

Illinois State University Child Care Center

Weekly Menu – Spring Cycle week # 4

Week of: October 1 – October 5, 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 Raisin Toast (1 each) Skim Milk (4 oz. each)</p>	<p>¼ Whole Wheat Bagel (WG) w/Cream Cheese, Mixed Berries (1/2 cup each)</p>	<p>Toasted Cracker (4 each), Cottage Cheese (1/4 cup each)</p>	<p>Kix Cereal (WG) (1/2 cup. each), Skim Milk (4 oz. each)</p>	<p>Ritz Bitz W/Cheese (8 each) 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>Whole Wheat Spaghetti (WG), Meatballs w/Marinara, String Cheese, Strawberry Yogurt, Peas, Peaches Skim Milk</p>	<p>Beef Taco Meat, Black Beans, Tortilla, Diced Tomatoes, Shredded Lettuce, Shredded Cheese, Broccoli, Banana Skim Milk</p>	<p>Cheese Pizza, Green Beans, Strawberry Yogurt, Pretzels, Cantaloupe Skim Milk</p>	<p>Grilled Chicken, Tater Tots, Baked Beans, Graham Crackers, Watermelon Skim Milk</p>	<p>Sloppy Joe on WW Bun (WG), Sweet Potato Fries, California Vegetable Blend, 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>Pea Pods (1/2 cup each) w/Veggie Dip Ritz Crackers (4 each)</p>	<p>Club Mini Crackers (15 each) Cheese Cubes (6 each)</p>	<p>Sun Chips (WG) (10 each), Mango Juice (4 oz. each)</p>	<p>Pumpkin Muffin Squares, Pomegranate Juice (4 oz. each)</p>	<p>Sociable Crackers (5 each) Red Apple Slices (1/2 cup each)</p>

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Weekly Menu – Spring Cycle # 1

Week of: October 8 – October 12, 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>Mango Juice (4 oz. each) Melba Melts (2 each)</p>	<p>Multigrain Cheerios(WG) (1/2 cup each), Honeydew (1/2 cup each)</p>	<p>Wheat Thin Crackers (WG) (4 each), Strawberries (1/2 cup each)</p>	<p>Biscuit w/butter &/or honey Cantaloupe (1/2 cup each)</p>	<p>Whole Wheat Toast (WG) w/Sun Butter & Jelly, Skim Milk (4 oz. each)</p>
<p>LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Hamburger on WW Bun (WG), Carrots, Applesauce, Skim Milk</p>	<p>Cheese Tortellini w/Marinara Sauce, String Cheese, WW Breadstick (WG), Celery Sticks w/WowButter, Oranges Skim Milk</p>	<p>Turkey & Cheese Sandwich on WW Bread (WG), Red Pepper Strips, Saltine Crackers, Bananas Skim Milk</p>	<p>Chicken Sandwich on WW Bun (WG), Steamed Broccoli, Apples Skim Milk</p>	<p>Macaroni & Cheese, Cottage Cheese, Graham Crackers, Key West Vegetables, 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>Banana Bread Skim Milk (4 oz. each)</p>	<p>Townhouse Tuscan Cheese Crackers (4 each), Zucchini & Yellow Squash Strips (1/2 cup each) w/Veggie Dip</p>	<p>Whole Wheat Tortilla (WG) w/Strawberry Cream Cheese, Orange Tangerine Juice (4 oz. each)</p>	<p>Chex Mix (WG) (1/2 cup) Red Grapes (1/2 cup each)</p>	<p>1/2 Soft Pretzels (1/2 each), Grape Juice (4 oz. each)</p>

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Weekly Menu – Spring Cycle # 2

Week of: October 15 – October 19, 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>French Toast Sticks (3 each), ½ Banana</p>	<p>Wheat Hawaiian Roll (1 each) w/butter, Passion Dragonfruit Juice (4 oz. each)</p>	<p>Apple Sauce (1/2 cup each), Entertainment Crackers (3 each)</p>	<p>Wheat Thin (WG) Crackers (8 each), Watermelon (1/2 cup each)</p>	<p>Corn Chex Cereal (WG) (¼ 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 (WG), Chopped Lettuce Salad w/Carrots & Tomatoes, Ranch Dressing, Cantaloupe Skim Milk</p>	<p>Beef Taco Meat, Corn Chips(WG), Black Beans, Cheese Sauce, Lettuce, Tomatoes, Corn, Pineapple Skim Milk</p>	<p>Turkey Burger on WW Bun(WG), Green Pepper Strips, Banana Skim Milk</p>	<p>Chicken Strips, WW Roll (WG), 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>Blueberry Muffins Skim Milk (4 oz. each)</p>	<p>Triscuits Crackers (WG) (4 each), Orange Quarters (1/2 cup each)</p>	<p>½ Whole Wheat English Muffin (WG) w/Turkey & Provolone Cheese (1 each)</p>	<p>White Cheddar Cheez Its (12 each), Fresh Pears (1/2 cup each)</p>	<p>Whole Wheat Tortilla (WG) w/butter, cinnamon & sugar (1 each), Skim Milk (4 oz. each)</p>

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Weekly Menu – Spring Cycle # 3

Week of: October 22 – October 26, 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 (WG) Crackers (8 each), Cutie Oranges (1 each)</p>	<p>Multi Grain Cheerios (WG) (1/2 cup each), Skim Milk (4 oz. each)</p>	<p>Whole Wheat Toast (WG) w/Jelly, Apricots (1/2 cup each)</p>	<p>Cantaloupe (1/2 cup each), Club Crackers (4 each)</p>	<p>½ cup Green Grapes Wheat Thin Crackers (WG) (8 each)</p>
<p>LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>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, Blueberry Muffin, Red Pepper Strips, Oranges Skim Milk</p>	<p>Chicken Patty on WW Bun (WG), Green Beans, Strawberries Skim Milk</p>	<p>Goulash, WW Roll(WG), Cottage Cheese, 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>Corn Bread, Honeydew Melon (1/2 cup each)</p>	<p>Townhouse Tuscan Cheese Crackers (4 each), Raspberry Juice (4 oz. each)</p>	<p>Banana Bread, Skim Milk (4 oz. each)</p>	<p>Pretzel & Cheddar Gold Fish (1/4 cup each), Celery w/Cream Cheese (1/2 cup each)</p>

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Weekly Menu – Spring Cycle # 3

Week of: October 29 – November 2, 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>Cutie Pumpkins (1 each) Ritz Crackers (4 each)</p>	<p>Cinnamon Raisin Toast (1 each) Banana Ghosts (1/2 banana each)</p>	<p>Whole Wheat Bread Mini Spider Sandwiches (WG) w/Wow Butter and Shredded Carrots (1 slice each), Skim Milk (4 oz. each)</p>	<p>Kix Cereal (WG) (1/2 cup. each), Skim Milk (4 oz. each)</p>	<p>Ritz Bitz W/Cheese (12 each) Cherry Juice (4 oz. each)</p>
<p>LUNCH Milk, Fluid Juice or Fruit or Vegetable Bread or Grain Meat or Meat alternative</p>	<p>Whole Wheat Spaghetti (WG), Meatballs w/Marinara, String Cheese, Strawberry Yogurt, Peas, Peaches Skim Milk</p>	<p>Beef Taco Meat, Black Beans, Tortilla, Diced Tomatoes, Shredded Lettuce, Shredded Cheese, Broccoli, Banana Skim Milk</p>	<p>Cheese Pizza, Green Beans, Strawberry Yogurt, Pretzels, Cantaloupe Skim Milk</p>	<p>Grilled Chicken, Tater Tots, Baked Beans, Graham Crackers, Watermelon Skim Milk</p>	<p>Sloppy Joe on WW Bun (WG), Sweet Potato Fries, California Vegetable Blend, 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>Red Apple Smiles, with Wowbutter (1/2 cup each) Sociable Crackers (5 each)</p>	<p>Whole Wheat Sandwich Thin (WG) w/Colby Jack Cheese Slice (1 whole sandwich thin and 1 piece of cheese each)</p>	<p>Pretzel Stick Spider Webs (26 pretzels each) Colby Cheese Broomsticks (1full cheese stick each)</p>	<p>Pumpkin Muffin Squares, Pomegranate Juice (4 oz. each)</p>	<p>Sun Chips (WG) (10 each), Cottage Cheese (1/4 cup each)</p>