

**Illinois State University Child Care Center**

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

**Week of: September 3 – September 7, 2018**

|  | <b>Monday</b>                      | <b>Tuesday</b>  | <b>Wednesday</b>  | <b>Thursday</b>  | <b>Friday</b>  |
|--|------------------------------------|---|---|--|--|
| <p><b>A.M. SNACK</b><br/>Two of these four components:<br/>Milk, Fluid<br/>Juice or Fruit or Vegetable<br/>Bread or Grain<br/>Meat or Meat alternative</p> | <p><b>CLOSED for Labor Day</b></p> | <p>¼ <b>Whole Wheat Bagel w/Cream Cheese,</b><br/>Mixed Berries<br/>(1/2 cup each)</p>  | <p>Toasted &amp; Club Cracker Mix (4 each),<br/>Cottage Cheese<br/>(1/4 cup each)</p>   | <p><b>Kix Cereal</b><br/>(1/2 cup. each),<br/>Milk (4 oz. each)</p>                                | <p>Ritz Bitz W/Cheese<br/>(8 each)<br/>Mandarin Oranges<br/>(1/2 cup each)</p>                                     |
| <p><b>LUNCH</b><br/>Milk, Fluid<br/>Juice or Fruit or Vegetable<br/>Bread or Grain<br/>Meat or Meat alternative</p>  | <p><b>CLOSED for Labor Day</b></p> | <p>Beef Taco Meat,<br/>Black Beans, Tortilla,<br/>Diced Tomatoes,<br/>Shredded Lettuce,<br/>Shredded Cheese,<br/>Broccoli, Banana<br/>Skim Milk</p> | <p>Cheese Pizza, Green Beans, Strawberry Yogurt, Pretzels, Cantaloupe<br/>Skim Milk</p> | <p>Grilled Chicken, Tater Tots,<br/>Baked Beans, Graham Crackers,<br/>Watermelon<br/>Skim Milk</p> | <p>Sloppy Joe on <b>WW Bun</b>, Sweet Potato Fries, California Vegetable Blend,<br/>Strawberries<br/>Skim Milk</p> |
| <p><b>P.M. SNACK</b><br/>Two of these four components:<br/>Milk, Fluid<br/>Juice or Fruit or Vegetable<br/>Bread or Grain<br/>Meat or Meat alternative</p> | <p><b>CLOSED for Labor Day</b></p> | <p>Wheat Thin Crackers<br/>(10 each)<br/>Cheese Cubes (6 each)</p>  | <p><b>Sun Chips</b> (8 each),<br/>Mango Juice<br/>(4 oz. each)</p>                      | <p>Sociable Crackers<br/>(5 each)<br/>Red Apple Slices<br/>(1/2 cup each)</p>                      | <p>Blueberry Banana Bread,<br/>Pomegranate Juice<br/>(4 oz each)</p>   |

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**Weekly Menu – Spring Cycle # 1**

**Week of: September 10 – September 14, 2018**

|  | <b>Monday</b>   | <b>Tuesday</b>   | <b>Wednesday</b>  | <b>Thursday</b>  | <b>Friday</b>  |
|--|---|--|---|--|--|
| <p><b>A.M. SNACK</b><br/>Two of these four components:<br/>Milk, Fluid<br/>Juice or Fruit or Vegetable<br/>Bread or Grain<br/>Meat or Meat alternative</p> | <p>Mango Juice<br/>(4 oz. each)<br/>Melba Melts (2 each)</p>                  | <p><b>Multigrain Cheerios</b><br/>(1/2 cup each),<br/>Honeydew<br/>(1/2 cup each)</p>  | <p>French Toast Stick<br/>(3 each),<br/>Red Grapes<br/>(1/2 cup each)</p>                                   | <p>Whole Wheat Toast<br/>W/Wow Butter &amp;<br/>Jelly,<br/>Milk (4 oz. each)</p>                 | <p>Biscuit w/ butter &amp;/or<br/>honey<br/>Cantaloupe<br/>(1/2 cup each)</p>                                |
| <p><b>LUNCH</b><br/>Milk, Fluid<br/>Juice or Fruit or Vegetable<br/>Bread or Grain<br/>Meat or Meat alternative</p>  | <p>Hamburger on<br/><b>WW Bun,</b><br/>Carrots, Applesauce,<br/>Skim Milk</p> | <p>Cheese Tortellini<br/>w/Marinara Sauce,<br/>String Cheese,<br/><b>WW Breadstick,</b><br/>Celery Sticks<br/>w/WowButter,<br/>Oranges<br/>Skim Milk</p> | <p>Turkey &amp; Cheese<br/>Sandwich, Red Pepper<br/>Strips, Saltine<br/>Crackers, Bananas<br/>Skim Milk</p> | <p>BBQ Chicken<br/>Sandwich on <b>WW<br/>Bun,</b> Steamed<br/>Broccoli, Apples<br/>Skim Milk</p> | <p>Macaroni &amp; Cheese,<br/>Graham Crackers,<br/>Key West Vegetables,<br/>Tropical Fruit<br/>Skim Milk</p> |
| <p><b>P.M. SNACK</b><br/>Two of these four components:<br/>Milk, Fluid<br/>Juice or Fruit or Vegetable<br/>Bread or Grain<br/>Meat or Meat alternative</p> | <p>Banana Crumb<br/>Muffins<br/>Mixed Berries<br/>(1/2 cup each)</p>          | <p>Townhouse Tuscan<br/>Cheese Crackers<br/>(4 each),<br/>Zucchini &amp; Yellow<br/>Squash Strips<br/>(1/2 cup each)<br/>w/Veggie Dip</p>                | <p><b>Whole Wheat<br/>Tortilla</b> w/Butter,<br/>Cinnamon &amp; Sugar,<br/>Milk (4 oz. each)</p>            | <p>½ Soft Pretzels<br/>(1/2 each),<br/>Grape Juice<br/>(4 oz. each)</p>                          | <p><b>Chex Mix</b><br/>(½ cup)<br/>Orange Tangerine<br/>Juice (4 oz. each)</p>                               |

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**Weekly Menu – Spring Cycle # 2**

**Week of: September 17 – September 21, 2018**

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

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**Weekly Menu – Spring Cycle # 3**

**Week of: September 24 – September 28, 2018**

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