

Illinois State University Child Care Center

Week of October 27 – October 31, 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	Soft Pretzels (1/2 each), Watermelon (1/2 cup each)	Cinnamon Pita Chips (5 each), Strawberry Yogurt (1 each)	WW Bagel w/Cream Cheese (1/4 each), Mangos (1/2 cup each)	Club Crackers (4 each) Hard Salami (4 pieces each)	Ritz Crackers (4 each), Cutie Pumpkins (2 each)
LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative	WG Chicken Strips Carrots, Grapes, 1% Milk	WG Tortilla, Chicken Taco Meat, Refried Beans, Corn, Pineapple, Shredded Lettuce, Tomatoes, Cheese 1% Milk	Cheeseburger on WG Bun, French Fries, Banana 1% Milk	Chili, WG Cornbread Poppers, Cauliflower, Pears, 1% Milk	Pasta w/Meatballs in Sauce, Lettuce Salad w/Tomatoes & Carrots, Apple Slices 1% Milk
P.M. SNACK Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative	Corn Muffins (1 each) 1% milk (4 oz. each)	Utz Snack Mix (1/2 cup each), Cherry Juice (4 oz. each)	Banana Cranberry Muffins (1 each) 1% milk (4 oz. each)	Wheat Saltine Crackers (4 each), Colby Cheese Slice (1 each)	Mini Club Crackers (15 each), Apple Juice (4 oz. each)

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Week of November 3 – November 7, 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	Ham Slices (2 slices each), Triscuit Crackers (4 each)	Biscuits (1 each) Cantaloup (1/2 cup each)	Frosted Mini Wheat Cereal (WG) (1/2 cup each) 1% Milk (4 oz. each)	French Toast Sticks (3 each) Green Grapes (1/2 cup each)	WW Soft Tortilla w/butter, cinnamon & sugar (1 each) Red Apples (1/2 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, Hummus, Apple Slices, 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 (1 bag each) Apple Peach Juice (4 oz. each)	Animal Crackers (8 each), Fruit Cocktail (1/2 cup each)	Wheat Entertainment Crackers (3 each) Colby Jack Cheese (1 slice each)	Cheese It Crackers (15 each) Kiwi Strawberry Juice (4 oz. each)	Blueberry Muffins (1 each), 1% Milk (4 oz. each)

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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)