

Illinois State University Child Care Center

Weekly Menu – Spring Cycle week # 4

Week of: May 28 – June 1, 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>Closed for Memorial Day</p>	<p>Wasa Crackers w/hummus (1 each), Strawberries (1/2 cup each)</p>	<p>¼ Whole Wheat Bagel w/Cream Cheese, Mandarin Oranges (1/2 cup each)</p>	<p>MultiGrain Club Crackers (4 each), Cottage Cheese (1/4 cup each)</p>	<p>Kix Cereal (1/2 cup. each), Milk (4 oz. each)</p>
<p>LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Closed for Memorial Day</p>	<p>Cheese Tortellini w/Marinara Sauce, String Cheese, WW Breadstick, Strawberry Yogurt, Broccoli, Oranges Skim Milk</p>	<p>Scrambled Eggs, Sausage Patties, WW Blueberry Muffin, Red Pepper Strips, Banana Skim Milk</p>	<p>Grilled Chicken, Buttered Noodles, Steamed Carrots, WW Roll, Apple Skim Milk</p>	<p>Mac & Cheese, Peas, 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>Closed for Memorial Day</p>	<p>½ cup Apple Slices Melba Melts (2 each)</p>	<p>Sociable Crackers (5 each) Apple Juice (4 oz. each)</p>	<p>White Cheddar Cheese It Crackers (10 each) Kiwi Fruit (1 each)</p>	<p>Blueberry Banana Bread, Pomegranate Juice (4 oz each)</p>

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Weekly Menu – Spring Cycle # 5

Week of: June 4 – June 8, 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>Cinnamon Toast, Plums (1 each)</p>	<p>Kix Cereal (1/2 cup each), Cranberry Pomegranate Juice (4 oz. each)</p>	<p>Better Cheddar Crackers (10 each), Apple Juice (4 oz. each)</p>	<p>Cheese Cubes (6 each), Ritz Crackers (4 each)</p>	<p>¼ Whole Wheat Bagel w/Cream Cheese, Milk (4 oz. each)</p>
<p>LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Lazagna, Whole Grain Breadstick, Lettuce Salad w/Carrots & Tomatoes, Ranch Dressing, Oranges Skim Milk</p>	<p>Beef Taco Meat, Tortilla, Diced Tomatoes, Shredded Lettuce, Shredded Cheese, Corn, Apples Skim Milk</p>	<p>Turkey Burger on Bun, Green Beans, Strawberries, Strawberry Yogurt Skim Milk</p>	<p>Chicken Stir Fry, Brown Rice, Celery w/Peanut Butter, Pineapple, Graham Crackers Skim Milk</p>	<p>French Bread Pizza, Steamed Broccoli, 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 cup Pea Pods w/Veggie Dip, Triscuit Thin Crackers</p>	<p>Club Crackers (4 each) Green Grapes (1/2 cup each)</p>	<p>Whole Wheat Tortilla w/Butter, Cinnamon & Sugar, Milk (4 oz. each)</p>	<p>Uncrustable Sandwich (1 each) Milk (4 oz. each)</p>	<p>Pretzels (1/4 cup each), Fresh Peaches (1/2 cup each)</p>

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Weekly Menu – Spring Cycle # 1

Week of: June 11 – June 15, 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>Biscuit w/butter &/or honey, Red Grapes (1/2 cup each)</p>	<p>Sociable Crackers (4 each), Mixed Berries (1/2 cup each)</p>	<p>Toasted Crackers (4 each), Applesauce (1/2 cup each)</p>	<p>Wheat Saltine Crackers (4 each), Provolone Cheese Slice (1 each)</p>	<p>Multigrain Cheerios (1/2 cup each), Honeydew (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, Green Beans, Oranges, Skim Milk</p>	<p>Ham and Cheese Wrap on WW Tortilla, Baby Carrots, Apples, Pretzels Skim Milk</p>	<p>Scrambled Eggs, Sausage Patties, WW Blueberry Muffin, Red Pepper Strips, Banana Skim Milk</p>	<p>Grilled Chicken Breast, Tater Tots, Broccoli, Strawberries, Graham Crackers Skim Milk</p>	<p>Goulash, Lettuce Salad w/Tomatoes & Carrots, WW Roll, Strawberry Yogurt, 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>Peanut Butter Balls, Milk (4 oz. each/1/2 carton each)</p>	<p>Sun Chips (8 each), Mango Juice (4 oz. each)</p>	<p>½ Soft Pretzels (1/2 each), Grape Juice (4 oz. each)</p>	<p>Ritz Bitz w/Peanut Butter (10 each) Milk (4 oz. each)</p>	<p>Chex Mix (½ cup) Orange Tangerine Juice (4 oz. each)</p>

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Weekly Menu – Spring Cycle # 2

Week of: June 18 – June 22, 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>Meatballs w/Marinara, WW Spaghetti Celery w/Peanut Butter, Peaches String Cheese, Skim Milk</p>	<p>Beef Taco Meat, Corn Chips, Black Beans, Cheese Sauce, Lettuce, Tomatoes, Broccoli, Pineapple Skim Milk</p>	<p>Cheese Pizza, Green Beans, Banana, Graham Crackers Skim Milk</p>	<p>Peanut Butter & Jelly on WW Bread, Peas, Strawberry Yogurt, Oranges Skim Milk</p>	<p>Whole Grain Bosco Sticks, Marinara Sauce, Carrots, 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>Better Cheddar Crackers (8 each), Canned Pears (1/2 cup each)</p>	<p>Picnic Peanut Butter Bars, Milk (4 oz. each)</p>	<p>Triscuit Crackers (4 each), Mandarin Oranges (1/2 cup each)</p>	<p>1/2 Whole Wheat English Muffin w/Turkey & Provolone Cheese</p>	<p>Banana Crumb Muffins, Milk (4 oz. each)</p>

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Weekly Menu – Spring Cycle # 3

Week of: June 25 – June 29, 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), Apricots (1/2 cup each)</p>	<p>Cantaloupe (1/2 cup each), Club Crackers (4 each)</p>	<p>Whole Wheat Toast w/Peanut Butter, Cutie Oranges (1 each)</p>	<p>½ cup Apple Slices Wheat Thin Crackers (8 each)</p>	<p>Multi Grain Cheerios (1/2 cup each), Milk (4 oz. each)</p>
<p>LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Chicken Stips, Mashed Potatoes w/Gravy, Green Beans, Strawberries Skim Milk</p>	<p>Cheese Tortellini w/Marinara Sauce, String Cheese, WW Breadstick, Strawberry Yogurt, Broccoli, Oranges Skim Milk</p>	<p>Turkey & Cheese Sandwich on WW Bread, Pretzels, Red Pepper Strips, Banana Skim Milk</p>	<p>Grilled Chicken, Buttered Noodles, Steamed Carrots, WW Roll, Apple Skim Milk</p>	<p>Mac & Cheese, Peas, 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>Townhouse Tuscan Cheese Crackers, Raspberry Juice (4 oz. each)</p>	<p>Bagel Bites (2 each) Kiwi Strawberry Juice (4 oz. each)</p>	<p>Banana Bread, Milk</p>	<p>Pretzel & Cheddar Gold Fish (1/4 cup each), Grape Juice (4 oz. each)</p>	<p>Applesauce Bread, Canned Peaches (1/2 cup each)</p>