

**Illinois State University Child Care Center**

**Week of June 24 – June 28, 2024**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>A.M. SNACK</b> Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Sociable Crackers (5 each) Strawberries (1/2 cup each)</p>	<p>Ham Slices (2 each) Toasted Crackers (4 each)</p>	<p><b>WW English Muffin w/butter &amp; Jelly</b> (1/2 each), 1% Milk (4 oz. each)</p>	<p>Dinner Roll w/Butter (1 each), Watermelon (1/2 cup each)</p>	<p><b>Kix (WG)</b> (3/4 cup each), 1% Milk (4 oz. each)</p>
<p><b>LUNCH</b> Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Chili, <b>WG Cornbread Poppers,</b> Baby Carrots, Pears, 1% Milk</p>	<p>Chicken Tacos on <b>WG Soft Tortilla,</b> Refried Beans, Corn, Pineapple, Shredded Lettuce, Cheese, Tomatoes 1% Milk</p>	<p>Baked Ziti, <b>WG Breadstick,</b> Green Beans, Apples 1% Milk</p>	<p>WG Pizza Coleslaw, Bananas, 1% Milk</p>	<p><b>WG Bosco Sticks</b> w/Marinara, Broccoli, Mandarin Oranges 1% Milk</p>
<p><b>P.M. SNACK</b> Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Corn Muffins (1 each) Mandarin Oranges (1/2 cup each)</p>	<p>Club Crackers (4 each), Colby Cheese Slice (1 each)</p>	<p>Ritz Crackers (4 each), Pineapple (1/2 cup each)</p>	<p>Blueberry Muffins (1 each) Tropical Fruit (1/2 cup each)</p>	<p>Triscuit Crackers (4 each), Strawberry Watermelon Juice (4 oz. each)</p>

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**Week of July 1 – July 4, 2024**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>A.M. SNACK</b> Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>French Toast Sticks (3 each) Watermelon (1/2 cup each)</p>	<p>Turkey Slices (2 pieces each), <b>WW Tortilla</b> (1 each)</p>	<p><b>Life Cereal (WG)</b> (1/2 cup each) 1% Milk (4 oz. each)</p>	<p align="center"><b>Closed 4<sup>th</sup> of July Holiday</b></p>	<p>Cinnamon Pita Chips (5 each), Cherry Juice (1/2 cup each)</p>
<p><b>LUNCH</b> Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p><b>WG Chicken Strips,</b> Mashed Potatoes w/ Gravy, Celery Sticks, Peaches 1% Milk</p>	<p>3 Bean Chili, <b>WG Corn Chips,</b> Corn, Cantaloupe, Shredded Cheese, 1% Milk</p>	<p>Sweet &amp; Sour Meatballs, <b>Brown Rice (WG),</b> Edamame, Oranges 1% Milk</p>	<p align="center"><b>Closed 4<sup>th</sup> of July Holiday</b></p>	<p>Cheesy Tortellini Bake <b>WW Breadstick</b> Lettuce Salad w/Tomatoes &amp; Carrots, Banana, 1% Milk</p>
<p><b>P.M. SNACK</b> Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Peanut Butter Balls (3 each) Apple Juice (4 oz. each)</p>	<p>Wheat Saltine Crackers (4 each), Cheddar Cheese Slice (1 slice each)</p>	<p>Cottage Cheese (1/4 Cup each) Pretzel Sticks (26 sticks each)</p>	<p align="center"><b>Closed 4<sup>th</sup> of July Holiday</b></p>	<p>Banana Blueberry Muffins (from freezer) (1 each) Mangos (1/2 cup each)</p>

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**Week of July 8 – July 12, 2024**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>A.M. SNACK</b> Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p><b>Multigrain Cheerios (WG)</b> (3/4 cup each), Green Apples (1/2 each cup each)</p>	<p>Soft Pretzels (1/2 Pretzel each) Red Grapes (1/2 cup each)</p>	<p><b>WW Bagel w/Cream Cheese</b> (1/4 each), Cutie Oranges (2 each)</p>	<p>Hawaiian Roll w/ Butter (1 each), Apple Banana Juice (4 oz each)</p>	<p>Ritz Bits w/Cheese Crackers (12 each) 1% milk (4 oz. each)</p>
<p><b>LUNCH</b> Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Chicken Patty on <b>WG Bun</b>, Sweet Potato Tots, Pears 1% Milk</p>	<p>Beef Nacho Meat, <b>WG Tortilla Chips</b>, Black Beans, Corn, Cheese Sauce, Pineapple, 1% Milk</p>	<p><b>WG Pasta &amp;</b> Meatballs in Marinara Sauce, Lettuce Salad w/ Carrots, Tomatoes &amp; Ranch Dressing, Applesauce, 1% Milk</p>	<p>Hamburger on <b>WG Bun</b>, Carrots, Bananas, 1% Milk</p>	<p>Grilled Cheese on <b>WG Bread</b>, Broccoli, Mandarin Oranges 1% Milk</p>
<p><b>P.M. SNACK</b> 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), Fruit Punch Juice (4 oz. each)</p>	<p>Banana Crumb Muffins (1 each) Pears (1/2 cup each)</p>	<p>Triscuit Thin Crackers (8 each), Cheese Stick (1 each)</p>	<p>Oatmeal Muffins (1 each) 1% milk (4 oz. each)</p>	<p>Utz Snack Mix (1/2 cup each) Peaches (1/2 cup each)</p>

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**Week of July 15 – July 19, 2024**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>A.M. SNACK</b> 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), 1% Milk (4 oz. each)</p>	<p>Biscuit w/Butter, (1 each), Cantaloup (1/2 cup each)</p>	<p>Pizza Bagel Bites (3 each), Red Apple slices (2 each)</p>	<p>Pancakes on a Stick (1 each) Honeydew (2 each)</p>	<p>Strawberry Yogurt (1 each) Green Grapes (1/2 Cup Each)</p>
<p><b>LUNCH</b> Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Turkey Burger on <b>WG Bun</b>, Baked Beans, Apples, 1% Milk</p>	<p>Beef Tacos on <b>WW Tortillas</b>, Refried Beans, Corn, Cantaloupe, Shredded Lettuce, Shredded Cheese, Tomatoes 1% Milk</p>	<p>Mac &amp; Cheese w/<b>WW noodles</b> Broccoli, Mandarin Oranges, 1% Mill</p>	<p>Grilled Chicken, <b>WG Buttered Noodles</b>, Cucumbers, Peaches, 1% Milk</p>	<p><b>WG Pizza</b>, Red Peppers, Strawberries, 1% Milk</p>
<p><b>P.M. SNACK</b> Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Chex Mix (1/2 cup each), Mango Juice (4 oz. each)</p>	<p>Cheddar &amp; Pretzel Goldfish (1/2 cup each), Applesauce (1/2 cup each)</p>	<p>Hard Salami (4 pieces each) Townhouse Crackers (4 each)</p>	<p>Cinnamon Sugar Pretzel Twists (14 sticks each) Tropical Fruit Cup (1/2 cup each)</p>	<p>Wheat Thin Crackers (8 each), Tropical Passion Fruit Juice (4 oz. each each)</p>

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**Week of July 22 – July 26, 2024**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>A.M. SNACK</b> Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Sociable Crackers (5 each) Strawberries (1/2 cup each)</p>	<p>Ham Slices (2 each) Toasted Crackers (4 each)</p>	<p><b>WW English Muffin w/butter &amp; Jelly</b> (1/2 each), 1% Milk (4 oz. each)</p>	<p>Dinner Roll w/Butter (1 each), Watermelon (1/2 cup each)</p>	<p><b>Kix (WG)</b> (3/4 cup each), 1% Milk (4 oz. each)</p>
<p><b>LUNCH</b> Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Chili, <b>WG Cornbread Poppers,</b> Baby Carrots, Pears, 1% Milk</p>	<p>Chicken Tacos on <b>WG Soft Tortilla,</b> Refried Beans, Corn, Pineapple, Shredded Lettuce, Cheese, Tomatoes 1% Milk</p>	<p>Baked Ziti, <b>WG Breadstick,</b> Green Beans, Apples 1% Milk</p>	<p>Ham &amp; Cheese Wrap Coleslaw, Bananas, 1% Milk</p>	<p><b>WG Bosco Sticks</b> w/Marinara, Broccoli, Mandarin Oranges 1% Milk</p>
<p><b>P.M. SNACK</b> Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Club Crackers (4 each), Colby Cheese Slice (1 each)</p>	<p>Corn Muffins (1 each) Mandarin Oranges (1/2 cup each)</p>	<p>Triscuit Crackers (4 each), Apple Cranberry Juice (4 oz. each)</p>	<p>Banana Blueberry Muffins (1 each) Fruit Cocktail (1/2 cup each)</p>	<p>Cheese It Crackers (12 each), Pineapple (1/2 cup each)</p>

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**Week of July 29 – August 2, 2024**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>A.M. SNACK</b> Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>String Cheese (1 Each) Sun Chips (8 each)</p>	<p>Soft Pretzel (1/2 each) Cherry Juice (4 oz. each)</p>	<p><b>Frosted Mini Wheat Cereal (WG)</b> (1/2 cup each) 1% Milk (4 oz. each)</p>	<p>French Toast Sticks (3 each) ½ Banana (1/2 each)</p>	<p>Pizza Bagel Bites (3 each), Red Apple slices (2 each)</p>
<p><b>LUNCH</b> Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p><b>WG Chicken Strips,</b> Mashed Potatoes w/ Gravy, Celery Sticks, Peaches 1% Milk</p>	<p>3 Bean Chili, <b>WG Corn Chips,</b> Corn, Cantaloupe, Shredded Cheese, 1% Milk</p>	<p>Sweet &amp; Sour Meatballs, <b>Brown Rice (WG),</b> Edamame, Oranges 1% Milk</p>	<p><b>WG Bagel</b> w/Egg Patty &amp; Cheese, Baby Carrots w/Hummus, Apple Slices, 1% Milk</p>	<p>Cheesy Tortellini Bake <b>WW Breadstick</b> Lettuce Salad w/Tomatoes &amp; Carrots, Banana, 1% Milk</p>
<p><b>P.M. SNACK</b> Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Blueberry (1 each) Strawberry Watermelon Juice (4 oz. each)</p>	<p>Wheat Saltine Crackers (4 each), Cheddar Cheese Slice (1 slice each)</p>	<p>Cottage Cheese (1/4 Cup each) Pretzel Sticks (26 sticks each)</p>	<p>Cinnamon Pita Chips (5 each), 1% Milk (4 oz. each)</p>	<p>Applesauce Muffins (1 each) Mangos (1/2 cup each)</p>