

Updated

**Early Learning Center
Month: September 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					September 1 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup					Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup					Bananas
	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					Cornflakes Cereal
	Add. Food option								
Lunch	Milk	½ cup	¾ cup	1 cup					Milk
	Fruit/ Vegetable	1/8 cup	1/4 cup	¼ cup + 2 Tbsp=3 oz					Salad (lettuce, tomato, shredded carrots and cabbage) infants & tods-lettuce & tomato)
	Fruit/ Vegetable	1/8 cup	1/4 cup	¼ cup + 2 Tbsp=3 oz					Sliced Honeydew
	Meat/ alternative	1 oz	1 ½ oz	2 oz					Diced Chicken
	Bread	½ s or ½ serving	½ s or ½ serving	1 s or serving					Roll
	Add. Food option								Low-fat Ranch Dressing
Snack	Fluid	½ cup	½ cup	1 cup					Apple Juice
	Fruit/ vegetable	1/2 cup	½ cup	¾ cup					
	Bread	½ s or ½ serving	½ s or ½ serving	1 s or serving					Cheez-its

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	Menu Item	1-2 age	3-5 age	6-12 age	September 4 Monday	September 5 Tuesday	September 6 Wednesday	September 7 Thursday	September 8 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup		Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	CLOSED	Mixed Berries	Pears	Apple Slices	Pineapple
	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	Rice Krispies Cereal	Whole Grain French Toast Sticks	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	CLOSED	Broccoli	Diced Carrots	Green Beans	Carrot Sticks (infants/tod s- blanched)
	Fruit/ Vegetable	1/8 cup	¼ cup	¼ cup + 2 Tbsp=3 oz		Mixed Fruit	Sliced Cantaloupe	Mango	Bananas
	Meat/ alternative	1 oz	1 ½ oz	2 oz		Bean and Cheese Quesadillas (refried beans, cheddar cheese, Whole Wheat Tortilla)	Chicken Teriyaki (Diced Chicken, Broccoli, Teriyaki Sauce)	Turkey Sausage Patty Melt (Turkey sausage, cheddar cheese, English Muffin)	Cheese Pizza (white flour dough, tomato sauce, mozzarella cheese)
	Bread	½ s or ½ serving	½ s or ½ serving	1 s or serving	CLOSED	Whole Wheat Tortilla	Brown Rice	Whole Grain English Muffin	White Flour Dough
	Add. Food option					Salsa			
Snack	Fluid	½ cup	½ cup	1 cup		Orange Juice	Milk	Water	Milk
	Fruit/ vegetable	½ cup	½ cup	¾ cup				Low-fat Vanilla Yogurt	
	Bread	½ s or ½ serving	½ s or ½ serving	1 s or serving		Saltine Crackers with Vegetable Cream Cheese	Apple Cinnamon Whole Grain Squares	Animal Crackers	Graham Crackers (infants- Cheerios)

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	Menu Item	1-2 age	3-5 age	6-12 age	September 11 Monday	September 12 Tuesday	September 13 Wednesday	September 14 Thursday	September 15 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Mandarin Oranges	Blueberries	Applesauce	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 -3/4 cup or 1oz - ½ cup	Corn Chex Cereal	Cheerios Cereal	Toasted English Muffin	Rice Krispies Cereal	Bran Flakes Cereal
	Add. Food option						Apple Butter		
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit/ Vegetable	1/8 cup	¼ cup	¼ cup + 2 Tbsp=3 oz	Cauliflower	Peas	Asparagus	Stewed Tomatoes	Cucumber Sticks
	Fruit/ Vegetable	1/8 cup	¼ cup	¼ cup + 2 Tbsp=3 oz	Apple Slices	Mixed Fruit	Pears	Peaches	Sliced Cantaloupe
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Chicken and Whole Grain Spaghetti with Tomato Sauce	Scrambled Eggs	Turkey Meatballs w/Turkey Gravy	Macaroni & Cheese (Macaroni, Cheddar Cheese) (HM)	Tuna Salad (Tuna, mayo, dill) (HM)
	Bread	½ s or ½ serving	½ s or ½ serving	1 s or serving	Whole Grain Spaghetti	Multi-grain Roll	Multigrain Bread	Whole Wheat Macaroni	Whole Wheat Pita
	Add. Food option								
Snack	Fluid	½ cup	½ cup	1 cup	Water	Milk	Water	Orange Juice	Apple Juice
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Bread	½ s or ½ serving	½ s or ½ serving	1 s or serving	Wheat crackers and Cheese Sticks	Banana Multi-grain Squares (HM)	French Breadsticks and Hummus	Stone Ground Wheat Thins	Trail Mix (Cheerios, Rice Chex, Branflakes, Cheez-its, Chow Mein Noodles, Raisins) infants-Cheerios

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	Menu Item	1-2 age	3-5 age	6-12 age	September 18 Monday	September 19 Tuesday	September 20 Wednesday	September 21 Thursday	September 22 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Mango	Apple Slices	Pineapple	Pears	Strawberries
	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	Life Cereal	Biscuits	Corn Flakes Cereal	Rice Chex Cereal	Cheerios Cereal
	Add. Food option					Light Butter			
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit/ Vegetable	1/8 cup	¼ cup	¼ cup + 2 Tbsp=3 oz	Green Beans	Broccoli, Peas	Spinach	Mixed Vegetables	Lettuce and Tomato (infants-Green Beans)
	Fruit/ Vegetable	1/8 cup	¼ cup	¼ cup + 2 Tbsp=3 oz	Mandarin Oranges	Peaches	Sliced Honeydew	Mixed Fruit	Bananas
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Grilled Cheese (Wheat Bread, Mild Cheddar Cheese)	Pasta Salad (Tri-color Pasta, cheddar cheese, chicken, broccoli, peas ,carrots, balsamic vinaigrette dressing) HM	Cheese Ravioli, Tomato Sauce, and Ground Turkey	Baked Fish with Bread Crumbs	Sliced Turkey and Cheddar Cheese
	Bread	½ s or ½ serving	½ s or ½ serving	1 s or serving	Whole Wheat Bread	Tri-colored Pasta	Ravioli	Couscous	Marble Rye Bread
	Add. Food option							Ketchup	Mustard
Snack	Fluid	½ cup	½ cup	1 cup	Water	Milk	Orange Juice	Water	Water
	Fruit/ vegetable	½ cup	½ cup	¾ cup					Applesauce
	Bread	½ s or ½ serving	½ s or ½ serving	1 s or serving	Naan Bread and Soy Nut Butter	Cinnamon Raisin Multi-grain Squares HM	Animal Crackers	Baked Soft Pretzels and Cheese Cubes	Whole Wheat Bagels

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	Menu Item	1-2 age	3-5 age	6-12 age	September 25 Monday	September 26 Tuesday	September 27 Wednesday	September 28 Thursday	September 29 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Orange Slices	Mixed Fruit	Mango	Pears	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	Whole Grain Pancakes	Corn Chex Cereal	Life Cereal	Corn Flakes Cereal	Rice Krispies Cereal
	Add. Food option				Light Syrup				
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit/ Vegetable	1/8 cup	¼ cup	¼ cup + 2 Tbsp=3 oz	Diced Potatoes tossed with Olive Oil and Oregano	Carrot Sticks (infants/tods blanched)	Peas	Corn	Broccoli
	Fruit/ Vegetable	1/8 cup	¼ cup	¼ cup + 2 Tbsp=3 oz	Peaches	Apple Slices	Strawberries	Mandarin Oranges	Pineapple
	Meat/ alternative	1 oz	1 ½ oz	2 oz	BBQ Ground Turkey (ground turkey, bbq sauce, ketchup)	Soy Nut Butter Sandwiches and Cheese Sticks	Macaroni Salad (whole grain macaroni, diced hard-boiled egg, light mayo, dill)	Turkey Meatloaf (ground turkey, parmesan bread crumbs, salsa)	Lo Mein Chicken (Lo Mein noodles, low-sodium soy sauce, diced chicken)
	Bread	½ s or ½ serving	½ s or ½ serving	1 s or serving	Whole Wheat Hamburger Bun	Multi-grain Bread	Whole Grain Macaroni	Multi-grain Roll	Lo Mein Noodles
	Add. Food option							Ketchup	
Snack	Fluid	½ cup	½ cup	1 cup	Apple Juice	Milk	Orange Juice	Water	Milk
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Bread	½ s or ½ serving	½ s or ½ serving	1 s or serving	Whole Wheat Breadstick and Strawberry Cream Cheese	Ritz Crackers	Pretzels (infants and Tods-Wheat Crackers)	Wheat Thins and Red Pepper Hummus (red peppers, tahini, garbanzo beans, olive oil, lemon juice)	Apple Cinnamon Muffin Whole Grain Squares

