

**Illinois State University Child Care Center**

**Week of January 26 – January 30, 2026**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>A.M. SNACK</b> 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), Red Apple Slices (1/2 cup each)	Cottage Cheese (1/4 cup each) Sociable Crackers (5 each)	<b>WW Bagel</b> w/Cream Cheese (1/4 each), Fruit Cocktail (1/2 cup each)	Biscuit w/butter (1 each), Cantaloup (1/2 cup each)
<b>LUNCH</b> Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative	Sweet & Sour Meatballs, <b>Brown Rice</b> , Edamame, Oranges 1% Milk	Beef Taco Meat, <b>Corn Tortilla Chips</b> , Cheese Sauce, Black Beans, Pineapple, Lettuce, Tomato, 1% Milk	BBQ Chicken Breast <b>WG Bun</b> , Mashed Potatoes w/gravy, Grapes 1% Milk	Grilled Cheese on <b>WG Bread</b> , Cucumber Slices, Apple Slices, Hummus 1% Milk	<b>WG Cheese Pizza</b> Broccoli, Mandarin Oranges, 1% Milk
<b>P.M. SNACK</b> Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative	Pretzel Sticks (13 each), Colby Jack Cheese (1 each)	Cheez It Crackers (15 each), Berry Juice (4 oz. each)	Banana Muffins (15 each) Pineapple (1/2 cup each)	Corn Muffins (1 each) 1% Milk (4 oz. each)	Hawaiian Rolls (1 each), Turkey Slice (1 each)

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**Week of February 2 – February 6, 2026**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>A.M. SNACK</b> Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative	Ritz Crackers (4 each) Cheddar Cheese Slice (1 each)	Cinnamon Sugar Pretzel Sticks (13 each) Fruit Cocktail (1/2 each)	<b>Frosted Mini Wheat Cereal (WG)</b> (1/2 cup each) 1% Milk (4 oz. each)	<b>Cheese Bread/Toast (WW)</b> (1 each) Pears (1/2 cup each)	Soft Pretzels (1/2 each) Mandarin Oranges (1/2 cup each)
<b>LUNCH</b> Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative	Chicken Patty on <b>WG Bun</b> , Sweet Potato Fries, Pineapple, 1% Milk	Beef Taco Meat, <b>WG Corn Chips</b> , Black Beans, Cheese, Lettuce, Tomato Cantaloupe, 1% Milk	Grilled Chicken Breast <b>Brown Rice (WG)</b> , Cauliflower, Mandarin Oranges 1% Milk	Mac & Cheese w/ <b>WW Noodles</b> Broccoli, Banana 1% Milk	<b>WG Bagel</b> , Turkey Sausage. Egg Patty & Cheese, Breakfast Potatoes, Apple Slices, 1% Milk
<b>P.M. SNACK</b> Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative	Sun Chips (8 each) Apple Grape Juice (1/2 cup each)	Banana Crumb Muffins (1 each) 1% milk (4 oz. each)	Ham Slices (2 each) Toasted Crackers (4 each)	Corn Muffins (1 each), Peaches (1/2 cup each)	Cheddar Popcorn (1 ½ cups each) Kiwi Strawberry Juice (4 oz. each)

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**Week of February 9 – February 13, 2026**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>A.M. SNACK</b> Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative	<b>Kix Cereal (WG)</b> (3/4 cup each) 1% Milk (4 oz. each)	Strawberry Yogurt (1 each), Cinnamon Pita Chips (5 each)	Turkey Stick (1 each), Tropical Fruit (1/2 cup each)	Pancakes on a Stick (1 each) Green Apples (1/2 cup each)	<b>WW English Muffin</b> w/jelly, (1 each) Green Grapes (1/2 cup each)
<b>LUNCH</b> Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative	Turkey Burger on <b>WW Bun (WG),</b> Green Beans, Applesauce 1% Milk	Beef Taco Meat, <b>WG Soft Tortilla,</b> Refried Beans, Corn, Cantaloup, Lettuce, Tomato, Cheese, 1% Milk	Meatball Sub on <b>WG Bun</b> w/Mozzarella Cheese, Carrots, Pineapple 1% Milk	<b>WG Chicken Strips</b> Mashed Potatoes w/gravy, Honeydew, 1% Milk	<b>WG Bosco Sticks,</b> Marinara Sauce, Broccoli, Mandarin Oranges 1% Milk
<b>P.M. SNACK</b> 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) Orange Tangerine Juice (4 oz. each)	Blueberry Muffins (1 each) 1% Milk (4 oz. each)	Townhouse Crackers (4 each) String Cheese (1 each)	Cranberry Orange Muffins (1 each) Orange Tangerine Juice (4 oz. each)	Animal Crackers (8 each), Applesauce (1/2 cup each)

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**Week of February 16 – February 20, 2026**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>A.M. SNACK</b> Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative	Multigrain Cheerios (1/2 cup each) Banana (1/2 cup each)	French Toast Sticks (3 each) Red Grapes (1/2 cup each)	Dinner Roll (1 each) Edamame (1/2 cup each)	Wheat Thin Crackers (8 each), Apple Grape Juice (4 oz. each)	Triscuit Crackers (4 each), Cutie Oranges (2 each)
<b>LUNCH</b> Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative	Chicken Strips, Carrots, Grapes 1% Milk	<b>WG Tortilla,</b> <b>Chicken Taco Meat,</b> Refried Beans, Corn, Pineapple, Shredded Lettuce, Tomatoes, Cheese 1% Milk	Hamburger on <b>WG</b> <b>Bun,</b> French Fries, Banana 1% Milk	Chili, <b>WG Cornbread</b> <b>Poppers,</b> Cauliflower, Red Grapes, 1% Milk	Pasta w/Meatballs in Sauce, Lettuce Salad w/Tomatoes & Carrots, Apple Slices 1% Milk
<b>P.M. SNACK</b> Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative	Mini Club Crackers (15 each), Mangos (1/2 cup each)	Wheat Saltine Crackers (4 each), Colby Cheese Slice (1 each)	Utz Snack Mix (1/2 cup each) Apple Grape Juice (4 oz. each)	Club Crackers (4 each) Hard Salami (4 pieces each)	Strawberry Muffins 1 each 1% Milk (4 oz. each)

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**Week of February 23 – February 27, 2026**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>A.M. SNACK</b> 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)	Ritz Bits w/cheese crackers, (1 bag each) Red Apple Slices (1/2 cup each)	Cottage Cheese (1/4 cup each) Sociable Crackers (5 each)	<b>WW Bagel</b> w/Cream Cheese (1/4 each), Fruit Punch Juice (1/2 cup each)	Biscuit w/butter (1 each), Cantaloup (1/2 cup each)
<b>LUNCH</b> Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative	Sweet & Sour Meatballs, <b>Brown Rice</b> , Edamame, Oranges 1% Milk	Beef Taco Meat, <b>Corn Tortilla Chips</b> , Cheese Sauce, Black Beans, Pineapple, Lettuce, Tomato, 1% Milk	BBQ Chicken Breast <b>WG Bun</b> , Mashed Potatoes w/gravy, Grapes 1% Milk	Grilled Cheese on <b>WG Bread</b> , Cucumber Slices, Apple Slices, Hummus 1% Milk	<b>WG Cheese Pizza</b> Broccoli, Mandarin Oranges, 1% Milk
<b>P.M. SNACK</b> Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative	Triscuit Thin Crackers (8 each), Colby Jack Cheese (1 each)	Cheez It Crackers (15 each), Berry Juice (4 oz. each)	Applesauce Muffins (1 each) Pineapple (1/2 cup each)	Oatmeal Muffins (1 each) 1% Milk (4 oz. each)	Hawaiian Rolls (1 each), Turkey Slice (1 each)