

Illinois State University Child Care Center

Week of December 4 – December 8, 2023

	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>Pancakes on a Stick (1 each) Cutie Oranges (2 each)</p>	<p>Soft Pretzels (1/2 Pretzel each) Strawberry Watermelon Juice (4 oz each)</p>	<p>Sun Chips (WG) (8 each), Pears (1/2 cup each)</p>	<p>Hard Salami (4 pieces each) Triscuits Crackers (4 each)</p>	<p>Biscuit w/Butter, (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>WG Chicken Strips, Mashed Potatoes w/ Gravy, Celery Sticks, Peaches 1% Milk</p>	<p>3 Bean Chili, WG Corn Chips, Corn, Cantaloupe, Shredded Cheese, 1% Milk</p>	<p>Sweet & Sour Meatballs, Brown Rice (WG), Edamame, Oranges 1% Milk</p>	<p>Ham & Cheese Wrap on WW Tortilla (WG), Baby Carrots, Hummus, Apple Slices, 1% Milk</p>	<p>Lasagna, WG Breadstick Lettuce Salad w/Tomatoes & Carrots, 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>Applesauce Muffins (1 each), 1% Milk (4 oz. each)</p>	<p>Wheat Saltine Crackers (4 each), Cheddar Cheese Slice (1 slice each)</p>	<p>Ritz Bits w/Cheese (12 crackers each), Cherry Juice (4 oz. each each)</p>	<p>Cinnamon Pita Chips (5 each), 1% Milk (4 oz. each)</p>	<p>Banana Crumb Muffins (1 each) Mandarin Oranges (1/2 cup each)</p>

Condiments Key:

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

Illinois State University Child Care Center

Week of December 11 – December 15, 2023

	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>Toasted Crackers (4 each) Fruit Punch Juice (4 oz. each)</p>	<p>Dinner Roll w/Butter (1 each), Pineapple (1/2 cup each)</p>	<p>WW English Muffin w/butter & Jelly (1/2 each), Strawberry Watermelon Juice (4 oz. each)</p>	<p>Bagel Bites (3 each) Tropical Fruit (1/2 cup each)</p>	<p>WW Bagel w/cream cheese (1/4 each) Peaches (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, Sweet Potato Tots, Pears 1% Milk</p>	<p>Beef Nacho Meat, WG Tortilla Chips, Black Beans, Corn, Cheese Sauce, Pineapple, 1% Milk</p>	<p>WG Pasta & Meatballs in Marinara Sauce, Lettuce Salad w/ Carrots, Tomatoes & Ranch Dressing, Applesauce, 1% Milk</p>	<p>Hamburger on WG Bun, Carrots, Bananas, 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>Oatmeal Muffins (1 each), 1% Milk (4 oz. each)</p>	<p>Wheat Thin Crackers (8 each), String Cheese/Colby Cheese Stick (1 each)</p>	<p>Cheese It Crackers (12 each), Fruit Cocktail (1/2 cup each)</p>	<p>Townhouse Crackers (4 each), Turkey Slices (2 slices each)</p>	<p>Kix (WG) (3/4 cup each), 1% Milk (4 oz. each)</p>

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