

**Early Learning Center  
Month: July 2017**

- School Age children may be served cereal and fruit in substitution for hot breakfast in order to maintain their individual bus schedules
- Meals and Snacks are subject to change without notice
- As stated in the parent handbook, all requests for special foods and diets must be documented and recommended by your physician. Parents may be required to provide appropriate food substitutes for their child
- HM: This item is homemade, not a prepackaged food item

	<b>Menu Item</b>	1-2 age	3-5 age	6-12 age	<b>July 3 Monday</b>	<b>July 4 Tuesday</b>	<b>July 5 Wednesday</b>	<b>July 6 Thursday</b>	<b>July 7 Friday</b>
<b>Breakfast</b>	<b>Milk</b>	½ cup	¾ cup	1 cup			<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Fruit Vegetable</b>	¼ cup	½ cup	½ cup	<b>CLOSED</b>	<b>CLOSED</b>	<b>Mandarin Oranges</b>	<b>Applesauce</b>	<b>Orange Slices</b>
	<b>Bread/cold cereal/Hot cereal</b>	½ s or ½ serving - ¼ cup or 1/3oz -¼ cup	-½ s or ½ serving -1/3 cup or ½ oz - ¼ cup	-1s or 1 serving -3/4 cup or 1oz - ½ cup			<b>Corn Chex Cereal</b>	<b>Whole Grain Waffle Sticks</b>	<b>All-Bran Cereal</b>
	<b>Add. Food option</b>								<b>Raisins</b>
<b>Lunch</b>	<b>Milk</b>	½ cup	¾ cup	1 cup			<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Fruit/Vegetable</b>	¼ cup	¼ cup	¼ cup + 2 Tbsp=3 oz			<b>Peas</b>	<b>Tods-Cucumber Sticks PS&amp;SA-cucumber slices</b>	<b>Carrot Sticks (infants/tods-blanchd)</b>
	<b>Fruit/Vegetable</b>	¼ cup	¼ cup	¼ cup + 2 Tbsp=3 oz	<b>CLOSED</b>	<b>CLOSED</b>	<b>Mango</b>	<b>Sliced Cantaloupe</b>	<b>Bananas</b>
	<b>Meat/alternative</b>	1 oz	1 ½ oz	2 oz			<b>Tuna Melt (Tuna, English Muffin, Mayo, Cheddar Cheese)</b>	<b>Sliced Turkey</b>	<b>Beef Patty</b>
	<b>Bread</b>	½ s or ½ serving	½ s or ½ serving	1 s or serving			<b>English Muffin</b>	<b>Whole Wheat Bread</b>	<b>Whole Wheat Hamburger Bun</b>
	<b>Add. Food option</b>				<b>CLOSED</b>	<b>CLOSED</b>		<b>Mustard</b>	<b>Ketchup</b>
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup			<b>Apple Juice</b>	<b>Milk</b>	<b>Water</b>
	<b>Fruit/vegetable</b>	1/2 cup	½ cup	¾ cup					<b>Red Pepper Hummus (garbanzo beans, garlic, lemon, tahini, peppers, olive oil)</b>
	<b>Bread</b>	½ s or ½ serving	½ s or ½ serving	1 s or serving			<b>Pretzels (Infants, Tods-(Saltines)</b>	<b>Graham Crackers (infants-wheat crackers)</b>	<b>Ritz Crackers</b>

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	<b>Menu Item</b>	1-2 age	3-5 age	6-12 age	<b>July 10 Monday</b>	<b>July 11 Tuesday</b>	<b>July 12 Wednesday</b>	<b>July 13 Thursday</b>	<b>July 14 Friday</b>
<b>Breakfast</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Fruit Vegetable</b>	¼ cup	½ cup	½ cup	<b>Pineapple</b>	<b>Mixed Berries</b>	<b>Pears</b>	<b>Strawberries</b>	<b>Mango</b>
	<b>Bread/ Cold Cereal/ Hot Cereal</b>	½ serving - ¼ cup or 1/3oz -¼ cup	-½ s or ½ serving -1/3 cup or ½ oz - ¼ cup	-1s or 1 serving -3/4 cup or 1oz - ½ cup	<b>Cheerios Cereal</b>	<b>Rice Krispies Cereal</b>	<b>Corn Chex Cereal</b>	<b>Whole Grain Pancakes</b>	<b>Life Cereal</b>
	<b>Add. Food option</b>							<b>Light Syrup</b>	
<b>Lunch</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Fruit/ Vegetable</b>	¼ cup	¼ cup	¼ cup + 2 Tbsp=3 oz	<b>Corn</b>	<b>Broccoli</b>	<b>Cauliflower</b>	<b>Green Beans</b>	<b>Salad ( lettuce, tomato, shredded carrots) infants &amp; tots- lettuce &amp; tomato)</b>
	<b>Fruit/ Vegetable</b>	¼ cup	¼ cup	¼ cup + 2 Tbsp=3 oz	<b>Apple Slices</b>	<b>Mixed Fruit</b>	<b>Sliced Honeydew</b>	<b>Peaches</b>	<b>Sliced Watermelon</b>
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz	<b>BBQ Baked Chicken Breast</b>	<b>Baked Fish with Bread Crumb Topping</b>	<b>Macaroni Salad with Egg (diced hard-boiled egg, light mayo, dill, Whole Wheat Macaroni) (HM)</b>	<b>English Muffin with Ground Turkey, tomato sauce, and cheddar cheese</b>	<b>Diced Chicken</b>
	<b>Bread</b>	½ s or ½ serving	½ s or ½ serving	1 s or serving	<b>Multi-grain Bread</b>	<b>Multi-grain Roll</b>	<b>Whole Wheat Macaroni</b>	<b>English Muffin</b>	<b>Whole wheat breadstick</b>
	<b>Add. Food option</b>					<b>Ketchup</b>			<b>Low-Fat Ranch Dressing</b>
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup	<b>Milk</b>	<b>Apple Juice</b>	<b>Orange Juice</b>	<b>Water</b>	<b>Water</b>
	<b>Fruit/ vegetable</b>	½ cup	½ cup	¾ cup				<b>Orange Slices</b>	<b>Bananas</b>
	<b>Bread</b>	½ s or ½ serving	½ s or ½ serving	1 s or serving	<b>Animal Crackers</b>	<b>Baked Soft Pretzels and Cheese Sticks</b>	<b>Saltine Crackers with Vegetable Cream Cheese</b>	<b>Nilla Wafers</b>	<b>Low-fat Vanilla Yogurt</b>

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	<b>Menu Item</b>	1-2 age	3-5 age	6-12 age	<b>July 17 Monday</b>	<b>July 18 Tuesday</b>	<b>July 19 Wednesday</b>	<b>July 20 Thursday</b>	<b>July 21 Friday</b>
<b>Breakfast</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Fruit Vegetable</b>	¼ cup	½ cup	½ cup	<b>Pineapple</b>	<b>Blueberries</b>	<b>Applesauce</b>	<b>Strawberries</b>	<b>Bananas</b>
	<b>Bread/ Cold Cereal/ Hot Cereal</b>	½ serving - ¼ cup or 1/3oz - ¼ cup	-½ s or ½ serving - 1/3 cup or ½ oz - ¼ cup	-1s or 1 serving - ¾ cup or 1oz - ½ cup	<b>All-Bran Cereal</b>	<b>Rice Chex Cereal</b>	<b>Toasted English Muffin</b>	<b>Cheerios Cereal</b>	<b>Corn Flakes Cereal</b>
	<b>Add. Food option</b>						<b>Cream Cheese</b>		
<b>Lunch</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Fruit/ Vegetable</b>	¼ cup	¼ cup	¼ cup + 2 Tbsp=3 oz	<b>Spinach</b>	<b>Peas</b>	<b>Asparagus</b>	<b>Broccoli</b>	<b>Cucumber Sticks</b>
	<b>Fruit/ Vegetable</b>	¼ cup	¼ cup	¼ cup + 2 Tbsp=3 oz	<b>Mandarin Oranges</b>	<b>Mixed Fruit</b>	<b>Pears</b>	<b>Peaches</b>	<b>Sliced Cantaloupe</b>
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz	<b>Chicken and Cheese Quesadilla (diced chicken, cheddar cheese, taco seasoning, whole wheat tortilla)</b>	<b>Creamy Noodle Chicken Casserole ( Chicken, Cream of Chicken, Whole Wheat Penne (HM)</b>	<b>Cheese Ravioli w/Tomato Sauce and Mozzarella Cheese</b>	<b>Grilled Cheese (whole wheat bread, cheddar cheese)</b>	<b>Scrambled Eggs</b>
	<b>Bread</b>	½ s or ½ serving	½ s or ½ serving	1 s or serving	<b>Whole Wheat Tortilla</b>	<b>Whole Wheat Penne</b>	<b>Ravioli</b>	<b>Whole Wheat Bread</b>	<b>Whole Wheat Breadstick</b>
	<b>Add. Food option</b>				<b>Salsa</b>				
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup	<b>Apple Juice</b>	<b>Milk</b>	<b>Water</b>	<b>Orange Juice</b>	<b>Apple Juice</b>
	<b>Fruit/ vegetable</b>	½ cup	½ cup	¾ cup					
	<b>Bread</b>	½ s or ½ serving	½ s or ½ serving	1 s or serving	<b>Wheat Crackers</b>	<b>Banana Multi-grain Squares (HM)</b>	<b>French Bread sticks and Hummus</b>	<b>Ritz Crackers</b>	<b>Cheez-it Crackers</b>

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	<b>Menu Item</b>	1-2 age	3-5 age	6-12 age	<b>July 24 Monday</b>	<b>July 25 Tuesday</b>	<b>July 26 Wednesday</b>	<b>July 27 Thursday</b>	<b>July 28 Friday</b>
<b>Breakfast</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Fruit Vegetable</b>	¼ cup	½ cup	½ cup	<b>Mandarin Oranges</b>	<b>Apple Slices</b>	<b>Mixed Fruit</b>	<b>Applesauce</b>	<b>Strawberries</b>
	<b>Bread/ Cold Cereal/ Hot Cereal</b>	½ serving - ¼ cup or 1/3oz - ¼ cup	-½ s or ½ serving - 1/3 cup or ½ oz - ¼ cup	-1s or 1 serving - 3/4 cup or 1oz - ½ cup	<b>Life Cereal</b>	<b>Multi-Grain Cheerios</b>	<b>Corn Chex Cereal</b>	<b>Whole Grain French Toast Sticks</b>	<b>Rice Chex Cereal</b>
	<b>Add. Food option</b>								
<b>Lunch</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Fruit/ Vegetable</b>	¼ cup	1/4 cup	¼ cup + 2 Tbsp= 3 oz	<b>Stewed Tomatoes</b>	<b>Yellow Squash</b>	<b>Carrot Sticks (infants/tods-blanchd)</b>	<b>Peas, Broccoli</b>	<b>Zucchini</b>
	<b>Fruit/ Vegetable</b>	¼ cup	¼ cup	¼ cup + 2 Tbsp= 3 oz	<b>Mango</b>	<b>Pears</b>	<b>Sliced Watermelon</b>	<b>Peaches</b>	<b>Bananas</b>
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz	<b>Macaroni and Cheese (Whole Grain Macaroni, Cheddar Cheese)</b>	<b>Baked Chicken Breast with bread crumbs and Tomato Sauce</b>	<b>Soy nut Butter Sandwiches and Cheese Sticks</b>	<b>Pasta Salad ( Broccoli, Peas, Carrots, Chicken, Tri-colored pasta, Light Vinaigrette Dressing, and Cheddar Cheese)</b>	<b>Egg Salad (diced hard-boiled egg, mustard, light mayo, dill) HM</b>
	<b>Bread</b>	½ s or ½ serving	½ s or ½ serving	1 s or serving	<b>Whole Grain Macaroni</b>	<b>Basmati Rice</b>	<b>Marble Rye Bread</b>	<b>Tri-colored Rotini</b>	<b>Whole Wheat Pita</b>
	<b>Add. Food option</b>								
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup	<b>Water</b>	<b>Milk</b>	<b>Water</b>	<b>Orange Juice</b>	<b>Milk</b>
	<b>Fruit/ vegetable</b>	½` cup	½ cup	¾ cup			<b>Bananas</b>		
	<b>Bread</b>	½ s or ½ serving	½ s or ½ serving	1 s or serving	<b>Wheat Thins (infants-saltines) and Hummus</b>	<b>Animal Crackers</b>	<b>Graham Crackers (Infants-wheat crackers)</b>	<b>Stoned Wheat Thins</b>	<b>Cinnamon Raisin Squares</b>

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	<b>Menu Item</b>	1-2 age	3-5 age	6-12 age	<b>July 31 Monday</b>				
<b>Breakfast</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>				
	<b>Fruit Vegetable</b>	¼ cup	½ cup	½ cup	<b>Blueberries</b>				
	<b>Bread/ Cold Cereal/ Hot Cereal</b>	½ serving - ¼ cup or 1/3oz -¼ cup	-½ s or ½ serving -1/3 cup or ½ oz - ¼ cup	-1s or 1 serving -3/4 cup or 1oz - ½ cup	<b>Cheerios Cereal</b>				
	<b>Add. Food option</b>								
<b>Lunch</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>				
	<b>Fruit/ Vegetable</b>	¼ cup	1/4 cup	¼ cup + 2 Tbsp= 3 oz	<b>Beets</b>				
	<b>Fruit/ Vegetable</b>	¼ cup	¼ cup	¼ cup + 2 Tbsp= 3 oz	<b>Sliced Honeydew</b>				
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz	<b>Baked Chicken Breast with Chicken Gravy</b>				
	<b>Bread</b>	½ s or ½ serving	½ s or ½ serving	1 s or serving	<b>Whole Wheat Breadstick</b>				
	<b>Add. Food option</b>								
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup	<b>Milk</b>				
	<b>Fruit/ vegetable</b>	½` cup	½ cup	¾ cup					
	<b>Bread</b>	½ s or ½ serving	½ s or ½ serving	1 s or serving	<b>Graham Crackers</b>				