

Illinois State University Child Care Center

Week of September 4 – September 8, 2023

	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>No School Labor Day</p>	<p>Turkey Slices (2 pieces each), Toasted Crackers (4 each)</p>	<p>WW Bagel w/Cream Cheese (1/4 each), 1% Milk (4 oz. each)</p>	<p>Corn Chips (4 each) Green Grapes (1/2 cup each)</p>	<p>Multigrain Cheerios (WG) (3/4 cup each), Pears (1/2 cup each)</p>
<p>LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>No School Labor Day</p>	<p>Chicken Tacos on WW Tortillas, Refried Beans, Corn, Pineapple, Shredded Lettuce, Shredded Cheese, Tomatoes 1% Milk</p>	<p>Baked Ziti, WG Breadstick, Green Beans, Apple Slices, 1% Milk</p>	<p>Hamburger on WG Bun, Coleslaw, Bananas, 1% Milk</p>	<p>WG Bosco Sticks w/Marinara, 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>No School Labor Day</p>	<p>Club Mini Crackers (15 each) Cottage Cheese (1/2 cup each)</p>	<p>Ritz Crackers w/cheese (4 sandwiches each), Cherry Juice (4 oz. each)</p>	<p>Triscuit Thin Crackers (8 each), Cutie Oranges (2 each)</p>	<p>Corn Muffins (1 each), Apple Peach Juice (4 oz. each)</p>

Illinois State University Child Care Center

Week of September 11 – September 15, 2023

	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>Pancakes on a Stick (1 each) Strawberries (½ cup each)</p>	<p>Soft Pretzels (1/2 each) Mango Juice (4 oz each)</p>	<p>Sun Chips (WG) (8 each), Berry Juice (4 oz each)</p>	<p>Hard Salami (4 pieces each) Triscuits Crackers (4 each)</p>	<p>Biscuit w/Butter, (1 each), Red Grapes (1/2 cup 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, Celery Sticks, Peaches 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>Ham & Cheese Wrap on WW Tortilla (WG), Baby Carrots, Hummus, Apple Slices, 1% Milk</p>	<p>Lasagna, WG Breadstick Lettuce Salad w/Tomatoes & Carrots, Banana, 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>Blueberry Muffins (1 each), 1% Milk (4 oz. each)</p>	<p>Strawberry Yogurt (1 each), ½ Banana (1/2 cup each)</p>	<p>Pretzel & Cheese Goldfish Cracker Mix (1/2 cup each), Applesauce (1/2 cup each)</p>	<p>Wheat Saltine Crackers (4 each), Cheddar Cheese Slice (1 slice each)</p>	<p>Strawberry Muffins (1 each) Tropical Fruit (1/2 cup each)</p>

Illinois State University Child Care Center

Week of September 18 – September 22, 2023

	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>Red Apple Slices (1/2 cup each) Sociable Crackers (5 each)</p>	<p>Dinner Roll w/Butter (1 each), Mandarin Oranges (1/2 cup each)</p>	<p>WW English Muffin w/butter & Jelly (WG) (1/2 each), Tropical Passion Juice (4 oz. each)</p>	<p>Cinnamon Pita Chips (5 each) Honeydew Melon (1/2 cup each)</p>	<p>Berry Kix & Kix mix (WG) (3/4 cup 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>Chicken Patty on WG Bun, Sweet Potato Tots, Pears 1% Milk</p>	<p>Beef Nacho Meat, WG Tortilla Chips, Black Beans, Corn, Cheese Sauce, Pineapple, 1% Milk</p>	<p>WG Pasta & Meatballs in Marinara Sauce, Lettuce Salad w/ Carrots, Tomatoes & Ranch Dressing, Applesauce, 1% Milk</p>	<p>Hamburger on WG Bun, Carrots, Bananas, 1% Milk</p>	<p>WG Bosco Sticks w/Marinara, 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>Pumpkin Muffins (1 each), 1% Milk (4 oz. each)</p>	<p>Townhouse Crackers (4 each), Colby Cheese Slice (1 each)</p>	<p>Cheese It Crackers (12 each), Fruit Cocktail (1/2 cup each)</p>	<p>Ritz Crackers (4 each), Apple Juice (4 oz. each)</p>	<p>Chex Mix (1/2 cup each) Peaches (1/2 cup each)</p>

Illinois State University Child Care Center

Week of September 25 – September 29, 2023

	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>Green Apple Slices (1/2 cup each), French Toast Sticks (3 each)</p>	<p>Hawaiian Rolls (1 each), Ham Slices (2 slices each)</p>	<p>WW Toast w/Butter & Jelly (1 each), Mangos (1/2 cup each)</p>	<p>Life Cereal (WG) (1/2 cup each), 1% Milk (4 oz. each)</p>	<p>Whole Wheat Tortilla (WG) w/Butter, Cinnamon & Sugar (1 each), Cantaloup (1/2 cup each)</p>
<p>LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Chicken & Gravy, WG Buttered Noodles, Cucumbers, Peaches, 1% Milk</p>	<p>Beef Tacos on WG Tortilla, Refried Beans, Corn Cantaloupe, Lettuce, Cheese & Tomatoes, 1% Milk</p>	<p>Grilled Cheese on WG Bread, Broccoli, Mandarin Oranges 1% Milk</p>	<p>Turkey Burger on WW Bun, Baked Beans, Apple Slices 1% Milk</p>	<p>WG Pizza, Red Pepper Strips, Strawberries, 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>Banana Crumb Muffins (1 each), 1 % Milk (4 oz. each)</p>	<p>Wheat Thins (8 each), Apple Grape Juice (4 oz each)</p>	<p>Pretzel Sticks (26 each), String Cheese (1 each)</p>	<p>Oatmeal Muffins (1 each), Pineapple (1/2 cup each)</p>	<p>Club Crackers (4 each), Orange, Pineapple, Apple Juice (4 oz. each)</p>