

# 2015 - 2016 CHILDREN'S LEARNING CENTER'S 5-DAY MENU

CHILDREN'S AGES 1 – 5 YEARS OLD

5 PM Snack: Graham Crackers

Week of: 08/31 -09/4, 10/05-09, 11/02-06, 11/30-12/04, 01/04-08\* 2016, 02/01- 05, 02/29- 03/04, 04/04-08, 05/02- 06, 05/30- 06/03, 07/04-08, 08/01-05

Week  
1

	<b>Child meal pattern food components:</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Breakfast</b>	Milk Vegetable/Fruit/Juice Grains/Breads	Milk /Water Apple Sauce Rice Krispies	Milk /Water Fruit Grits	Milk / Water Fruit Cereal	Milk / Water Raisins Oatmeal	Milk / Water Banana Chex Cereal
<b>Lunch/Supper</b>	Milk Meat/Meat Alternate Vegetable or Fruit Vegetable or Fruit Grains/Breads	Milk Chicken Nuggets Green Beans Pears Yellow Rice	Milk Hamburger Mixed Fruit Tater-tots	Milk Spaghetti & Meat Sauce Toss Salad Fruit/Peaches Dinner Roll	Milk BBQ Chicken Black Beans Pineapples White Rice	Milk Turkey Sandwich Rice/Vegetable Soup Apple Wedges
<b>Snack</b>	Milk Meat/Meat Alternate Vegetable/Fruit/Juice Grains/Breads	Milk Gold Fish Crackers	Fruit Juice Corn Muffin	Water Apple Juice Pretzels	Water Cheese Slices Fruit Punch Ritz Crackers	Milk Oatmeal cookies
	<b>Portions:</b>	<b>Age (1-3 yrs)</b>	<b>Age (3-6)</b>	<b>Portions:</b>	<b>Age (1-3 yrs)</b>	<b>Age (3-6)</b>
	<b>Breakfast:</b> Milk 100% Juice, Fruit, or Veg. Whole Wheat Bread, Grain Hot Cereal. Cold, Dry, Hot, Cooked  <b>Snack:</b> Milk Juice or Vegetable Meat or Meat Alternate Cheese Egg(Large) Whole Wheat Bread Cold, Dry, or Hot Cereal	<b>Breakfast:</b> ½ cup ¼ cup ½ slice  ½ oz.  <b>Snack:</b> ½ cup ½ cup ½ oz. ½ oz. ½ egg ½ slice ¼ cup	<b>Breakfast:</b> ¾ cup ½ cup ½ slice  ½ oz.  <b>Snack:</b> ½ cup ½ cup ½ oz. ½ oz. ¾ egg ½ slice 1/3 cup	<b>Lunch:</b> Milk Meat, Poultry, or Fish Cheese Egg (Large) Cooked Dry Beans Peanut Butter Vegetable or Fruit Whole Grain/ Bread or Rice or Pasta Rice or Pasta	<b>Lunch:</b> ½ cup 1 oz. 1 oz. ½ egg ¼ cups 2tbsp. ¼ cup ½ slice  ¼ cup	<b>Lunch:</b> ¾ cup 1 ½ oz. 1 ½ oz. ¾ egg 3/8 cup 3 tbsp. ½ cup ½ slice  ¼ cup

# 2015 - 2016 CHILDREN'S LEARNING CENTER'S 5-DAY MENU

**Week of:** 09/07-11, 10/12-16, 11/09-13, 12/07-11, 01/11-15\*2016, 02/08-12, 03/07- 11, 04/11-15, 05/09-13, 06/06-10, 07/11-15, 08/08-12

**Week**  
**2**

**CHILDREN'S AGES 1 – 5 YEARS OLD**

**5 PM Snack: Asst. Graham Crackers**

	<b>Child meal pattern food components:</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Breakfast</b>	Milk Vegetable/Fruit/Juice Grains/Breads	Milk / Water Banana Cornflakes	Milk / Water Raisins Oatmeal	Milk / Water Apples Honey Nuts Cheerios	Milk / Water Sliced Oranges Grits	Milk / Water Apple Sauce Kix Cereal
<b>Lunch/Supper</b>	Milk Meat/Meat Alternate Vegetable or Fruit Vegetable or Fruit Grains/Breads	Milk Chicken Tenders Green Beans Peaches Mashed Potato	Milk Meatballs Peas and Carrots Pears Yellow Rice/ Bread	Milk Fish Sticks Broccoli Pineapple tibits Macaroni and Cheese/ Bread	Milk Chicken Breast Corn Fruit Cocktail Rice	Hamburger Sweet Potato Apples Hamburger buns
<b>Snack</b>	Milk Meat/Meat Alternate Vegetable/Fruit/Juice Grains/Breads	Water Cheese Juice Saltine Crackers	Water Apple Juice Pretzels	Water Grape Juice Wheat Thins	Water Apple Juice Animal Crackers	Water Grape Juice Vanilla Wafers
	<b>Portions:</b>	<b>Age (1-3 yrs)</b>	<b>Age (3-6)</b>	<b>Portions:</b>	<b>Age (1-3 yrs)</b>	<b>Age (3-6)</b>
	<b>Breakfast:</b> Milk 100% Juice, Fruit, or Veg. Whole Wheat Bread, Grain Hot Cereal. Cold, Dry, Hot, Cooked  <b>Snack:</b> Milk Juice or Vegetable Meat or Meat Alternate Cheese Egg(Large) Whole Wheat Bread Cold, Dry, or Hot Cereal	<b>Breakfast:</b> 1/2 cup 1/4 cup 1/2 slice  1/2 oz.  <b>Snack:</b> 1/2 cup 1/2 cup 1/2 oz. 1/2 oz. 1/2 oz. 1/2 egg 1/2 slice 1/4 cup	<b>Breakfast:</b> 3/4 cup 1/2 cup 1/2 slice  1/2 oz.  <b>Snack:</b> 1/2 cup 1/2 cup 1/2 oz. 1/2 oz. 1/2 oz. 3/4 egg 1/2 slice 1/3 cup	<b>Lunch:</b> Milk Meat, Poultry, or Fish Cheese Egg (Large) Cooked Dry Beans Peanut Butter Vegetable or Fruit Whole Grain/ Bread or Rice or Pasta Rice or Pasta	<b>Lunch:</b> 1/2 cup 1 oz. 1 oz. 1/2 egg 1/4 cups 2tbsp. 1/4 cup 1/2 slice  1/4 cup	<b>Lunch:</b> 3/4 cup 1 1/2 oz. 1 1/2 oz. 3/4 egg 3/8 cup 3 tbsp. 1/2 cup 1/2 slice  1/4 cup

# 2015 - 2016 CHILDREN'S LEARNING CENTER'S 5-DAY MENU

CHILDREN'S AGES 1 – 5 YEARS OLD

5 PM Snack: Asst. Graham Crackers

Week of: 09/14-18, 10/19-23, 11/16-20, 12/14-18, 01/18-22\*2016, 02/15-19, 03/14-18, 04/18-22, 05/16-20, 06/13-17, 07/18-22, 08/15-19

**Week**  
**3**

	<b>Child meal pattern food components:</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Breakfast</b>	Milk Vegetable/Fruit/Juice Grains/Breads	Milk / Water Orange Slices Rice Krispies	Milk / Water Raisins Oatmeal	Milk / Water Cantaloupe Cornflakes	Milk / Water Fruits Grits	Milk / Water Apples Kix Cereal
<b>Lunch/Supper</b>	Milk Meat/Meat Alternate Vegetable or Fruit Vegetable or Fruit Grains/Breads	Milk Chicken Fajita Corn Mixed Fruits Spanish Rice	Milk Meatloaf Mashed Potatoes Orange and Pineapples Dinner Rolls	Milk Mini Turkey Corndog Baked Beans Pear Wedges	Milk Meatballs Mixed Fruit Spaghetti	Milk Tuna Salad Grapes Ritz Crackers
<b>Snack</b>	Milk Meat/Meat Alternate Vegetable/Fruit/Juice Grains/Breads	Water Apple Juice Blueberry Muffins	Water Fruit Punch Goldfish Crackers	Water Pineapple Juice Pretzels	Water Apple Juice Cheez-It Crackers	Water Orange Juice Wheat Thins
	<b>Portions:</b>	<b>Age (1-3 yrs)</b>	<b>Age (3-6)</b>	<b>Portions:</b>	<b>Age (1-3 yrs)</b>	<b>Age (3-6)</b>
	<b>Breakfast:</b> Milk 100% Juice, Fruit, or Veg. Whole Wheat Bread, Grain Hot Cereal. Cold, Dry, Hot, Cooked  <b>Snack:</b> Milk Juice or Vegetable Meat or Meat Alternate Cheese Egg(Large) Whole Wheat Bread Cold, Dry, or Hot Cereal	<b>Breakfast:</b> ½ cup ¼ cup ½ slice  ½ oz.  <b>Snack:</b> ½ cup ½ cup ½ oz. ½ oz. ½ egg ½ slice ¼ cup	<b>Breakfast:</b> ¾ cup ½ cup ½ slice  ½ oz.  <b>Snack:</b> ½ cup ½ cup ½ oz. ½ oz. ¾ egg ½ slice 1/3 cup	<b>Lunch:</b> Milk Meat, Poultry, or Fish Cheese Egg (Large) Cooked Dry Beans Peanut Butter Vegetable or Fruit Whole Grain/ Bread or Rice or Pasta Rice or Pasta	<b>Lunch:</b> ½ cup 1 oz. 1 oz. ½ egg ¼ cups 2tbsp. ¼ cup ½ slice  ¼ cup	<b>Lunch:</b> ¾ cup 1 ½ oz. 1 ½ oz. ¾ egg 3/8 cup 3 tbsp. ½ cup ½ slice  ¼ cup

# 2015 - 2016 CHILDREN'S LEARNING CENTER'S 5-DAY MENU

CHILDREN'S AGES 1 - 5 YEARS OLD

5 PM Snack: Asst. Graham Crackers

Week of: 08/24-28, 09/21-25, 10/26-30, 11/23-27, 12/21-25, 01/25-29\*2016, 02/22-26, 03/21-25, 04/25-29, 05/23-27, 06/20-24, 07/25-29, 08/22-26

Week  
4

	<i>Child meal pattern food components:</i>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Breakfast</b>	Milk Vegetable/Fruit/Juice Grains/Breads	Milk / Water Apple Slices Chex Cereal	Milk / Water Orange Grits	Milk / Water Fruit Cornflakes	Milk / Water Raisins Oatmeal	Milk / Water Orange Juice Cheerios
<b>Lunch/Supper</b>	Milk Meat/Meat Alternate Vegetable or Fruit Vegetable or Fruit Grains/Breads	Milk Beef-a-roni Corn Fruit Sliced Bread	Milk Chicken Tenders Green Beans Fruit Cocktail Rice Pilaf	Milk Salisbury Steak Mashed Potato Peas and Carrots Bread	Milk Fish Sticks Broccoli Fruit Macaroni and Cheese	Milk ½ Turkey Sandwich Vegetables and Rice Soup Fruit
<b>Snack</b>	Milk Meat/Meat Alternate Vegetable/Fruit/Juice Grains/Breads	Water Sliced Turkey Apple Juice Saltine Crackers	Water Yogurt	Water Apple Juice Corn Muffins	Milk/ Water Goldfish	Water Pineapple Juice Cheez-It Crackers
	<i>Portions:</i>	<i>Age (1-3 yrs)</i>	<i>Age (3-6)</i>	<i>Portions:</i>	<i>Age (1-3 yrs)</i>	<i>Age (3-6)</i>
	<b><u>Breakfast:</u></b> Milk 100% Juice, Fruit, or Veg. Whole Wheat Bread, Grain Hot Cereal. Cold, Dry, Hot, Cooked  <b><u>Snack:</u></b> Milk Juice or Vegetable Meat or Meat Alternate Cheese Egg(Large) Whole Wheat Bread Cold, Dry, or Hot Cereal	<b><u>Breakfast:</u></b> ½ cup ¼ cup ½ slice  ½ oz.  <b><u>Snack:</u></b> ½ cup ½ cup ½ oz. ½ oz. ½ egg ½ slice ¼ cup	<b><u>Breakfast:</u></b> ¾ cup ½ cup ½ slice  ½ oz.  <b><u>Snack:</u></b> ½ cup ½ cup ½ oz. ½ oz. ¾ egg ½ slice 1/3 cup	<b><u>Lunch:</u></b> Milk Meat, Poultry, or Fish Cheese Egg (Large) Cooked Dry Beans Peanut Butter Vegetable or Fruit Whole Grain/ Bread or Rice or Pasta Rice or Pasta	<b><u>Lunch:</u></b> ½ cup 1 oz. 1 oz. ½ egg ¼ cups 2tbsp. ¼ cup ½ slice  ¼ cup	<b><u>Lunch:</u></b> ¾ cup 1 ½ oz. 1 ½ oz. ¾ egg 3/8 cup 3 tbsp. ½ cup ½ slice  ¼ cup

# 2015 - 2016 CHILDREN'S LEARNING CENTER'S 5-DAY MENU

Week of: 09/28-10/02, 12/28-01/01\* 2016,  
03/28-04/01, 06/27-07/01, 08/29-09/02

**Week**  
**5**

CHILDREN'S AGES 1 – 5 YEARS OLD

5 PM Snack: Asst. Graham Crackers

	<i>Child meal pattern food components:</i>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Breakfast</b>	Milk Vegetable/Fruit/Juice Grains/Breads	Milk / Water Banana Rice Krispies	Milk / Water Banana Grits	Milk / Water Fruits Cornflakes	Milk / Water Raisins Oatmeal	Milk / Water Orange Slices Kix Cereal
<b>Lunch/Supper</b>	Milk Meat/Meat Alternate Vegetable or Fruit Vegetable or Fruit Grains/Breads	Milk BBQ Chicken Breast Black Beans Oranges White Rice/ Rolls	Milk Fish Green Beans Fruit Mashed potato	Milk Spaghetti & Meat Sauce Corn Mix Fruit Rolls	Milk Chicken Pattie Mix Vegetables Pears Yellow Rice	Milk Bologna and Cheese Sandwich Vegetable Soup Pineapples
<b>Snack</b>	Milk Meat/Meat Alternate Vegetable/Fruit/Juice Grains/Breads	Water White Grape Juice Goldfish Crackers	Water Fruit Punch Mini Pretzels	Water Grape Juice Animal Crackers	Water Yogurt	Milk/Water Oatmeal Cookies
	<i>Portions:</i>	<i>Age (1-3 yrs)</i>	<i>Age (3-6)</i>	<i>Portions:</i>	<i>Age (1-3 yrs)</i>	<i>Age (3-6)</i>
	<u><b>Breakfast:</b></u> Milk 100% Juice, Fruit, or Veg. Whole Wheat Bread, Grain Hot Cereal. Cold, Dry, Hot, Cooked  <u><b>Snack:</b></u> Milk Juice or Vegetable Meat or Meat Alternate Cheese Egg(Large) Whole Wheat Bread Cold, Dry, or Hot Cereal	<u><b>Breakfast:</b></u> ½ cup ¼ cup ½ slice  ½ oz.  <u><b>Snack:</b></u> ½ cup ½ cup ½ oz. ½ oz. ½ egg ½ slice ¼ cup	<u><b>Breakfast:</b></u> ¾ cup ½ cup ½ slice  ½ oz.  <u><b>Snack:</b></u> ½ cup ½ cup ½ oz. ½ oz. ¾ egg ½ slice 1/3 cup	<u><b>Lunch:</b></u> Milk Meat, Poultry, or Fish Cheese Egg (Large) Cooked Dry Beans Peanut Butter Vegetable or Fruit Whole Grain/ Bread or Rice or Pasta Rice or Pasta	<u><b>Lunch:</b></u> ½ cup 1 oz. 1 oz. ½ egg ¼ cups 2tbsp. ¼ cup ½ slice  ¼ cup	<u><b>Lunch:</b></u> ¾ cup 1 ½ oz. 1 ½ oz. ¾ egg 3/8 cup 3 tbsp. ½ cup ½ slice  ¼ cup