

Early Learning Center MENU (1)				
DATE: _____				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<u><b>BREAKFAST</b></u> 1. Fluid milk 2. Fruit, vegetable or full-strength juice 3. Cereal and/or bread/ cereal/rice/pasta/ noodles or equivalent Other food (optional)	Milk WG Cereal Banana	Milk Pancakes w/syrup Applesauce	Milk WG Cereal Grapes	Milk WG Oatmeal Pears
<u><b>LUNCH</b></u> 1. Fluid milk 2. Meat and/or alternate 3/4. Vegetables and/or fruit (2 varieties required) 5. Bread and/or cereal/ rice/pasta/noodles or equivalent Other food (optional)	Milk H.M. Goulash (w gr. beef, tomatoes, & macaroni) Peas & Carrots Sliced Oranges	Milk Burger w/American Cheese on Whole Wheat Bun Green Beans Pineapple	Milk Chicken Fajitas W/Peppers, Onions & Flour Tortilla Peaches	Milk Peanut Butter & Jelly on Whole Wheat Bread H.M. Vegetable Soup  Apple Slices 2 pieces of Am.Cheese
<u><b>SNACK: 2 OUT OF 4</b></u> 1. Fluid milk 2. Meat and/or meat alternate 3. Veg/fruit or full-strength juice 4. Bread/cereal/rice/pasta/ noodles and/or equivalent Other food (optional)	Water  Go-Gurts Saltine Crackers	Milk  Clementine	Water  Cheese Stick Mixed Fruit Cup	Milk  Peanut Butter WG Graham Crackers

Whole grain cereal choices: Cherrios, Rice Krispies, Corn Flakes, Cinnamon Chex and Kix

I certify that I have been informed of the meal pattern regulations of the Child and Adult Care Food Program and that I have served the following meal components in the proper amounts.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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Early Learning Center MENU (2)				
DATE:				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>BREAKFAST</b> 1. Fluid milk 2. Fruit, vegetable or full-strength juice 3. Cereal and/or bread/ cereal/rice/pasta/ noodles or equivalent Other food (optional)	Milk WG Cereal Slices Oranges	Milk Whole Grain French Toast w/syrup Pineapple	Milk WG Cereal Cantaloupe	Milk Whole Wheat Bagel w/cream cheese Banana
<b>LUNCH</b> 1. Fluid milk 2. Meat and/or alternate 3/4. Vegetables and/or fruit (2 varieties required) 5. Bread and/or cereal/ rice/pasta/noodles or equivalent Other food (optional)	Milk H.M. Chicken Noodle Casserole (diced chicken, Cream of chicken soup, egg noodles) Broccoli Apples	Milk H.M. Spaghetti (Ground Beef, Prego Sauce, spaghetti) Tossed Salad Pears	Milk CN Fish Nuggets Sweet Potato Fries Peaches	Milk Tomato Soup Grilled American Cheese w/whole wheat bread sandwiches Cucumbers Mandarin Oranges
<b>SNACK: 2 OUT OF 4</b> 1. Fluid milk 2. Meat and/or meat alternate 3. Veg/fruit or full-strength juice 4. Bread/cereal/rice/pasta/ noodles and/or equivalent Other food (optional)	Water  Turkey Roll up (Turkey, cream cheese, flour tortilla)	100% Apple Juice  W.G. Goldfish Crackers	Milk  Soft Pretzel	Milk  WG Animal Crackers

Whole grain cereal choices: Cherrios, Rice Krispies, Corn Flakes, Cinnamon Chex and Kix

I certify that I have been informed of the meal pattern regulations of the Child and Adult Care Food Program and that I have served the following meal components in the proper amounts.

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Early Learning Center MENU (3)				
DATE: _____				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>BREAKFAST</b>				
1. Fluid milk 2. Fruit, vegetable or full-strength juice 3. Cereal and/or bread/ cereal/rice/pasta/ noodles or equivalent Other food (optional)	Milk WG Cereal Pineapple	Milk Waffles w/syrup Strawberries	Milk WG Cereal Mandarin Oranges	Milk Whole Wheat Toast w/ Peanut Butter & Jelly Bananas
<b>LUNCH</b>				
1. Fluid milk 2. Meat and/or alternate 3/4. Vegetables and/or fruit (2 varieties required) 5. Bread and/or cereal/ rice/pasta/noodles or equivalent Other food (optional)	Milk H.M. Chili (gr. Beef, kidney beans, diced tomatoes & tomato juice) Peas Sliced Oranges Saltine Crackers	Milk BBQ Pulled Chicken w/Whole Wheat Bun (Chicken & BBQ Sauce) Carrots Peaches	milk Whole Wheat English Muffin w/turkey pepperoni tomato sauce & mozzarella cheese sweet peppers Pineapple	Milk Tacos Ground Beef w/Salsa Colby Jack Cheese Flour Tortilla Sour cream & Lettuce Corn Peaches
<b>SNACK: 2 OUT OF 4</b>				
1. Fluid milk 2. Meat and/or meat alternate 3. Veg/fruit or full-strength juice 4. Bread/cereal/rice/pasta/ noodles and/or equivalent Other food (optional)	Milk WG Shaped Graham Crackers	Milk WG Cheddar Popped Rice Cakes	Water American Cheese Slices & Saltine Crackers	Milk Clementine

Whole grain cereal choices: Cherrios, Rice Krispies, Corn Flakes, Cinnamon Chex and Kix

I certify that I have been informed of the meal pattern regulations of the Child and Adult Care Food Program and that I have served the following meal components in the proper amounts.

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Early Learning Center MENU (4)				
DATE:				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>BREAKFAST</b> 1. Fluid milk 2. Fruit, vegetable or full-strength juice 3. Cereal and/or bread/ cereal/rice/pasta/ noodles or equivalent Other food (optional)	Milk WG Cereal Applesauce	Milk Pancakes w/syrup Grapes	Milk WG Cereal Clementine	Milk WG English Muffin w/ Peanut Butter & Jelly Pineapple
<b>LUNCH</b> 1. Fluid milk 2. Meat and/or alternate 3/4. Vegetables and/or fruit (2 varieties required) 5. Bread and/or cereal/ rice/pasta/noodles or equivalent Other food (optional)	Milk H.M. Ground Beef Stroganoff (beef, cream of mushroom, egg noodles, sour cream) Peas and Carrots Mandarin Oranges	milk H.M. Macaroni* & Cheese* (elbow pasta, cheese sauce, milk, shredded cheese) Green Beans Fruit Cocktail	Milk Sloppy Joe on Whole Wheat Bun (Ground Beef & Manwich) Roasted Zucchini Slices Peaches	milk H.M. Chicken & Rice Casserole (diced chicken, cream of chicken soup, brown rice) Broccoli Pears
<b>SNACK: 2 OUT OF 4</b> 1. Fluid milk 2. Meat and/or meat alternate 3. Veg/fruit or full-strength juice 4. Bread/cereal/rice/pasta/ noodles and/or equivalent Other food (optional)	Milk WG Cheezits	milk WG Animal Crackers	Water Peaches and Vanilla Yogurt Parfait	Water Cheese Stick Apple Slices

Whole grain cereal choices: Cherrios, Rice Krispies, Corn Flakes, Cinnamon Chex and Kix

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Early Learning Center MENU (5)				
DATE:				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>BREAKFAST</b>				
1. Fluid milk 2. Fruit, vegetable or full-strength juice 3. Cereal and/or bread/ cereal/rice/pasta/ noodles or equivalent Other food (optional)	Milk WG Cereal Banana	Milk French Toast w/ syrup Pineapple	Milk WG Cereal Mandarin Oranges	Milk WG Oatmeal Cantaloupe
<b>LUNCH</b>				
1. Fluid milk 2. Meat and/or alternate 3/4. Vegetables and/or fruit (2 varieties required) 5. Bread and/or cereal/ rice/pasta/noodles or equivalent Other food (optional)	Milk H.M. Chicken Fettuccine Alfredo (Diced chicken, alfredo Sauce, fettuccine pasta) Tossed Salad Pears	Milk Turkey Hot Dog* w/whole wheat bun Sweet Peppers Fruit Cocktail	Milk Chicken* Quesadillas w/colby jack cheese & Flour Tortilla  Salsa & Sour Cream Corn Apple Slices	Milk CN Chicken Nuggets H.M Mashed Potatoes  Peaches
<b>SNACK: 2 OUT OF 4</b>				
1. Fluid milk 2. Meat and/or meat alternate 3. Veg/fruit or full-strength juice 4. Bread/cereal/rice/pasta/ noodles and/or equivalent Other food (optional)	Water  Sliced Oranges Saltine Crackers	Milk  WG Goldfish Crackers	Water  String Cheese Clementines	Milk  WG Cheddar Popped Rice Cakes

Whole grain cereal choices: Cherrios, Rice Krispies, Corn Flakes, Cinnamon Chex and Kix

I certify that I have been informed of the meal pattern regulations of the Child and Adult Care Food Program and that I have served the following meal components in the proper amounts.

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Early Learning Center MENU (6)				
DATE:				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>BREAKFAST</b>				
1. Fluid milk	Milk	Milk	Milk	Milk
2. Fruit, vegetable or full-strength juice	WG Cereal	Waffles w/syrup	WG Cereal	Whole Wheat Bagel
3. Cereal and/or bread/ cereal/rice/pasta/ noodles or equivalent	Pears	Peaches	Strawberries	w/cream cheese
Other food (optional)				Banana
<b>LUNCH</b>				
1. Fluid milk	Milk	Milk	Milk	Milk
2. Meat and/or alternate	H.M. Goulash	C.N.	H.M. Tuna Noodle	H.M. Stir Fry w/
3/4. Vegetables and/or fruit (2 varieties required)	(w gr. beef, tomatoes, & macaroni)	Cheese Ravioli	Casserole	Chicken & Oriental
5. Bread and/or cereal/ rice/pasta/noodles or equivalent	Peas & Carrots	Green Beans	(tuna, cream of mush. soup, egg noodles)	Vegetables
Other food (optional)	Sliced Oranges	Mandarin Oranges	Mixed Vegetables	Brown Rice
			Apple slices	Pineapple
<b>SNACK: 2 OUT OF 4</b>				
1. Fluid milk	Milk	100% Apple Juice	Water	Milk
2. Meat and/or meat alternate			Turkey Wrap	
3. Veg/fruit or full-strength juice	Soft Pretzel	WG Animal Crackers	(Turkey, cream cheese & flour tortilla)	Peanut Butter
4. Bread/cereal/rice/pasta/ noodles and/or equivalent				WG Graham Crackers
Other food (optional)				

Whole grain cereal choices: Cherrios, Rice Krispies, Corn Flakes, Cinnamon Chex and Kix

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