

Isla Vista Children's Center Food Program Menu
Phelps & W. Campus sites

Lunch: Must include all 5 components: Fluid Milk, Meat/meat alternative, Vegetable, fruit and a grain. (served upon delivery between 11:15am-11:45am)
 AM Snack: Must include 2 of the following components: Meat or meat alternative, Fruit or Vegetable; Grain/Bread; Milk (served around 9am)

September 2020 Menu

Monday: 08/31/2020	Tuesday: 09/01/2020	Wednesday: 09/02/2020	Thursday: 09/03/2020	Friday: 09/04/2020
	Lunch: Hamburger and fries carrots, watermelon, and 1% milk Snack: string cheese and 100% apple juice	Lunch: Mac and Cheese, corn, apples and 1% milk Snack: goldfish and milk	Lunch: Orange Chicken with rice, green beans, oranges slices, and 1% milk Snack: graham crackers and milk	Lunch: Quesadilla salad, cantaloupe and 1% milk Snack: string cheese and 100% apple juice
Monday: 09/07/2020	Tuesday: 09/08/2020	Wednesday: 09/09/2020	Thursday: 09/10/2020	Friday: 09/11/2020
Closed in Observance of: Labor Day	Lunch: Spaghetti and Meatballs salad, apples, and 1% milk. Snack: string cheese and 100% apple juice	Lunch: Grilled Cheese Sandwich, carrots, cantaloupe, and 1% milk. Snack: cereal and milk	Lunch: Nachos w/meat or chicken Seasonal vegetable, blueberries and 1% milk. Snack: Sun Chips and 100% apple juice	Lunch: Beef Burrito, broccoli, seasonal fruit and 1% milk Snack: apple sauce and string cheese
Monday: 09/14/2020	Tuesday: 09/15/2020	Wednesday: 09/16/2020	Thursday: 09/17/2020	Friday: 09/18/2020
Lunch: Turkey Sandwich Salad, peaches, and 1% milk Snack: cereal and milk	Lunch: Chicken Nuggets, green beans, cantaloupe and 1% milk Snack: applesauce and whole wheat crackers snack	Lunch: Bean and Cheese burrito, corn, orange slices and 1% milk Snack: Sun chips and 100% apple juice	Lunch: Hamburger and fries carrots, grapes, and 1% milk Snack: string cheese and 100% apple juice	Lunch: Pizza, salad, apples, and 1% milk Snack: Graham crackers and milk
Monday: 09/21/02020	Tuesday: 09/22/2020	Wednesday: 09/23/2020	Thursday: 09/24/2020	Friday: 09/25/2020
Lunch: Orange Chicken and rice green beans, orange slices and 1% milk Snack: sun chips and string cheese	Lunch: Spaghetti and meatballs Salad, banana, and 1% milk Snack: yogurt and graham crackers	Lunch: Burrito de Pollo broccoli, seasonal fruit, and 1% milk Snack cereal and milk	Lunch: Chicken legs, mashed potato, gravy, peas, grapes, and 1% milk Snack: Ritz bits and 100% apple juice	Lunch: Quesadilla, corn, Watermelon, and 1% milk Snack: applesauce and whole wheat crackers snack
Monday: 09/28/2020	Tuesday: 09/29/2020	Wednesday: 09/30/2020		
Lunch: Bean and Cheese burrito, corn, pears and 1% milk Snack: Sun chips and 100% apple Juice	Lunch: Nachos w/meat or chicken Seasonal vegetable, apples and 1% milk. Snack: Sun Chips and 100% apple juice	Lunch: Turkey Sandwich Salad, cantaloupe, and 1% milk Snack: cereal and milk		

Milk type per age: 12m- under 2yrs – whole milk Over 2yrs: 1% milk

Breakfast: Must include all 3 components: Fluid milk, vegetable, fruit or portion of both and grains

Lunch: Must include all 5 components: Fluid Milk, Meat/meat alternative, Vegetable, fruit and a grain

PM Snack: Must include 2 of the following components: Meat or meat alternative, Fruit or Vegetable; Grain/Bread; Milk

***Substitutions may be necessary as availability of fruit/vegetables may change. Teachers will write exact menu on their classroom white boards AND on this hard copy.**

The Children's Center receives reimbursement from the Child Care Food Program. This program is available to all children regardless of race, color, national origin, age, sex or disability

Revised: 0714/2020