

Illinois State University Child Care Center

Week of January 6 – January 10, 2025

	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>Ritz Crackers (4 each), Red Apple Slices (1/2 cup each)</p>	<p>Life Cereal (WG) (1/2 cup each), 1% milk (4 oz. each)</p>	<p>WW Bagel w/Cream Cheese (1/4 each), Mango Juice (4 oz. each)</p>	<p>Club Crackers (4 each) Hard Salami (4 pieces each)</p>	<p>Cheese It Crackers (15 each) White Grape Juice (4 oz. 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>WG Pizza, Red Peppers, Grapes 1% Milk</p>	<p>Turkey Burger on WG Bun, Cantaloup, Green Beans 1% Milk</p>	<p>Grilled Cheese on WG Bread, Broccoli, Strawberries, 1% Milk</p>	<p>Chicken Taco Meat, WG Tortilla, Refried Beans, Corn, Shredded Cheese, Tomatoes, Lettuce, Pineapple, 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>Sun Chips (8 each), Pineapple (1/2 cup each)</p>	<p>Utz Snack Mix (1/2 cup each) Pears (1/2 cup each)</p>	<p>Wheat Thins Crackers (8 each), Cheddar Cheese Slice (1 each)</p>	<p>Blueberry Muffins (1 each) 1% milk (4 oz. each)</p>	<p>Cinnamon Sugar Pretzel Sticks (14 each) Applesauce (1/2 cup each)</p>

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Week of January 13 – January 17, 2025

	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>WW Toast w/Peanut Butter (1 each) Pineapple (1/2 cup each)</p>	<p>WW Soft Tortilla w/butter, cinnamon & sugar (1 each) Cutie Oranges (2 each)</p>	<p>Kix Cereal (WG) (3/4 cup each) 1% Milk (4 oz. each)</p>	<p>Ham Slices (2 slices each), Ritz Crackers (4 each)</p>	<p>Pancakes on a Stick (1 each) Green Apples (1/2 cup each)</p>
<p>LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Mac & Cheese w/WW Noodles Broccoli, Pears, 1% Milk</p>	<p>WG Bagel, Turkey Sausage. Egg Patty & Cheese, Breakfast Potatoes, Apple Slices, 1% Milk</p>	<p>Grilled Chicken Breast Brown Rice (WG), Red Peppers, Mandarin Oranges 1% Milk</p>	<p>Pulled Pork on WG Bun, Coleslaw, Carrots, Grapes 1% Milk</p>	<p>Beef Tacos on WG Tortillas, Refried Beans, Corn, Cantaloupe, Shredded Lettuce, Shredded Cheese, Tomatoes 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>Triscuit Crackers (4 each) Berry Juice (4 oz. each)</p>	<p>Sociable Crackers (5 each) Pears (1/2 cup each)</p>	<p>Toasted Crackers (4 each), String Cheese (1 each)</p>	<p>Cinnamon Pita Chips (5 each) Strawberry Yogurt (1 each)</p>	<p>Cheddar & Pretzel Goldfish mix (1/2 cup each) Fruit Punch Juice (4 oz. each)</p>

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Week of January 20 – January 24, 2025

	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 Martin Luther King Jr. Day</p>	<p>French Toast Sticks (3 each) Pears (1/2 cup each)</p>	<p>Frosted Mini Wheat Cereal (WG) (1/2 cup each) 1% Milk (4 oz. each)</p>	<p>WW English Muffins (1/2 each) Green Grapes (1/2 cup each)</p>	<p>Dinner Rolls w/butter (1 each) Edamame (1/2 cup each)</p>
<p>LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>CLOSED Martin Luther King Jr. Day</p>	<p>Cheesy Tortellini Bake, WG Breadstick Lettuce Salad w/Tomatoes & Carrots, Grapes, Strawberry Banana Yogurt, 1% Milk</p>	<p>Chili, Corn Bread (WG), Baby Carrots, Pears, 1% Milk</p>	<p>Turkey Burger on WG Bun, Apples, Baked Beans, 1% Milk</p>	<p>Beef Nacho Meat, WG Tortilla Chips, Black Beans, Corn, Cheese Sauce, Clementines, 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>CLOSED Martin Luther King Jr. Day</p>	<p>Pumpkin, Gingerbread & Peanut butter Muffins (1 each) 1% Milk (4 oz. each)</p>	<p>Wheat Saltine Crackers (4 each), Colby Cheese (1 slice each)</p>	<p>Cottage Cheese (1/4 Cup each) Pineapple (1/2 cup each)</p>	<p>Corn Muffins (1 each) Kiwi Strawberry Juice (4 oz. each)</p>

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Week of January 27 – January 31, 2025

	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>Multigrain Cheerios (WG) (3/4 cup each), Green Apples (1/2 each cup each)</p>	<p>Soft Pretzels (1/2 each) Red Grapes (1/2 cup each)</p>	<p>WW Cheese Toast (1 each), Papaya & Mango Cup (1/2 cup each)</p>	<p>Hawaiian Roll w/ Turkey Slices (2 slices each, 1 roll each)</p>	<p>Biscuit w/butter (1 each) White Grape Juice (4 oz 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, Applesauce 1% Milk</p>	<p>WG Bosco Sticks, Marinara Sauce, Broccoli, Mandarin Oranges 1% Milk</p>	<p>Sweet & Sour Meatballs, Brown Rice (WG), Edamame, Oranges 1% Milk</p>	<p>Hamburger on WG Bun, Banana, Sweet Potato Tots, 1% Milk</p>	<p>3 Bean Chili, WG Corn Chips, Corn, Cantaloupe, Shredded Cheese, 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>Mini Club Crackers (15 each), Berry Juice (4 oz. each)</p>	<p>Chex Mix (1/2 cup each) Pears (1/2 cup each)</p>	<p>Townhouse Crackers (4 each), Colby Jack Cheese Slice (1 each)</p>	<p>Banana Crumb Muffins (1 each) 1% milk (4 oz. each)</p>	<p>Pretzel Sticks (26 sticks each) Peaches (1/2 cup each)</p>