

**Illinois State University Child Care Center**

**Weekly Menu – Spring Cycle #5**

**Week of: July 31<sup>st</sup> – August 4<sup>th</sup>, 2017**

	<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>½ mini Bagel w/ Peanut Butter ½ cup Peaches</p>	<p>½ cup Honeydew, Townhouse Crackers (4 each)</p>	<p>Ritz Bitz w/cheese Tropical Fruit Juice</p>	<p>½ cup Apple Slices Whole Wheat Saltine Crackers (4 each)</p>	<p>Multigrain Club Crackers (4 each), Cantaloupe (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>Grilled Chicken Breast, Buttered Noodles, WW Roll w/butter, Apples, Peas Skim Milk</p>	<p>Hamburger on WW Bun, Winter Mix Veggies, Oranges Skim Milk</p>	<p>Cheese Pizza, Celery w/ Peanut Butter, Sliced Pears Skim Milk</p>	<p>Meatballs w/Marinara Sauce, WW Roll, Strawberry Yogurt, Baby Carrots, Banana Skim Milk</p>	<p>Chicken Stir Fry, Brown Rice, Steamed Broccoli, Tropical Fruit, Graham Crackers Skim 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>Strawberries (1/2 cup each), Animal Crackers (10 each)</p>	<p>Banana Bread, Milk</p>	<p>½ cup Pea Pods w/Veggie Dip, Triscuit Crackers (4 each)</p>	<p>Corn Bread &amp; Strawberry Bread, Raspberry Juice</p>	<p>Tortilla w/Shredded Mozzarella Cheese ½ cup Grapes</p>

**Illinois State University Child Care Center**

**Weekly Menu –Summer Cycle #2**

**Week of: August 7<sup>th</sup> – August 11<sup>th</sup>, 2017**

	<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>½ cup Orange Slices WW Roll w/Butter</p>	<p>Honey Nut Cheerios (1/4 cup each), Milk (4 oz each)</p>	<p>Fresh Peach Slices (1/2 cup each) Triscuit Thin Crackers (8 each)</p>	<p>¼ cup Cottage Cheese Townhouse Wheat Saltine Crackers (4 Each)</p>	<p>Cucumber Slices (1/2 cup each) w/veggie dip, Wheat Thin Crackers (8 each)</p>
<p><b>LUNCH</b> Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Chicken Nuggets, French Fries, Peas, Cantaloupe Skim Milk</p>	<p>Beef Taco Meat, WW Tortilla, Shredded Lettuce, Diced Tomatoes, Shredded Cheese, Corn, Oranges Skim Milk</p>	<p>Sliced Turkey, Mashed Potatoes w/Gravy, Prince Edward Veg Blend, WW Roll w/Butter, Apples Skim Milk</p>	<p>Turkey Burger on WW Bun, Fresh Green Beans, Strawberries, Skim Milk</p>	<p>Ham and Cheese Wrap on WW Tortilla, Carrot Sticks, Bananas Skim 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>½ Soft Pretzel, Strawberry Kiwi Juice</p>	<p>Zucchini Bread, Honeydew Melon (1/2 cup each)</p>	<p>Tortilla w/Provolone Cheese Slice</p>	<p>Cheese It Crackers Pineapple Juice</p>	<p>½ a Mini Bagel w/Peanut Butter Milk</p>

**Illinois State University Child Care Center**

**Weekly Menu –Summer Cycle #1**

**Week of: August 21<sup>st</sup> – August 25<sup>th</sup>, 2017**

	<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>Cheese It Crackers (10 each) Grape Tomatoes w/Veggie Dip</p>	<p>½ cup Cantaloupe, Toasted Wheat Crackers (4 each)</p>	<p>Cinnamon Toast (1 slice each), Milk (4 oz each)</p>	<p>¼ cup Cottage Cheese Wheat Saltine Crackers (4 Each)</p>	<p>½ a Mini Bagel w/Cream Cheese 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>Meatballs w/Marinara, WW Spaghetti Noodles, Celery w/Peanut Butter, String Cheese, Oranges Skim Milk</p>	<p>Beef Taco Meat, Corn Chips, Black Beans, Cheese Sauce, Shredded Lettuce, Diced Tomatoes, Broccoli, Strawberries Skim Milk</p>	<p>Cheese Pizza on WW Crust, Baby Carrots, Fuji Apple, Strawberry Yogurt Skim Milk</p>	<p>Chicken Patty on WW Bun, Peas, Watermelon, Skim Milk</p>	<p>Sliced Turkey, Mashed Potatoes w/Gravy, Caribbean Vegetables, Banana, WW Roll w/Butter, Skim 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>½ cup Strawberries, Triscuit Crackers (4 each)</p>	<p>Graham Crackers, Vanilla Yogurt (4 oz. each)</p>	<p>Ritz Bitz w/Cheese (10 each), Tropical Fruit Juice (4 oz each)</p>	<p>Tortilla w/Peanut Butter, Raspberry Juice (4 oz each)</p>	<p>½ cup Orange Slices, Multigrain Club Crackers (4 each)</p>

**Illinois State University Child Care Center**

**Weekly Menu –Summer Cycle #5**

**Week of: August 28<sup>th</sup> – September 1<sup>st</sup>, 2017**

	<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>Club Crackers (4 each), ½ cup Apple Slices</p>	<p>½ cup Honeydew Melon, 4 oz Multigrain Cheerios</p>	<p>Toast w/Peanut Butter (1 slice each), Milk (4 oz each)</p>	<p>½ cup Grapes, Whole Wheat Ritz Crackers (4 each)</p>	<p>Melba Melts (2 each), Pineapple Orange Juice (4 oz each)</p>
<p><b>LUNCH</b> Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Lasagna, Whole Grain Breastick, Lettuce Salad with Carrots, Tomato &amp; Ranch Dressing, Watermelon Skim Milk</p>	<p>Ham and Cheese Wrap on WW Tortilla, Steamed Broccoli, Apples Skim Milk</p>	<p>BBQ Pork on WW Bun, California Blend Veggies, Pineapple Skim Milk</p>	<p>Chicken Nuggets, Mashed Potatoes &amp; Gravy, Green Beans, Strawberries Skim Milk</p>	<p>Peanut Butter &amp; Jelly Sandwiches on WW Bread, Baby Carrots, Bananas, Strawberry Yogurt Skim 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>½ Soft Pretzel, Strawberry Kiwi Juice</p>	<p>Chex Mix (4 oz each), White Grape Juice (4 oz. each)</p>	<p>Wheat Thin Crackers (8 each) 6 Cheese Cubes</p>	<p>String Cheese, Cheddar &amp; Pretzel Goldfish Crackers (4 oz each)</p>	<p>Banana Crumb Muffins Milk (4 oz each)</p>