

Illinois State University Child Care Center

Week of September 30 – October 4, 2024

	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>Soft Pretzel (1/2 each) Strawberries & Blueberries (1/2 cup each)</p>	<p>French Toast Sticks (3 each) Green Grapes (1/2 cup each)</p>	<p>Frosted Mini Wheat Cereal (WG) (1/2 cup each) 1% Milk (4 oz. each)</p>	<p>Ham Slices (2 each), Toasted Crackers (4 each)</p>	<p>White Cheddar Cheese Its (15 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>Orange Chicken, Brown Rice Steamed Broccoli, Pineapple 1% Milk</p>	<p>Beef Nacho Meat, WG Tortilla Chips, Black Beans, Corn, Cheese Sauce, Clementines, 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>Cheesy Tortellini Bake, WG Breadstick Lettuce Salad w/Tomatoes & Carrots, Grapes, Strawberry Banana Yogurt, 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>Wheat Saltine Crackers (4 each), Colby Cheese Slice (1 slice each)</p>	<p>Cinnamon Pita Chips (5 each), Strawberry Yogurt (1 each)</p>	<p>Gingerbread Muffins (1 each) Tropical Passion Fruit Juice (4 oz. each)</p>	<p>Cottage Cheese (1/4 Cup each) Pineapple (1/2 cup each)</p>	<p>Banana Blueberry Muffins (1 each) Apple Juice (4 oz. each)</p>

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Week of October 7 – October 11, 2024

	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>Pretzel Sticks (26 sticks each) Cutie Oranges (2 each)</p>	<p>WW Bagel w/Cream Cheese (1/4 each), Red Grapes (1/2 cup each)</p>	<p>Hawaiian Roll w/ Butter (1 each), Strawberry Watermelon Juice (4 oz each)</p>	<p>Ritz Bits w/Cheese Crackers (15 each) 1% milk (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>3 Bean Chili, WG Corn Chips, Corn, Cantaloupe, Shredded Cheese, 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>WG Bosco Sticks, Broccoli, Mandarin Oranges 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), Apple Peach Juice (4 oz. each)</p>	<p>Peanut Butter Balls (3 each) Pears (1/2 cup each)</p>	<p>Triscuit Thin Crackers (8 each), Colby Cheese Slice (1 each)</p>	<p>Strawberry 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 October 14 – October 18, 2024

	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>Dinner Roll w/ Butter (1 each), Green Grapes (1/2 cup each)</p>	<p>Life Cereal (WG) (1/2 cup each), 1% milk (4 oz. each)</p>	<p>WW English Muffin w/Butter &Jelly (1/2 each), Apple Cranberry Juice (4 oz. each)</p>	<p>Town House Crackers (4 each) Hard Salami (4 pieces each)</p>	<p>Ritz Bits w/Cheese Crackers (15 each) Honeydew (2 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>Chicken Taco Meat, WG Tortilla, Refried Beans, Corn, Shredded Cheese, Tomatoes, Lettuce, Pineapple, 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>WG Pizza, Red Peppers, Grapes 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>Club Crackers (4 each), Tropical Passion Fruit Juice (4 oz. each)</p>	<p>Chex Mix (1/4 cup each) Tropical Fruit Cup (1/2 cup each)</p>	<p>Triscuit Crackers (4 each), Colby Jack Cheese Slice (1 each)</p>	<p>Peanut Butter 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 October 21 – October 25, 2024

	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) ½ Banana (1/2 each)</p>	<p>WW Soft Tortilla w/butter, cinnamon & sugar (1 each) Mangos (1/2 cup each)</p>	<p>Kix Cereal (WG) (3/4 cup each) 1% Milk (4 oz. each)</p>	<p>Turkey Slices (2 each), Sociable Crackers (5 each)</p>	<p>Pancakes on a Stick (1 each) Red Apples (1/2 cup each)</p>
<p>LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>WG Bagel, Turkey Sausage. Egg Patty & Cheese, Breakfast Potatoes, Apple Slices, 1% Milk</p>	<p>Beef Tacos on WG Tortillas, Refried Beans, Corn, Cantaloupe, Shredded Lettuce, Shredded Cheese, Tomatoes 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>Mac & Cheese w/WW Noodles Broccoli, Pears, 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) Berry Juice (4 oz. each)</p>	<p>Cheddar & Pretzel Goldfish mix (1/2 cup each) Fruit Punch Juice (4 oz. each)</p>	<p>Wheat Thin Crackers (8 each), Cheddar Cheese Slice (1 slice each)</p>	<p>Cheese It Crackers (15 each) Mandarin Oranges (1/2 cup each)</p>	<p>Pumpkin Muffins (1 each) Fruit Cocktail (1/2 cup each)</p>

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Week of October 28 – November 1, 2024

	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>Frosted Mini Wheat Cereal (WG) (1/2 cup each) 1% Milk (4 oz. each)</p>	<p>French Toast Sticks (3 each) Cantaloup (1/2 cup each)</p>	<p>Bagel Bites (3 each) Tropical Passion Fruit Juice (4 oz. each)</p>	<p>Cutie Orange Pumpkins (2 each), Biscuits (1 each)</p>	<p>White Cheddar Cheese Its (15 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>Orange Chicken, Brown Rice Steamed Broccoli, Pineapple 1% Milk</p>	<p>Beef Nacho Meat, WG Tortilla Chips, Black Beans, Corn, Cheese Sauce, Clementines, 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>Cheesy Tortellini Bake, WG Breadstick Lettuce Salad w/Tomatoes & Carrots, Grapes, Strawberry Banana Yogurt, 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>Wheat Saltine Crackers (4 each), String Cheese (1 slice each)</p>	<p>Cinnamon Pita Chips (5 each), Strawberry Yogurt (1 each)</p>	<p>Zucchini Muffins (1 each) 1% Milk (4 oz. each)</p>	<p>Cottage Cheese (1/4 Cup each) Pineapple (1/2 cup each)</p>	<p>Corn Muffins (1 each) White Grape Juice (4 oz. each)</p>