

Illinois State University Child Care Center

Week of July 27 – July 31, 2026

	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	WW Tortilla w/butter & cinnamon/sugar (1 each), Green Grapes (1/2 cup each)	Multigrain Cheerios (WG) (1/2 cup each), Cantaloup (1/2 cup each)	WW Bagel (1/4 each), Apple Raspberry Juice (1/2 cup each)	Uncrustable, (1 each), Watermelon (1/2 cup each)	Pretzel Sticks (26 each), Watermelon (1/2 cup each)
LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative	Chicken Patty on WG Bun , Sweet Potato Fries, Clementines, 1% Milk	Beef Taco Meat, WG Corn Chips , Black Beans, Cheese, Lettuce, Tomato Cantaloupe, 1% Milk	Grilled Chicken Breast Brown Rice (WG) , Roasted Zucchini & Squash, Strawberries, 1% Milk	Mac & Cheese w/ WW Noodles Broccoli, Grapes 1% Milk	WG Bagel , Turkey Sausage. Egg Patty & Cheese, Breakfast Potatoes, Apple Slices, 1% Milk
P.M. SNACK Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative	Sun Chips (WG) (8 each), Strawberry Banana Juice (1/2 cup each)	Hawaiian Rolls (1 each), Turkey Slice (1 each)	Triscuit Thin Crackers (WG) (7 each), Colby Cheese Slice (1 each)	Strawberry Muffins (1 each), 1% Milk (4 oz. each)	Cranberry Orange Muffins (1 each), Peaches (1/2 each)

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Week of August 3 – August 7, 2026

	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	French Toast Sticks (3 each), Peaches (1/2 cup each)	Mini Club Crackers (15 each), Red Apples (1/2 cup each)	WW Toast w/Butter, Cinnamon & Sugar (1 each), Applesauce (1/2 cup each)	Strawberry Yogurt (1 each), Life Cereal (1/2 cup each)	Soft Pretzel (1/2 each), Apple Raspberry Juice (4 oz. each)
LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative	Chicken Patty on WW Bun , Baby Carrots, Clementines, 1% Milk	Beef Taco Meat, WW Soft Tortilla , Refried Beans, Corn, Watermelon, Lettuce, Tomato, Cheese, 1% Milk	Turkey Bacon Scramble Breakfast Pizza, Breakfast Potatoes, Strawberries, Yogurt 1% Milk	Bosco Sticks (WW) , Broccoli, Honeydew 1% Milk	Grilled Chicken Breast Brown Rice (WG) , Peppers & Onions, Black Beans, Pineapple Salsa, 1% Milk
P.M. SNACK Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative	Blueberry Banana Muffins (1 each), Strawberry Banana Juice (1/2 cup each)	Turkey Stick (1 each), Tropical Fruit (1/2 cup each)	Sociable Crackers (5 each), Colby Jack Cheese (1 each)	Corn Muffins (1 each), Mangos (1/2 cup each)	Cheez It Crackers (15 each), Pears (1/2 cup each)

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Week of August 17 – August 21, 2026

	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	Cheese Toast (WW) (1 each), Red Grapes (4 oz. each)	Townhouse Crackers (4 each), Honeydew (1/2 cup each)	WW English Muffin w/Jelly, (1 each), 1% Milk (4 oz. each)	Dinner Roll w/butter (1 each), Applesauce (1/2 cup each)	Ham Slices (2 each), Toasted Crackers (4 each)
LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative	Chicken Strips, Whole Wheat Roll Mashed Potatoes w/Gravy, Clementines, 1% Milk	Beef Taco Meat, Tortilla Chips (WG), Cheese Sauce, Black Beans, Cantaloup, Lettuce, Tomato, 1% Milk	Turkey Sausage Patty, French Toast Sticks, Sweet Potato Fries, Strawberries 1% Milk	Mac & Cheese w/ WW Noodles Broccoli, Grapes 1% Milk	Orange Chicken, Brown Fried Rice(WG), Carrots, Pineapple, 1% Milk
P.M. SNACK Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative	Cheddar Cheese Slice (1 each), Whole Wheat Saltine Crackers (4 each)	Banana Crumb & Applesauce Muffins (1 each), 1% Milk (4 oz. each)	Cottage Cheese (1/4 cup each), Pineapple (1/2 cup each)	Tortilla Chips (12 each) w/1 TBS Hummus, Tropical Juice (4 oz. each)	Zucchini & Oatmeal Muffins (1 each), Strawberry Banana Juice (4 oz. each)

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Week of August 24 – August 28, 2026

	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	Multigrain Cheerios (WG) (1/2 cup each), Banana (1/2 cup each)	WW Tortilla w/butter & cinnamon/sugar (1 each), Green Grapes (1/2 cup each)	Pretzel Sticks (26 each), Kiwi Strawberry Juice (1/2 cup each)	Ritz Bits w/cheese crackers, (10 each), Watermelon (1/2 cup each)	WW Bagel (1/4 each), Cutie Oranges (2 each)
LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative	BBQ Chicken Breast WW Bun, Corn, Apple Slices, 1% Milk	Beef Taco Meat, Corn Chips (WG), Black Beans, Cantaloup, Lettuce, Tomato, Shredded Cheese, 1% Milk	Grilled Cheese on WW Bread, Red Bell Peppers, Grapes, Hummus 1% Milk	WG Cheese Pizza Broccoli, Mandarin Oranges, 1% Milk	Chicken Tikka Masala, Jasmine Rice, Naan Bread, Cauliflower, Honeydew, 1% Milk
P.M. SNACK Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative	Triscuit Thin Crackers (WG) (7 each), Colby Cheese Slice (1 each)	Hawaiian Rolls (1 each), Turkey Slice (1 each)	Blueberry, Corn & Cranberry Orange Muffins (1 each), 1% Milk (4 oz. each)	Sun Chips (WG) (8 each), Apple Raspberry Juice (1/2 cup each)	Cheddar & Pretzel Goldfish mix (1/2 cup each), Kiwi Strawberry Juice (1/2 cup each)

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Week of August 31 – September 4, 2026

	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	Biscuit w/butter (1 each), Cantaloup (1/2 cup each)	Townhouse Crackers (4 each), Strawberries (1/2 cup each)	Garlic Bread Stick (1 each), Edamame (1/2 cup each)	Kix Cereal (3/4 cup), 1% Milk (4 oz. each)	Pancakes on a Stick (1 each), Green Apples (1/2 cup each)
LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative	Chicken Patty on WW Bun , Baby Carrots, Clementines, 1% Milk	Beef Taco Meat, WG Soft Tortilla (WW) , Refried Beans, Corn, Watermelon, Lettuce, Tomato, Cheese, 1% Milk	Turkey Bacon Scramble Breakfast Pizza, Breakfast Potatoes, Strawberries, Yogurt 1% Milk	Bosco Sticks (WW) , Broccoli, Honeydew 1% Milk	Grilled Chicken Breast Brown Rice (WG) , Peppers & Onions, Black Beans, Pineapple Salsa, 1% Milk
P.M. SNACK Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative	Ritz Crackers (4 each), Hard Salami (4 pieces each)	Corn Muffins (1 each), 1% Milk (4 oz. each)	Triscuit Crackers (WG) (4 each), Mandarin Oranges (1/2 cup each)	Chex Mix (1/2 cup each), Fruit Punch Juice (4 oz. each)	Wheat Thin Crackers (8 each), String Cheese (1 each)