

**Early Learning Center
Month: August 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

	Menu Item	1-2 age	3-5 age	6-12 age		Tuesday August 1	Wednesday August 2	Thursday August 3	Friday August 4
Breakfast	Milk	½ cup	¾ cup	1 cup		Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup		Mandarin Oranges	Applesauce	Peaches	Apple Slices
	Bread/cold cereal/Hot cereal	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 -¾ cup or 1oz - ½ cup		Rice Krispies Cereal	Corn Chex Cereal	Rice Chex Cereal	Life Cereal
	Add. Food option								
Lunch	Milk	½ cup	¾ cup	1 cup		Milk	Milk	Milk	Milk
	Fruit/Vegetable	1/8 cup	¼ cup	¼ cup + 2 Tbsp=3 oz		Mixed Vegetables	Lima Beans	Cauliflower	Cucumber Slices
	Fruit/Vegetable	1/8 cup	¼ cup	¼ cup + 2 Tbsp=3 oz		Sliced Cantaloupe	Pineapple	Mango	Sliced Watermelon
	Meat/alternative	1 oz	1 ½ oz	2 oz		Ground Turkey with Tomato sauce	BBQ Diced Chicken	Tuna Noodle Casserole (Tuna, Cream of Mushroom, Whole Wheat Penne)	English Muffin with Ground Turkey, BBQ sauce, and Cheddar Cheese
	Bread	½ s or ½ serving	½ s or ½ serving	1 s or serving		Whole Wheat Spaghetti	Whole Wheat Hamburger Bun	Whole Wheat Penne	Whole Grain English Muffin
	Add. Food option								
Snack	Fluid	½ cup	½ cup	1 cup		Water	Milk	Water	Water
	Fruit/vegetable	1/2 cup	½ cup	¾ cup				Red Pepper Hummus (Garbanzo beans, red peppers, lemon juice, tahini, garlic)	Bananas
	Bread	½ s or ½ serving	½ s or ½ serving	1 s or serving		Wheat Crackers and Cheddar Cheese Slices	Cornbread	Saltines	Animal Crackers

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	Menu Item	1-2 age	3-5 age	6-12 age	Monday August 7	Tuesday August 8	Wednesday August 9	Thursday August 10	Friday August 11
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Strawberries	Orange Slices	Apple Slices	Mango	Mixed Berries
	Bread/ Cold Cereal/ Hot Cereal	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	Cheerios Cereal	Whole Wheat Bagels	Corn Chex Cereal	Toasted English Muffin	Multi- grain Cheerios Cereal
	Add. Food option					Cream Cheese		Light Butter	
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit/ Vegetable	1/8 cup	1/4 cup	¼ cup + 2 Tbsp=3 oz	Beets	Broccoli	Salad Mix (lettuce, shredded cabbage, and shredded carrots) (tods- lettuce)	Corn	Carrot Sticks (Infants & Tods- Blanched)
	Fruit/ Vegetable	1/8 cup	1/4 cup	¼ cup + 2 Tbsp=3 oz	Mixed Fruit	Pears	Peaches	Sliced Honeydew	Bananas
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Beef Patty	Creamy Chicken Casserole (Chicken, Brown Rice Cream of chicken) HM	Cheese Ravioli with Tomato sauce and Mozzarella	Baked Chicken Breast with Bread Crumb Topping	Sliced Turkey
	Bread	½ s or ½ serving	½ s or ½ serving	1 s or serving	Whole Wheat Hamburger Bun	Brown Rice	Cheese Ravioli	Whole Wheat Breadstick	Whole Wheat Bread
	Add. Food option				Ketchup		Low-Fat Ranch Dressing		Mustard
Snack	Fluid	½ cup	½ cup	1 cup	Apple Juice	Water	Milk	Water	Orange Juice
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Bread	½ s or ½ serving	½ s or ½ serving	1 s or serving	Cheez its	Wheat Thins (Infants- wheat crackers) And Cheese Sticks	Trail Mix— (Cheerios, cornflakes, chex, chow mein noodles,cheez -its, Raisins) (infants- Cheerios)	Baked Pretzels and Cheese Cubes	Banana Multi-grain Squares

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	Menu Item	1-2 age	3-5 age	6-12 age	Monday August 14	Tuesday August 15	Wednesday August 16	Thursday August 17	Friday August 18
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Pears	Mandarin Oranges	Apple Slices	Strawberries	Bananas
	Bread/ Cold Cereal/ Hot Cereal	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	Cornflakes Cereal	Cheerios Cereal	Whole Grain Pancakes	Bran Flakes Cereal	Life Cereal
	Add. Food option						Light Syrup		
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit/ Vegetable	1/8 cup	1/4 cup	¼ cup + 2 Tbsp=3 oz	Asparagus	Lettuce and Tomato	Green Beans	Diced Carrots	Squash
	Fruit/ Vegetable	¼ cup	1/4 cup	¼ cup + 2 Tbsp=3 oz	Mixed Fruit	Peaches	Sliced Watermelon	Pineapple	Sliced Honeydew
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Baked Fish	Egg Salad (diced hard-boiled egg, light mayo, mustard, dill)	Baked Ziti w/ Ground Turkey, Tomato sauce, and Mozzarella cheese	Sweet & Sour Chicken	Tuna Salad (Tuna, Light Mayo, Dill)
	Bread	½ s or ½ serving	½ s or ½ serving	1 s or serving	Multi-grain Roll	Whole Wheat Pita	Whole Wheat Penne	Brown Rice	Multi-grain Bread
	Add. Food option				Ketchup				
Snack	Fluid	½ cup	½ cup	1 cup	Water	Apple Juice	Water	Water	Milk
	Fruit/ vegetable	½ cup	½ cup	¾ cup	Sliced Cantaloupe		Cucumber Sticks and Sliced Cheddar Cheese		
	Bread	½ s or ½ serving	½ s or ½ serving	1 s or serving	Wheat Crackers	Whole Wheat Bagels w/ veggie cream cheese		Saltines and Hummus	Animal Crackers

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	Menu Item	1-2 age	3-5 age	6-12 age	Monday August 21	Tuesday August 22	Wednesday August 23	Thursday August 24	Friday August 25
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Mango	Peaches	Strawberries	Applesauce	CLOSED
	Bread/ Cold Cereal/ Hot Cereal	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	Corn Chex Cereal	Multi-grain Cheerios Cereal	Rice Krispies Cereal	Whole Grain French Toast Sticks	
	Add. Food option								
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	
	Fruit/ Vegetable	1/8 cup	¼ cup	¼ cup + 2 Tbsp=3 oz	Peas	Corn	Zucchini	Spinach	
	Fruit/ Vegetable	¼ cup	¼ cup	¼ cup + 2 Tbsp=3 oz	Pears	Mandarin Oranges	Sliced Honeydew	Mixed Fruit	
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Ground Turkey and Rice Bake (Ground turkey, black beans, kidney beans, tomato sauce, salsa, ground turkey, brown rice)	Chicken Quesadillas (Diced chicken, shredded cheddar cheese, taco seasoning)	BBQ Ground Turkey (Ground Turkey, BBQ sauce, and Ketchup)	English Muffin Pizzas (English Muffin, Tomato Sauce, and Mozzarella Cheese)	CLOSED
	Bread	½ s or ½ serving	½ s or ½ serving	1 s or serving	Brown Rice	White Flour Tortilla	Whole Wheat Hamburger Bun	Whole Grain English Muffin	
	Add. Food option								
Snack	Fluid	½ cup	½ cup	1 cup	Orange Juice	Milk	Apple Juice	Water	CLOSED
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Bread	½ s or ½ serving	½ s or ½ serving	1 s or serving	Graham Crackers (infants-wheat crackers)	Cinnamon Raisin Multi-grain Squares	Pretzels (infants and tots-Italian Breadsticks)	Whole Wheat Pita Wedges and Soy Nut Butter	

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	Menu Item	1-2 age	3-5 age	6-12 age	Monday August 28	Tuesday August 29	Wednesday August 30	Thursday August 31	
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	
	Fruit Vegetable	¼ cup	½ cup	½ cup	Blueberries	Mango	Mandarin Oranges	Apple Slices	
	Bread/ Cold Cereal/ Hot Cereal	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	Multi-Grain Cheerios Cereal	Whole Grain Waffle Sticks	Rice Chex Cereal	Life Cereal	
	Add. Food option								
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	
	Fruit/ Vegetable	1/8 cup	¼ cup	¼ cup + 2 Tbsp=3 oz	Diced potatoes with olive oil and oregano	Stewed Tomatoes	Cauliflower	Squash	
	Fruit/ Vegetable	¼ cup	1/4 cup	¼ cup + 2 Tbsp=3 oz	Orange Slices	Pears	Mixed Fruit	Peaches	
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Turkey Burger	Grilled Cheese	Baked Salmon with Lemon Juice, Basil, and Olive Oil	Turkey Meatballs and Tomato Sauce	
	Bread	½ s or ½ serving	½ s or ½ serving	1 s or serving	Whole Wheat Hamburger Bun	Whole Wheat Bread	Couscous	Whole Wheat Breadstick	
	Add. Food option				Ketchup				
Snack	Fluid	½ cup	½ cup	1 cup	Milk	Water	Orange Juice	Milk	
	Fruit/ vegetable	½ cup	½ cup	¾ cup		Watermelon			
	Bread	½ s or ½ serving	½ s or ½ serving	1 s or serving	Nilla Wafers	Wheat Crackers	Stoned Wheat Thins	Whole Grain Cinnamon Raisin Squares	

