

**Early Learning Center**  
**Month: October 2021**

- 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

	<b>Menu Item</b>	<b>1-2 age</b>	<b>3-5 age</b>	<b>6-12 age</b>					<b>Friday October 1</b>
<b>Breakfast</b>	<b>Milk</b>	½ cup	¾ cup	1 cup					<b>Milk</b>
	<b>Fruit Vegetable</b>	¼ cup	½ cup	½ cup					<b>Apple Slices</b>
	<b>Grains (oz eq)</b>	½ s or ½ serving (1/2 oz)	½ s or ½ serving (1/2 oz)	1s or 1 serving (1 oz)					<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>Vegetable</b>	1/8 cup	1/8cup	¼ cup					<b>Peas</b>
	<b>Fruit</b>	1/8 cup	1/8 cup	½ cup					<b>Bananas</b>
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz					<b>Chicken Salad (chicken, light mayo, dill)</b>
	<b>Grains (oz eq)</b>	½ s or ½ serving (1/2 oz)	½ s or ½ serving (1/2 oz)	1 s or serving (1 oz)					<b>Multi- Grain Bread</b>
	<b>Add. Food option</b>								
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup					<b>Orange Juice</b>
	<b>Fruit/ vegetable</b>	1/2 cup	½ cup	¾ cup					
	<b>Grains (oz eq)</b>	½ s or ½ serving (1/2 oz)	½ s or ½ serving (1/2 oz)	1 s or serving (1 oz)					<b>Whole Grain Cheddar Goldfish</b>

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	Menu Item	1-2 age	3-5 age	6-12 age	Monday October 4	Tuesday October 5	Wednesday October 6	Thursday October 7	Friday October 8
<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>CLOSED</b>
	<b>Fruit Vegetable</b>	¼ cup	½ cup	½ cup	<b>Pears</b>	<b>Applesauce</b>	<b>Pineapple</b>	<b>Mango</b>	
	<b>Grains (oz eq)</b>	½ s or ½ serving (1/2 oz)	½ s or ½ serving (1/2 oz)	1s or 1 serving (1 oz)	<b>Cornflakes Cereal</b>	<b>Whole Wheat Bagels</b>	<b>Rice Chex Cereal</b>	<b>Life Cereal</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>	1/8 cup	1/8 cup	¼ cup	<b>Beets</b>	<b>Salad Mix ( lettuce and shredded carrots) Infant&amp; tods- lettuce)8-11 mos- cauliflower</b>	<b>Yellow Squash</b>	<b>Carrot Sticks (inf/tod- blanched)</b>	<b>CLOSED</b>
	<b>Fruit</b>	1/8 cup	1/8cup	½ cup	<b>Mixed Fruit</b>	<b>Strawberries</b>	<b>Peaches</b>	<b>Orange Slices</b>	
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz	<b>Turkey Burger</b>	<b>Chicken Parmesan (Chicken Breast, Bread Crumbs, Tomato Sauce, Mozzarella Cheese) HM</b>	<b>Tuna Melt (Tuna, Mayo, English Muffin, Cheddar Cheese)</b>	<b>Sliced Turkey</b>	
	<b>Grains (oz eq)</b>	½ s or ½ serving (1/2 oz)	½ s or ½ serving (1/2 oz)	1 s or 1 serving ( 1 oz)	<b>Whole Wheat Hamburger Bun</b>	<b>Whole Grain Dinner Roll</b>	<b>Whole Grain English Muffin</b>	<b>Whole Wheat Bread</b>	
	<b>Add. Food option</b>				<b>Ketchup</b>	<b>Low-fat Ranch Dressing</b>		<b>Mustard</b>	
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup	<b>Fruit Punch</b>	<b>Water</b>	<b>Milk</b>	<b>Apple Juice</b>	<b>CLOSED</b>
	<b>Fruit/ vegetable</b>	½ cup	½ cup	¾ cup					
	<b>Grains (oz eq)</b>	½ s or ½ serving (1/2 oz)	½ s or ½ serving (1/2 oz)	1 s or 1 serving ( 1 oz)	<b>Cheez- its</b>	<b>Tricuit Crackers- (Infants- wheat crackers)and Mild Cheddar Cheese Slices</b>	<b>Pretzels (infants/ Tods-Whole Grain Soft Pretzel)</b>	<b>Animal Crackers</b>	

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	<b>Menu Item</b>	<b>1-2 age</b>	<b>3-5 age</b>	<b>6-12 age</b>	<b>Monday October 11</b>	<b>Tuesday October 12</b>	<b>Wednesday October 13</b>	<b>Thursday October 14</b>	<b>Friday October 15</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>	Strawberries	Orange Slices	Blueberries	Bananas
	<b>Grains (oz eq)</b>	½ serving - ¼ cup or 1/3oz - ¼ cup or 1 oz	-½ s or ½ serving -1/3 cup or - ¼ cup or 1.5 oz	-1s or 1 serving -3/4 cup or 1oz - ½ cup or 2 oz	<b>Cheerios Cereal</b>	<b>Branflakes Cereal</b>	<b>Whole Grain French Toast Sticks</b>	<b>Corn Chex Cereal</b>	<b>Whole Grain Croissants</b>
	<b>Add. Food option</b>					<b>School Age- Raisins</b>			<b>Apple Butter</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>	1/8 cup	1/8 cup	¼ cup	Squash	<b>Broccoli, Peas</b>	<b>Green Beans</b>	<b>Mixed Vegetables</b>	<b>Salad (PS- lettuce, carrots, cabbage, Tods/Inf- lettuce)</b>
	<b>Fruit</b>	1/8 cup	1/8 cup	½ cup	<b>Peaches</b>	<b>Apple Slices</b>	<b>Pears</b>	<b>Pineapple</b>	<b>Peaches</b>
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz	<b>Cheese Ravioli with Mozzarella and Tomato Sauce</b>	<b>Pasta Salad (Chicken, Broccoli, Peas and Cheddar cheese, Light Balsamic Vinaigrette Dressing)</b>	<b>BBQ Ground Turkey (ground turkey, bbq, ketchup)</b>	<b>Chicken and Cream of Potato Soup</b>	<b>Tuna Salad (tuna, light mayo, dill)</b>
	<b>Grains (oz eq)</b>	½ s or ½ serving	½ s or ½ serving	1 s or serving	<b>Mozzarella Cheese</b>	<b>Tri Color Pasta</b>	<b>Whole Wheat Hamburger Bun</b>	<b>Whole Wheat Biscuits</b>	<b>Rye Bread</b>
	<b>Add. Food option</b>								<b>Low-Fat Ranch</b>
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup	<b>Milk</b>	<b>Water</b>	<b>Water</b>	<b>Water</b>	<b>Orange 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>Stone Wheat Thins and Mozzarella Cheese Sticks</b>	<b>Multi-grain Naan Bread and Hummus (garbanzo beans, garlic, olive oil, tahini, lemon juice)</b>	<b>Saltines And Cheddar Cheese Slices</b>	<b>Whole Grain Graham Cracker Goldfish</b>

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	<b>Menu Item</b>	<b>1-2 age</b>	<b>3-5 age</b>	<b>6-12 age</b>	<b>Monday October 18</b>	<b>Tuesday October 19</b>	<b>Wednesday October 20</b>	<b>Thursday October 21</b>	<b>Friday October 22</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>Pineapple</b>	<b>Strawberries</b>	<b>Peaches</b>	<b>Pears</b>
	<b>Grains (oz eq)</b>	½ serving - ¼ cup or 1/3oz -¼ cup or 1 oz	-½ s or ½ serving -1/3 cup or - ¼ cup or 1.5 oz	-1s or 1 serving -3/4 cup or 1oz - ½ cup or 2 oz	<b>Multi- Grain Cheerios</b>	<b>Cornflakes Cereal</b>	<b>Oatmeal</b>	<b>Rice Chex Cereal</b>	<b>Kix Cereal</b>
	<b>Add. Food option</b>						<b>Apple Butter</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>	1/8 cup	1/8 cup	¼ cup	<b>Asparagus</b>	<b>Carrots</b>	<b>Lettuce and Diced Tomato</b>	<b>Broccoli</b>	<b>Sliced Cucumber</b>
	<b>Fruit</b>	1/8 cup	1/8 cup	½ cup	<b>Pears</b>	<b>Apple Slices</b>	<b>Mango</b>	<b>Mandarin Oranges</b>	<b>Bananas</b>
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz	<b>Turkey Meatballs with Turkey Gravy</b>	<b>Chicken Teriyaki (diced chicken, teriyaki sauce, broccoli)</b>	<b>Ground Turkey with Taco Seasoning and Shredded Cheddar Cheese</b>	<b>Scrambled Eggs</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 Grain Rotini</b>	<b>Brown Rice</b>	<b>Corn Shell Taco</b>	<b>Whole Wheat 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>Water</b>	<b>Milk</b>	<b>Apple Juice</b>	<b>Milk</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 and Soy Nut Butter</b>	<b>Pumpkin Spice Whole Grain Squares</b>	<b>Baked Soft Whole Grain Pretzels</b>	<b>Graham Crackers (infants- whole wheat breadstick)</b>	<b>Wheat Thin Crackers and Cheddar Cheese Cubes</b>

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	<b>Menu Item</b>	<b>1-2 age</b>	<b>3-5 age</b>	<b>6-12 age</b>	<b>Monday October 25</b>	<b>Tuesday October 26</b>	<b>Wednesday October 27</b>	<b>Thursday October 28</b>	<b>Friday October 29</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>Orange Slices</b>	<b>Pears</b>	<b>Pineapple</b>	<b>Blueberries</b>	<b>Strawberries</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>Waffle Sticks</b>	<b>Corn Chex Cereal</b>	<b>Rice Krispies Cereal</b>	<b>Cheerios</b>	<b>Bran Flakes Cereal</b>
	<b>Add. Food option</b>				<b>Apple Butter</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>	1/8 cup	1/8 cup	¼ cup	<b>Corn</b>	<b>Peas</b>	<b>Carrot Sticks (infant/ tods- blanched)</b>	<b>Diced Potatoes (olive oil, oregano)</b>	<b>Cucumber Slices</b>
	<b>Fruit</b>	1/8 cup	1/8 cup	½ cup	<b>Mixed Fruit</b>	<b>Peaches</b>	<b>Apple Slices</b>	<b>Mandarin Oranges</b>	<b>Bananas</b>
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz	<b>Beef Patty</b>	<b>Tuna Noodle Casserole (tuna, whole wheat penne, cream of mushroom)</b>	<b>Soy Nut Butter Sandwich and Cheese Sticks</b>	<b>Baked Salmon with Olive Oil, Basil, Lemon Juice</b>	<b>Cheese Pizza (white flour dough, tomato sauce, oregano, mozzarella cheese)</b>
	<b>Grains (oz eq)</b>	½ s or ½ serving	½ s or ½ serving	1 s or serving	<b>Whole Wheat Hamburger Bun</b>	<b>Whole Wheat Penne</b>	<b>Multi-grain Bread</b>	<b>Whole Grain Dinner Roll</b>	<b>White Flour Dough</b>
	<b>Add. Food option</b>				<b>Ketchup</b>				
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup	<b>Fruit Punch</b>	<b>Milk</b>	<b>Orange Juice</b>	<b>Milk</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>Whole Grain Bean and Veggie Crackers</b>	<b>Animal Crackers</b>	<b>Flatbread</b>	<b>Cheez-its</b>	<b>Townhouse Crackers and Apple Slices</b>

