

Illinois State University Child Care Center

Week of November 10 – November 14, 2025

	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 English Muffin Pizza (1/2 each) Peaches (1/2 cup each)	Multigrain Cheerios (WG) (3/4 cup each), 1% milk (4 oz. each)	Garlic Breadstick (1 each) Edamame (1/2 cup each)	Cottage Cheese (1/4 cup each) Mandarin Oranges (1/2 cup each)	Hawaiian Roll w/ Turkey Slices (1 slice each, 1 roll each)
LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative	Chicken Patty on WG Bun , Sweet Potato Tots, Pears, 1% Milk	Mac & Cheese w/ WW Noodles Broccoli, Banana 1% Milk	Grilled Chicken Breast Brown Rice (WG) , Cauliflower, Mandarin Oranges 1% Milk	WG Bagel , Turkey Sausage. Egg Patty & Cheese, Breakfast Potatoes, Apple Slices, 1% Milk	Beef Taco Meat, WG Corn Chips , Black Beans, Cheese, Lettuce, Tomato Cantaloupe, 1% Milk
P.M. SNACK Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative	Strawberry Muffins (1 each) Berry Juice (4 oz each)	Pretzel Sticks (13 sticks each) Apple Grape Juice (4 oz each)	Banana Crumb Muffins (1 each) 1% milk (4 oz. each) Cheddar Cheese (1 slice each)	Sociable Crackers (5 each) Pears (1/2 cup each)	Wheat Thins (8 each) Cheddar Cheese Slice (1 each)

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Week of November 17 – November 21, 2025

	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 Cheese Quesadilla (1/2 each), Pineapple (1/2 cup each)	Turkey Stick (1 each), Honeydew Melon (1/2 cup each)	Kix Cereal (WG) (3/4 cup each) 1% Milk (4 oz. each)	WW Toast w/jelly, (1 each) Applesauce (1/2 cup 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	Turkey Burger on WW Bun (WG), Green Beans, Applesauce 1% Milk	WG Chicken Strips Mashed Potatoes w/gravy, Strawberry, 1% Milk	Meatball Sub on WG Bun w/Mozzarella Cheese, Carrots, Pineapple 1% Milk	Beef Taco Meat, WG Taco Shells, Refried Beans, Corn, Cantaloup, Lettuce, Tomato, Cheese, 1% Milk	WG Bosco Sticks, Marinara Sauce, Broccoli, Mandarin Oranges 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 & Pretzel Goldfish mix (1/2 cup each) Peach Mango Juice (4 oz. each)	Pumpkin Banana Muffins (1 each) 1% Milk (4 oz. each)	Townhouse Crackers (4 each) String Cheese (1 each)	Chex Mix (1/2 cup each) Strawberry Watermelon Juice (4 oz. each)	Toasted Crackers (4 each), Tropical Fruit (1/2 cup each)

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Week of December 1 – December 5, 2025

	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	Life Cereal (1/2 cup each), 1% milk (4 oz. each)	Triscuit Thin Crackers (8 each), Green Apple Slices (1/2 cup each)	WW Bagel w/cream cheese (1/4 each) Fruit Cocktail (1/2 cup each)	Dinner Roll (1 each) Colby Jack or Colby Cheese (1 each)	Club Crackers (4 each) Hard Salami (4 pieces each)
LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative	Sweet & Sour Meatballs, Brown Rice, Edamame, Oranges 1% Milk	Beef Taco Meat, Corn Tortilla Chips, Cheese Sauce, Black Beans, Pineapple, Lettuce, Tomato, 1% Milk	BBQ Chicken Breast WG Bun, Mashed Potatoes w/gravy, Grapes 1% Milk	Grilled Cheese on WG Bread, Red Bell Peppers, Apple Slices, Hummus 1% Milk	WG Cheese Pizza Broccoli, Strawberries, 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 Bitz w/cheese (1bag each) Strawberry Watermelon Juice (4 oz. each)	Pumpkin Muffins (1 each) 1% Milk (4 oz. each)	Utz Snack Mix (1/4 cup each) Strawberry Banana Juice (4 oz. each)	Animal Crackers (8 each), Applesauce (1/2 cup each)	Oatmeal Muffins (15 each) Peaches (1/2 cup each)

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Week of December 8 – December 12, 2025

	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	Cinnamon Sugar Pretzel Sticks (13 each) Banana (1/2 each)	Strawberry Yogurt (1 each), Cinnamon Pita Chips (5 each)	Frosted Mini Wheat Cereal (WG) (1/2 cup each) 1% Milk (4 oz. each)	Cheese Toast (1 each) Pears (1/2 cup each)	Soft Pretzels (1/2 each) Mandarin Oranges (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 Tots, Pears, 1% Milk	Beef Taco Meat, WG Corn Chips , Black Beans, Cheese, Lettuce, Tomato Cantaloupe, 1% Milk	Grilled Chicken Breast Brown Rice (WG) , Cauliflower, Mandarin Oranges 1% Milk	WG Bagel , Turkey Sausage. Egg Patty & Cheese, Breakfast Potatoes, Apple Slices, 1% Milk	Mac & Cheese w/ WW Noodles Broccoli, 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	Cheddar Popcorn (1 ½ cups each) Strawberry Banana Juice (4 oz. each)	Corn Muffins (1 each) 1% milk (4 oz. each)	Orange Cranberry Muffins (1 each), Peaches (1/2 cup each)	Sun Chips (8 each) Mangos (1/2 cup each)	Ritz Crackers (4 each) Mango Juice (4 oz. each)