

Illinois State University Child Care Center

Weekly Menu – Spring Cycle #5

Week of: July 3rd – July 7th, 2017

	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>¼ WW Bagel w/ Peanut Butter ½ cup Peaches</p>	<p align="center">Closed 4th of July</p>	<p>1 Slice WW Toast w/Cinnamon & Sugar Tropical Fruit Juice</p>	<p>½ cup Apple Slices Carrot Cookies</p>	<p>Blueberry Muffins, ½ cup Honeydew Melon</p>
<p>LUNCH 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 align="center">Closed 4th of July</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>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 cup Pea Pods w/Veggie Dip, Triscuit Crackers (4 each)</p>	<p align="center">Closed 4th of July</p>	<p>Banana Crumb Muffins, Milk</p>	<p>Corn Bread & Strawberry Bread, Raspberry Juice</p>	<p>Gingerbread, Milk</p>

Illinois State University Child Care Center

Weekly Menu –Summer Cycle #2

Week of: July 10th – July 14th, 2017

	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>½ cup Orange Slices WW Roll w/Peanut Butter</p>	<p>Multigrain Cheerios (1/4 cup each), Pineapple Juice</p>	<p>Fresh Pear Slices (1/2 cup each) Triscuit Thin Crackers (8 each)</p>	<p>¼ cup Cottage Cheese Townhouse Wheat Crackers (4 Each)</p>	<p>Cucumber Slices (1/2 cup each) w/veggie dip, Wheat Thin Crackers (8 each)</p>
<p>LUNCH 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>Ham and Cheese Wrap on WW Tortilla, Steamed Broccoli, Bananas Skim Milk</p>	<p>Turkey Burger on WW Bun, Fresh Green Beans, 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>½ Soft Pretzel, Grape Juice</p>	<p>Pumpkin Muffins, Milk</p>	<p>½ Whole Wheat English Muffin pizza with Sauce & Cheese Berry Juice</p>	<p>Mixed Fruit Salad (1/2 cup each), Mini Club Crackers (1/4 cup each)</p>	<p>Tortilla w/Salami & Cheese</p>

Illinois State University Child Care Center

Weekly Menu – Summer Cycle # 3

Week of: July 17th – July 21st, 2017

	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>	Tortilla Shell w/ Turkey & Provolone Cheese	Wheat Thin Crackers (8 each) Colby Cheese Cubes (6 each)	½ cup Cantaloupe Triscuit Crackers (4 each)	½ cup Grapes, Whole Wheat Ritz Crackers (4 each)	¼ cup Kix Cereal, Blueberry Pomegranate Juice
<p>LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	Chicken & Noodles, Green Beans, WW Roll, Watermelon Skim Milk	Sloppy Joe on WW Bun, Peas, Strawberries Skim Milk	Mac ‘n Cheese, Baby Carrots, Pineapple, Strawberry Yogurt Skim Milk	Lasagna, Whole Grain Breadstick, Steamed Broccoli, Peaches Skim Milk	Scrambled Eggs, Sausage Patties, Whole Grain Blueberry Muffin, Red Pepper Strips, Banana Skim Milk
<p>P.M. SNACK Two of these four components: Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	Vanilla Yogurt, ½ Banana	Peanut Butter Muffins, Milk	Melba Melts, Pineapple Orange Juice	Zucchini Bread Milk	Fresh Plums (1 each), Townhouse Crackers (4 each)

Illinois State University Child Care Center

Weekly Menu – Summer Cycle #4

Week of: July 24th – July 28th, 2017

	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>½ cup Strawberries Strawberry Yogurt</p>	<p>½ cup Honeydew, Whole Wheat Ritz Crackers (4 each)</p>	<p>Ritz Bitz w/Cheese (10 each) Cherry Juice</p>	<p>Vanilla Pudding, Cheez It Crackers (10 each)</p>	<p>½ Mini Bagel w/Cream Cheese, Milk</p>
<p>LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Chicken Strips, Mashed Potatoes w/Gravy, Steamed Broccoli, Watermelon, Skim Milk</p>	<p>Beef Taco Meat, Tortilla, Shredded Cheese, Tomatoes, Lettuce, Corn, Strawberries Skim Milk</p>	<p>BBQ Pork on WW Bun, Peas, Banana Skim Milk</p>	<p>WW Pancakes w/Syrup, Sausage Patties, Green & Red Pepper Strips Oranges Skim Milk</p>	<p>Peanut Butter & Jelly on WW Bread, Strawberry Yogurt, Celery Sticks, Apples, 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>Oatmeal Muffins, Pear Slices</p>	<p>Cranberry Bread, Milk</p>	<p>½ cup Fresh Peaches, Honey What Club Crackers</p>	<p>Chex Party Mix, White Grape Juice</p>	<p>Toasted Wheat Crackers (4 each), ½ cup Fresh Fruit Salad</p>

Illinois State University Child Care Center

Weekly Menu – Spring Cycle #5

Week of: July 31st – August 4th, 2017

	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>½ mini Bagel w/ Peanut Butter ½ cup Peaches</p>	<p>½ cup Watermelon Slices, 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), Cutie Oranges (1 each)</p>
<p>LUNCH 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>P.M. SNACK 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), Triscuit Crackers (4 each)</p>	<p>Tortilla w/Cheese ½ cup Grapes</p>	<p>½ cup Pea Pods w/Veggie Dip, Triscuit Crackers (4 each)</p>	<p>Corn Bread & Strawberry Bread, Raspberry Juice</p>	<p>Banana Bread, Milk</p>