

Illinois State University Child Care Center

Week of September 29 – October 3, 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	Garlic Breadstick (1 each) Kiwi Strawberry Juice (4 oz. each)	Triscuit Thin Crackers (8 each), Red Apple Slices (1/2 cup each)	Ritz Bitz w/cheese (1 bag each) Cutie Oranges (2 each)	Life Cereal (1/2 cup each), 1% milk (4 oz. each)	WW Tortilla Cheese Quesadilla (1/2 each), Cucumber slices (1/2 cup 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	Zucchini Muffins (1each) 1% Milk (4 oz. each)	Animal Crackers (8 each), Applesauce (1/2 cup each)	Tortilla Chips (12 chips each) w/Hummus (1 TBS each) Strawberry Banana Juice (4 oz. each)	Strawberry Muffins (1 each) 1% Milk (4 oz. each)	Cheese It Crackers (15 each) Orange Tangerine Juice (4 oz. each)

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Week of October 6 – October 10, 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)	WW Soft Tortilla w/butter, cinnamon & sugar (1 each) Banana (1/2 each)	Frosted Mini Wheat Cereal (WG) (1/2 cup each) 1% Milk (4 oz. each)	French Toast Sticks (3 each) Red Grapes (1/2 cup each)	Biscuits (1 each) Cantaloup (1/2 cup 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, 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	Cheddar Popcorn (1 ½ cups each) Tropical Juice (4 oz. each)	Banana Muffins (1 each) 1% milk (4 oz. each)	Pumpkin Muffins (1 each), Peaches (1/2 cup each)	Wheat Entertainment Crackers (3 each) Colby Jack Cheese (1 slice each)	Cinnamon Sugar Pretzel Sticks (13 each) Peach Mango Juice (4 oz. each)

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Week of October 13 – October 17, 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 Pizza (1/2 each) Pineapple (1/2 cup each)	Multigrain Cheerios (WG) (3/4 cup each), 1% milk (4 oz. each)	Dinner Rolls w/butter (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	Sun Chips (8 each) Strawberry Watermelon Juice (4 oz each)	Pretzel Sticks (13 sticks each) Mango Juice (4 oz each)	Wheat Thins (8 each) Cheddar Cheese (1 slice each)	Sociable Crackers (5 each) Pears (1/2 cup each)	Banana Blueberry Muffins (1 each) 1% milk (4 oz. each)

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Week of October 20 – October 24, 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	Kix Cereal (WG) (3/4 cup each) 1% Milk (4 oz. each)	WW Cheese Bread (1 each), Green Apples (1/2 cup each)	Turkey Stick (1 each), Apple Peach Juice (4 oz each)	Pancakes on a Stick (1 each) Honeydew (1/2 cup each)	WW Toast w/jelly, (1 each) Green Grapes (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)	Cranberry Orange Muffins (1 each) 1% Milk (4 oz. each)	Townhouse Crackers (4 each) String Cheese (1 each)	Toasted Crackers (4 each), Tropical Fruit (1/2 cup each)	Chex Mix (1/2 cup each) Fruit Punch Juice (4 oz. each)

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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)