

Illinois State University Child Care Center

Weekly Menu – Spring Cycle week # 4

Week of: July 30 – August 3, 2018

	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>Club Cracker Mini's (15 each), Fresh Fruit Mix (1/2 oz. each)</p>	<p>Ritz Bitz W/Cheese (8 each) Strawberries (1/2 cup each)</p>	<p>Toasted & Club Cracker Mix (4 each), Cottage Cheese (1/4 cup each)</p>	<p>Kix Cereal (1/2 cup. each), Milk (4 oz. each)</p>	<p>¼ Whole Wheat Bagel w/Cream Cheese, Mandarin Oranges (1/2 cup each)</p>
<p>LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Lazagna, Whole Wheat Breadstick, Lettuce Salad w/Carrots & Tomatoes, Ranch Dressing, Cantaloupe Skim Milk</p>	<p>Beef Taco Meat, Tortilla, Diced Tomatoes, Shredded Lettuce, Shredded Cheese, Corn, Pineapple Skim Milk</p>	<p>Turkey Burger on WW Bun, String Cheese, California Veggies, Strawberries, Skim Milk</p>	<p>Chicken Stir Fry, Brown Rice, Celery Sticks, Apples, Vanilla Yogurt Skim Milk</p>	<p>French Bread Pizza, Key West Veggies, Banana Skim 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>½ Soft Pretzels (1/2 each), Grape Juice (4 oz. each)</p>	<p>Whole Wheat Tortilla w/Butter, Cinnamon & Sugar, Milk (4 oz. each)</p>	<p>Sociable Crackers (5 each) Red Apple Slices (1/2 cup each)</p>	<p>Blueberry Banana Bread (in freezer), Pomegranate Juice (4 oz each)</p>	<p>Wheat Thin Crackers (10 each) Cheese Cubes (6 each)</p>

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Weekly Menu – Spring Cycle # 1

Week of: August 6 – August 10, 2018

	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>Wheat Saltine Crackers (4 each), Cheddar Cheese Slice (1 each)</p>	<p>Multigrain Cheerios (1/2 cup each), Honeydew (1/2 cup each)</p>	<p>Biscuit w/ butter &/or honey Milk (4 oz. each)</p>	<p>Whole Wheat Toast W/Wow Butter & Jelly (Bread in freezer), Milk (4 oz. each)</p>	<p>French Toast Stick (3 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>Hamburger on WW Bun, Cauliflower, Applesauce, Skim Milk</p>	<p>Ham and Cheese Wrap on WW Tortilla, Baby Carrots, Watermelon, Pretzels Skim Milk</p>	<p>Scrambled Eggs, Sausage Patties, WW Blueberry Muffin, Red Pepper Strips, Oranges Skim Milk</p>	<p>Grilled Chicken Breast, Tater Tots, Baked Beans, Strawberries, Graham Crackers Skim Milk</p>	<p>Turkey & Cheese Sandwich, Sun Chips, Cucumbers, Peaches Skim 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>Cheez It Crackers (10 each), Mixed Berries (1/2 cup each)</p>	<p>Townhouse Tuscan Cheese Crackers (4 each), Zucchini & Yellow Squash Strips (1/2 cup each) w/Veggie Dip</p>	<p>Apple Juice (4 oz. each) Melba Melts (2 each)</p>	<p>Sun Chips (8 each), Mango Juice (4 oz. each)</p>	<p>Chex Cereal Mix (1/2 cup) Orange Tangerine Juice (4 oz. each)</p>

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Weekly Menu – Spring Cycle # 2

Week of: August 20 – August 24, 2018

	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>Grape Tomatoes (1/2 cup each) w/Veggie Dip, Entertainment Crackers (3 each)</p>	<p>Wheat Hawaiian Roll (1 each) w/butter, Passion Dragonfruit Juice (4 oz. each)</p>	<p>French Toast Sticks (3 each), 1/2 Banana</p>	<p>Wheat Thin Crackers (8 each), Watermelon (1/2 cup each)</p>	<p>Corn Chex Cereal (1/4 cup each), Mango Juice (4 oz. each)</p>
<p>LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Lasagna, Whole Grain Breadstick, Chopped Lettuce Salad w/Carrots & Tomatoes, Ranch Dressing, Cantaloupe Skim Milk</p>	<p>Beef Taco Meat, Corn Chips, Black Beans, Cheese Sauce, Lettuce, Tomatoes, Corn, Pineapple Skim Milk</p>	<p>Turkey Burger on WW Bun, Green Pepper Strips, Banana Skim Milk</p>	<p>Chicken Strips, Mashed Potatoes w/Gravy, Far East Veggies, Pears Skim Milk</p>	<p>French Bread Cheese Pizza, Cauliflower, Strawberries Skim 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>White Cheddar Cheeze Its (10 each), Fresh Pears (1/2 cup each)</p>	<p>1/2 Whole Wheat English Muffin w/Turkey & Provolone Cheese</p>	<p>Triscuit Crackers (4 each), Cutie Oranges (1 each)</p>	<p>Blueberry Muffins (in freezer), Milk (4 oz. each)</p>	<p>Whole Wheat Tortilla w/butter, cinnamon & sugar, Milk (4 oz. each)</p>

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Weekly Menu – Spring Cycle # 3

Week of: August 27 – August 31, 2018

	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>Triscuit Thins Crackers (8 each), Cutie Oranges (1 each)</p>	<p>Multi Grain Cheerios (1/2 cup each), Milk (4 oz. each)</p>	<p>Whole Wheat Toast w/Jelly, Apricots (1/2 cup each)</p>	<p>½ cup Apple Slices Wheat Thin Crackers (8 each)</p>	<p>Cantaloupe (1/2 cup each), Club Crackers (4 each)</p>
<p>LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Whole Grain Bosco Sticks w/Marinara Sauce, Carrots, Apples Skim Milk</p>	<p>Ham & Cheese Wrap, Pretzels, Cucumber, Watermelon Skim Milk</p>	<p>Scrambled Eggs, Sausage Patty, Whole Grain Blueberry Muffin, Red Pepper Strips, Oranges Skim Milk</p>	<p>Chicken Patty on WW Bun, Green Beans, Strawberries Skim Milk</p>	<p>Goulash, WW Roll, Vanilla Yogurt, Lettuce Salad w/Carrots, Tomatoes & Ranch Dressing, Tropical Fruit Skim 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>Bagel Bites (2 each) Kiwi Strawberry Juice (4 oz. each)</p>	<p>Applesauce Bread, Honeydew Melon (1/2 cup each)</p>	<p>Townhouse Tuscan Cheese Crackers, Raspberry Juice (4 oz. each)</p>	<p>Pretzel & Cheddar Gold Fish (1/4 cup each), Apple Slices (1/2 cup each)</p>	<p>Banana Bread, Milk (4 oz. each)</p>