

## Early Learning Center

### Month: July 2025

- 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		July 1 Tuesday	July 2 Wednesday	July Thursday	July 4 Friday
<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>Strawberries</b>	<b>Apple Slices</b>	<b>Mandarin Oranges</b>	<b>CLOSED</b>
	<b>Grains (oz eq)</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>Whole Grain Waffle Sticks</b>	<b>Corn Chex Cereal</b>	<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>Milk</b>	<b>Milk</b>	
	<b>Vegetable</b>	¼ cup	¼ cup	½ cup		<b>Green Beans</b>	<b>Peas</b>	<b>Sliced Cucumber</b>	
	<b>Fruit</b>	¼ cup	¼ cup	¼ cup		<b>Peaches</b>	<b>Pears</b>	<b>Sliced Honeydew</b>	<b>CLOSED</b>
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz		<b>Turkey Meatballs with Tomato Sauce</b>	<b>Diced Chicken and Gravy</b>	<b>Egg Salad (diced egg, mayo, mustard, dill)</b>	
	<b>Grains (oz eq)</b>	½ s or ½ serving	½ s or ½ serving	1 s or serving		<b>Whole Grain Slider Roll</b>	<b>Flatbread</b>	<b>Whole Wheat Bread</b>	
	<b>Add. Food option</b>							<b>CLOSING AT 12</b>	
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup		<b>Milk</b>	<b>Water</b>		
	<b>Fruit/ vegetable</b>	½ cup	½ cup	¾ cup			<b>Orange Slices</b>		<b>CLOSED</b>
	<b>Grains (oz eq)</b>	½ s or ½ serving	½ s or ½ serving	1 s or serving		<b>Whole Grain Banana Bread</b>	<b>Triscuit Crackers</b>		

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	<b>Menu Item</b>	1-2 age	3-5 age	6-12 age	<b>July 7 Monday</b>	<b>July 8 Tuesday</b>	<b>July 9 Wednesday</b>	<b>July 10 Thursday</b>	<b>July 11 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>Blueberries</b>	<b>Pineapple</b>	<b>Applesauce</b>	<b>Strawberries</b>	<b>Orange Slices</b>
	<b>Grains (oz eq)</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 1 oz - ½ cup	<b>Whole Grain Pancakes</b>	<b>Rice Chex Cereal</b>	<b>Life Cereal</b>	<b>Multi-Grain Cheerios Cereal</b>	<b>Corn Flakes Cereal</b>
	<b>Add. Food option</b>				<b>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>Vegetable</b>	¼ cup	1/4 cup	½ cup	<b>Stewed Tomatoes</b>	<b>Broccoli</b>	<b>Lima Beans</b>	<b>Carrot Sticks (inf/tod-blanchd)</b>	<b>Cucumber Slices</b>
	<b>Fruit</b>	¼ cup	¼ cup	¼ cup	<b>Pears</b>	<b>Peaches</b>	<b>Sliced Cantaloupe</b>	<b>Apple Slices</b>	<b>Bananas</b>
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz	<b>Grilled Cheese (Whole wheat bread, cheddar cheese)</b>	<b>Tuna Noodle Casserole (tuna, cream of mushroom, whole wheat penne)</b>	<b>Egg Salad (Diced hardboiled egg, mayo, mustard, dill)</b>	<b>Soy Nut Butter and Mozzarella Cheese Sticks</b>	<b>Sliced Turkey</b>
	<b>Grains (oz eq)</b>	½ s or ½ serving	½ s or ½ serving	1 s or serving	<b>Whole Wheat Bread</b>	<b>Whole Wheat Penne</b>	<b>Whole Wheat Pita</b>	<b>Whole Grain Bread</b>	<b>Whole Wheat Tortilla</b>
	<b>Add. Food option</b>								<b>Mustard</b>
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup	<b>Orange Juice</b>	<b>Milk</b>	<b>Water</b>	<b>Water</b>	<b>Apple Juice</b>
	<b>Fruit/ vegetable</b>	½ cup	½ cup	¾ cup					
	<b>Grains (oz eq)</b>	½ s or ½ serving	½ s or ½ serving	1 s or serving	<b>Wheat Thin Crackers</b>	<b>Animal Crackers</b>	<b>Whole Grain Bean and Veggie Crackers with Cheddar Cheese Cubes</b>	<b>Townhouse Crackers and Cheddar Cheese Slices</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 14 Monday</b>	<b>July 15 Tuesday</b>	<b>July 16 Wednesday</b>	<b>July 17 Thursday</b>	<b>July 18 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>Blueberries</b>	<b>Mixed Fruit</b>	<b>Pineapple</b>	<b>Apple slices</b>
	<b>Grains (oz eq)</b>	½ serving - ¼ cup or 1/3oz - ¼ cup	½ s or ½ serving - 1/3 cup or ½ oz - ¼ cup	-1 s or 1 serving - 3/4 cup or 1 oz - ½ cup	<b>Life Cereal</b>	<b>Cheerios Cereal</b>	<b>Corn Chex Cereal</b>	<b>Bran Flakes Cereal</b>	<b>Rice Krispies 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>Vegetable</b>	¼ cup	1/4 cup	½ cup	<b>Mixed Vegetables</b>	<b>Green Beans</b>	<b>Sliced Carrots</b>	<b>Beets</b>	<b>Peas</b>
	<b>Fruit</b>	¼ cup	¼ cup	¼ cup	<b>Peaches</b>	<b>Peaches</b>	<b>Apple slices</b>	<b>Pears</b>	<b>Bananas</b>
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz	<b>Pasta Salad (tri-colored pasta, chicken, cheddar cheese, peas, carrots, broccoli, Italian dressing)</b>	<b>Chicken Salad (diced chicken, mayo, dill)</b>	<b>Soy Nut Butter Sandwich and Mozzarella Cheese Sticks</b>	<b>Sliced Turkey</b>	<b>Tuna Salad (tuna, mayo, dill) HM</b>
	<b>Grains (oz eq)</b>	½ s or ½ serving	½ s or ½ serving	1 s or serving	<b>Tri-Colored Pasta</b>	<b>Whole Grain Slider Roll</b>	<b>Whole Wheat Bread</b>	<b>Whole Wheat Tortilla</b>	<b>Whole Wheat Pita</b>
	<b>Add. Food option</b>								
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup	<b>White Grape Juice</b>	<b>Milk</b>	<b>Water</b>	<b>Apple Juice</b>	<b>Water</b>
	<b>Fruit/ vegetable</b>	½ cup	½ cup	¾ cup					
	<b>Grains (oz eq)</b>	½ s or ½ serving	½ s or ½ serving	1 s or serving	<b>Wheat Thins</b>	<b>Whole Grain Graham Cracker Goldfish</b>	<b>Saltine Crackers and Cheddar Cheese Cubes</b>	<b>Graham Crackers</b>	<b>Baked Soft Pretzels and Mild Cheddar Cheese Slices</b>

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	<b>Menu Item</b>	1-2 age	3-5 age	6-12 age	<b>July 21 Monday</b>	<b>July 22 Tuesday</b>	<b>July 23 Wednesday</b>	<b>July 24 Thursday</b>	<b>July 25 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>Mixed Fruit</b>	<b>Pears</b>	<b>Pineapple</b>	<b>Strawberries</b>	<b>Bananas</b>
	<b>Grains (oz eq)</b>	½ serving - ¼ cup or 1/3 oz - ¼ cup	½ s or ½ serving - 1/3 cup or ½ oz - ¼ cup	-1 s or 1 serving - ¾ cup or 1 oz - ½ cup	<b>Kix Cereal</b>	<b>Rice Krispies Cereal</b>	<b>Multi-Grain Cheerios</b>	<b>Corn Chex Cereal</b>	<b>Whole Grain French Toast Sticks</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>Vegetable</b>	¼ cup	1/4 cup	½ cup	<b>Broccoli</b>	<b>Cucumber Slices</b>	<b>Diced Potatoes with Olive Oil and Oregano</b>	<b>Lima Beans</b>	<b>Corn</b>
	<b>Fruit</b>	¼ cup	¼ cup	¼ cup	<b>Sliced Honeydew</b>	<b>Watermelon</b>	<b>Peaches</b>	<b>Apple Slices</b>	<b>Sliced Cantaloupe</b>
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz	<b>Baked Chicken Breast with Chicken Gravy</b>	<b>Chicken Salad (diced chicken, light mayo, dill)</b>	<b>Chicken meatballs with Tomato Sauce</b>	<b>Turkey Sausage Patty Melt (turkey sausage, cheddar cheese, English muffin)</b>	<b>Diced Chicken and Mild Salsa</b>
	<b>Grains (oz eq)</b>	½ s or ½ serving	½ s or ½ serving	1 s or serving	<b>Whole Grain Dinner Roll</b>	<b>Multi-grain Bread</b>	<b>Whole Grain Slider Roll</b>	<b>Whole Grain English Muffin</b>	<b>Whole Wheat Tortilla</b>
	<b>Add. Food option</b>								
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup	<b>Milk</b>	<b>Apple Juice</b>	<b>Milk</b>	<b>White Grape Juice</b>	<b>Water</b>
	<b>Fruit/ vegetable</b>	½ cup	½ cup	¾ cup					
	<b>Grains (oz eq)</b>	½ s or ½ serving	½ s or ½ serving	1 s or serving	<b>Townhouse Crackers</b>	<b>Pretzels (infant/tods -saltines)</b>	<b>Whole Grain Cheddar Goldfish</b>	<b>Animal Crackers</b>	<b>Triscuit Crackers and Mild Cheddar Cheese Cubes</b>

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	<b>Menu Item</b>	1-2 age	3-5 age	6-12 age	<b>July 28 Monday</b>	<b>July 29 Tuesday</b>	<b>July 30 Wednesday</b>	<b>July 31 Thursday</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>Fruit Vegetable</b>	¼ cup	½ cup	½ cup	<b>Pears</b>	<b>Mixed Fruit</b>	<b>Blueberries</b>	<b>Apple Slices</b>	
	<b>Grains (oz eq)</b>	½ serving - ¼ cup or 1/3oz - ¼ cup	½ s or ½ serving - 1/3 cup or ½ oz - ¼ cup	1 s or 1 serving - 3/4 cup or 1 oz - ½ cup	<b>Rice Chex Cereal</b>	<b>Cheerios Cereal</b>	<b>Kix Cereal</b>	<b>Whole Wheat Bagels</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>Vegetable</b>	¼ cup	1/4 cup	½ cup	<b>Cucumber Slices</b>	<b>Peas</b>	<b>Yams</b>	<b>Stewed Tomatoes</b>	
	<b>Fruit</b>	¼ cup	¼ cup	¼ cup	<b>Apple Slices</b>	<b>Pineapple</b>	<b>Peaches</b>	<b>Pears</b>	
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz	<b>Sliced Turkey</b>	<b>Tuna Salad (tuna, mayo, dill)</b>	<b>Turkey Burger</b>	<b>Grilled Cheese</b>	
	<b>Grains (oz eq)</b>	½ s or ½ serving	½ s or ½ serving	1 s or serving	<b>Whole Wheat Bread</b>	<b>Whole Wheat Pita</b>	<b>Whole Wheat Hamburger Bun</b>	<b>Whole Wheat Bread</b>	
	<b>Add. Food option</b>				<b>Mustard</b>		<b>Ketchup</b>		
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup	<b>Milk</b>	<b>Water</b>	<b>Milk</b>	<b>White Grape Juice</b>	
	<b>Fruit/ vegetable</b>	½ cup	½ cup	¾ cup					
	<b>Grains (oz eq)</b>	½ s or ½ serving	½ s or ½ serving	1 s or serving	<b>Whole Grain Bean and Veggie Crackers</b>	<b>Townhouse Crackers and Sliced Cheddar Cheese</b>	<b>Whole Grain Graham Cracker Goldfish</b>	<b>Wheat Thin Crackers</b>	