

**Illinois State University Child Care Center**

**Weekly Menu – Spring Cycle # 5**

**Week of: July 2 – July 6, 2018**

	<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>Cinnamon Toast, Fresh Peaches (1/2 cup each)</p>	<p><b>Kix Cereal</b> (1/2 cup each), Cranberry Pomegranate Juice (4 oz. each)</p>	<p align="center"><b>Closed</b> <b>4<sup>th</sup> of July</b></p>	<p>Cheese Cubes (6 each), Ritz Crackers (4 each)</p>	<p><b>¼ Whole Wheat Bagel w/Sun Butter Milk</b> (4 oz. each)</p>
<p><b>LUNCH</b> Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Lazagna, <b>Whole Wheat Breadstick</b>, Lettuce Salad w/Carrots &amp; Tomatoes, Ranch Dressing, Cantaloupe Skim Milk</p>	<p>Beef Taco Meat, Tortilla, Diced Tomatoes, Shredded Lettuce, Shredded Cheese, Corn, Pineapple Skim Milk</p>	<p align="center"><b>Closed</b> <b>4<sup>th</sup> of July</b></p>	<p>Chicken Stir Fry, <b>Brown Rice</b>, Celery Sticks, Apple, Vanilla Yogurt Skim Milk</p>	<p>French Bread Pizza, Key West Veggies, Banana 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 Pea Pods w/Veggie Dip, Triscuit Thin Crackers</p>	<p>Club Crackers (4 each) Green Grapes (1/2 cup each)</p>	<p align="center"><b>Closed</b> <b>4<sup>th</sup> of July</b></p>	<p>Picnic Wowbutter Bars, Milk (4 oz. each)</p>	<p>Pretzels (1/4 cup each), Fresh Plums (1 each)</p>

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**Weekly Menu – Spring Cycle # 1**

**Week of: July 9 - 13, 2018**

	<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>Sociable Crackers (4 each), Mixed Berries (1/2 cup each)</p>	<p><b>Multigrain Cheerios</b> (1/2 cup each), Honeydew (1/2 cup each)</p>	<p>Toasted Crackers (4 each), Zucchini &amp; Yellow Squash Strips (1/2 cup each) w/Veggie Dip</p>	<p>Wheat Saltine Crackers (4 each), Cheddar Cheese Slice (1 each)</p>	<p>Biscuit w/butter &amp;/or honey, Red Grapes (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>Hamburger on <b>WW Bun</b>, Cauliflower, Applesauce, Skim Milk</p>	<p>Ham and Cheese Wrap on <b>WW Tortilla</b>, Baby Carrots, Watermelon, Pretzels Skim Milk</p>	<p>Scrambled Eggs, Sausage Patties, <b>WW Blueberry Muffin</b>, Red Pepper Strips, Banana Skim Milk</p>	<p>Grilled Chicken Breast, Tater Tots, Baked Beans, Strawberries, Graham Crackers Skim Milk</p>	<p>Goulash, Lettuce Salad w/Tomatoes &amp; Carrots, <b>WW Roll</b>, Strawberry Yogurt, Tropical Fruit 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>Banana Crumb Muffins, Milk (4 oz. each)</p>	<p>Ritz Bitz w/Cheese (10 each) Milk (4 oz. each)</p>	<p>½ Soft Pretzels (1/2 each), Grape Juice (4 oz. each)</p>	<p><b>Sun Chips</b> (8 each), Mango Juice (4 oz. each)</p>	<p><b>Chex Mix</b> (½ cup) Orange Tangerine Juice (4 oz. each)</p>

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**Weekly Menu – Spring Cycle # 2**

**Week of: July 16 - 20, 2018**

	<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>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><b>Wheat Thin</b> Crackers (8 each), Watermelon (1/2 cup each)</p>	<p><b>Corn Chex Cereal</b> (1/4 cup each), Mango 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>Meatballs w/Marinara, <b>WW Spaghetti</b> Peas, Peaches String Cheese, Vanilla Yogurt Skim Milk</p>	<p>Beef Taco Meat, <b>Corn Chips</b>, Black Beans, Cheese Sauce, Lettuce, Tomatoes, Broccoli, Oranges Skim Milk</p>	<p>Cheese Pizza, Green Beans, Cantaloupe, Graham Crackers Skim Milk</p>	<p>Chicken Patty on <b>WW Bun</b>, Cucumbers, Strawberry Yogurt, Pineapple Skim Milk</p>	<p><b>Whole Grain</b> Bosco Sticks, Marinara Sauce, Carrots, Strawberries 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>White Cheddar Cheeze Its (10 each), Fresh Pears (1/2 cup each)</p>	<p>Blueberry Muffins, Milk (4 oz. each)</p>	<p><b>Triscuit Crackers</b> (4 each), Cutie Oranges (1 each)</p>	<p>1/2 <b>Whole Wheat English Muffin</b> w/Turkey &amp; Provolone Cheese</p>	<p>Banana Muffins, Milk (4 oz. each)</p>

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**Weekly Menu – Spring Cycle # 3**

**Week of: July 23 – July 27, 2018**

	<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><b>Triscuit Thins</b> Crackers (8 each), Apricots (1/2 cup each)</p>	<p>Cantaloupe (1/2 cup each), Club Crackers (4 each)</p>	<p><b>Whole Wheat Toast</b> w/Jelly, Cutie Oranges (1 each)</p>	<p>½ cup Apple Slices <b>Wheat Thin Crackers</b> (8 each)</p>	<p><b>Multi Grain Cheerios</b> (1/2 cup each), 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>Chicken Stips, Mashed Potatoes w/Gravy, Far East Veggie Blend, Pears Skim Milk</p>	<p>Cheese Tortellini w/Marinara Sauce, String Cheese, <b>WW Breadstick</b>, Strawberry Yogurt, Broccoli, Oranges Skim Milk</p>	<p>Turkey &amp; Cheese Sandwich on WW Bread, Pretzels, Red Pepper Strips, Banana Skim Milk</p>	<p>Grilled Chicken, Buttered Noodles, Steamed Carrots, <b>WW Roll</b>, Watermelon Skim Milk</p>	<p>Mac &amp; Cheese, Key West Veggies, 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>Bagel Bites (2 each) Kiwi Strawberry Juice (4 oz. each)</p>	<p>Banana Bread, Milk (4 oz. each)</p>	<p>Townhouse Tuscan Cheese Crackers, Raspberry Juice (4 oz. each)</p>	<p>Pretzel &amp; Cheddar Gold Fish (1/4 cup each), Apple Slices (1/2 cup each)</p>	<p>Applesauce Bread, Honeydew Melon (1/2 cup each)</p>

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**Weekly Menu – Spring Cycle week # 4**

**Week of: July 30 – August 3, 2018**

	<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 Cracker Sticks (5 each), Apple Juice (4 oz. each)</p>	<p><b>Wasa</b> Crackers w/hummus (1 each), Strawberries (1/2 cup each)</p>	<p>¼ <b>Whole Wheat Bagel</b> w/Cream Cheese, Mandarin Oranges (1/2 cup each)</p>	<p>MultiGrain Club Crackers (4 each), Cottage Cheese (1/4 cup each)</p>	<p><b>Kix Cereal</b> (1/2 cup. each), 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>Lazagna, <b>Whole Wheat Breadstick</b>, Lettuce Salad w/Carrots &amp; Tomatoes, Ranch Dressing, Cantaloupe Skim Milk</p>	<p>Beef Taco Meat, Tortilla, Diced Tomatoes, Shredded Lettuce, Shredded Cheese, Corn, Pineapple 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><b>Whole Wheat Tortilla</b> w/Butter, Cinnamon &amp; Sugar, Milk (4 oz. each)</p>	<p>½ cup Apple Slices Melba Melts (2 each)</p>	<p>Sociable Crackers (5 each) Apple Juice (4 oz. each)</p>	<p>Blueberry Banana Bread, Pomegranate Juice (4 oz each)</p>	<p>Wheat Thin Crackers (10 each) Cheese Cubes (6 each)</p>