chicken Nuggets, Mashed Potatoes & Gravy, Green Beans, Strawberries Skim Milk</p>	<p>Cheese Pizza, Baby Carrots, Graham Crackers, Banana Skim 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>¼ cup Teddy Graham Crackers Vanilla Pudding</p>	<p>Banana Bread Milk</p>	<p>Wheat Thin Crackers (8 each) Berry Juice (4 oz each)</p>	<p>String Cheese, Cheddar & Pretzel Goldfish Crackers Mixed (1/4 cup each)</p>	<p>Oatmeal Muffins ½ cup Canned Pears</p>