

ASI Children's Center Fall Menu 2026
August 31, September 28, October 26, November 23

Cycle 1

MEAL	COMPONENTS	AGES 1-2 (whole)	AGES 3-5 (1%)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Milk Fruit/Veggie Grain/Meat/meat alternate *Substitute*	½ cup ¼ cup ½ oz	¾ cup ½ cup ½ oz	Unflavored Milk Orange Wedges Cheerios (½ oz = ½ cup) (V) WGR	Unflavored Milk Applesauce Pumpkin Bread (1 piece) (½ oz = 28g) WGR *Bagel* (¼ piece) (½ oz = 14g) (V) WGR	Unflavored Milk Apple Slices Hard Boiled Egg (½ each or ½ oz) *Cheerios* (½ oz = ½ cup) (V) WGR	Unflavored Milk Peaches Vanilla Yogurt	Unflavored Milk Bananas Pumpkin Pancakes (½ oz = 28g) WGR 1each *Bagel* (¼ piece) (½ oz = 14g) (V) WGR
Lunch	Milk Fruit Vegetable Grain Meat / Meat Alternative *Substitute*	½ cup ⅛ cup ⅛ cup ½ oz 1 oz	¾ cup ¼ cup ¼ cup ½ oz 1 ½ oz	<u>Pinto & Cheese</u> Unflavored Milk Honeydew Corn Brown Rice (½ oz = ¼ c. cooked) (½ oz. = 14g dry) (V) WGR Pinto Beans (V)	<u>Turkey Marinara & Penne Pasta</u> Unflavored Milk Cantaloupe Roasted Broccoli Penne Pasta (½ oz = ¼ c. cooked) (½ oz. = 14g dry) (V) WGR Ground Turkey *Pinto Beans* (V)	<u>Chicken Noodle Soup</u> Unflavored Milk Orange Wedges Carrots, Celery, Peas Penne Pasta (½ oz = ¼ c. cooked) (½ oz. = 14g dry) (V)WGR Chicken *Chickpeas* (V)	<u>Chickpea Curry</u> Unflavored Milk Apple Slices Tomato, Potato, Peas Brown Rice (½ oz = ¼ c. cooked) (½ oz. = 14g dry) (V) WGR Chickpeas (V)	<u>Egg Salad Sandwich</u> Unflavored Milk Pears Baby Carrots Wheat Bread (½ oz = 14g) (V) WGR Hard Boiled Eggs *Chickpea Curry*
Snack	Water Fruit/Veggie Grain Meat / Meat alternate	 ½ cup ½ oz ½ oz	 ½ cup ½ oz ½ oz	Water Bananas Rice Cakes (1each) (½ oz = 14g) (V) WGR	Water Baby Carrots Ranch Dip (whipped cottage cheese) (1/8 c / ½ oz.)	Water Honeydew Snack Mix (1/2 oz = 11g) (V) WGR	Water Wheat Thins Ranch Dip (whipped cottage cheese) (1/8 c / ½ oz.)	Water Fruit Salad Graham Crackers (½ oz = 14g) (V) WGR

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The Children's center does not serve peanut butter or other nut products.

WGR is Whole grain rich

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ASI Children's Center Fall Menu 2026
 September 7, October 5, November 2, November 30

Cycle 2

MEAL	COMPONENTS	AGES 1-2 (whole)	AGES 3-5 (1%)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Milk Fruit/Veggie Grain/Meat/Meat Alternate *Substitute*	½ cup ¼ cup ½ oz	¾ cup ½ cup ½ oz	Unflavored Milk Orange Wedges Kix (½ oz = ½ cup) (V) WGR	Unflavored Milk Pears Pumpkin Bread (1 piece) (½ oz = 28g) WGR *Bagel* (1 piece) (½ oz = 14g) (V) WGR	Unflavored Milk Applesauce Oatmeal (V) (½ oz = ¼ c. cooked) WGR (½ oz. = 14g dry)	Unflavored Milk Crushed Pineapple Cottage Cheese (1 oz. cc. = ½ oz.ma) *Bagel* (1 piece) (½ oz = 14g) (V) WGR	Unflavored Milk Bananas Pumpkin Pancakes (½ oz = 28g) WGR 1each *Cheerios* (½ oz = ½ cup) (V) WGR
Lunch	Milk Fruit Vegetables Grain Meat/ Meat Alternate *substitute*	½ cup ⅙ cup ⅙ cup ½ oz 1 oz	¾ cup ¼ cup ¼ cup ½ oz 1 ½ oz	<u>Teriyaki Chicken</u> Unflavored Milk Apple Slices Sweet Peas Brown Rice (½ oz = ¼ c. cooked) (½ oz. = 14g dry) WGR Chicken *Garbanzo* (V)	<u>Grilled Cheese Sandwich</u> Unflavored Milk Bananas Corn Wheat Bread (½ oz = 14g) (V) WGR Cheddar Cheese *Black Beans* (V)	<u>Southwest Lentils (V)</u> Unflavored Milk Orange Wedges Tomato, Potato, Carrots 6" Tortilla (½ piece) (½ oz = 14g) (V) WGR Lentils (V)	<u>Cuban Black Beans & Rice (V)</u> Unflavored Milk Honeydew Tomatoes & Bell Peppers Brown Rice (½ oz = ¼ c. cooked) (½ oz. = 14g dry) WGR Black Beans (V)	<u>Turkey & Cheese Roll Up</u> Unflavored Milk Pears Baby Carrots 6" Tortilla (½ piece) (½ oz = 14g) (V) WGR Turkey & Cheese *Hummus* (V)
Snack	Water Fruit/Veggie Grain Meat / M. Alt. *substitute*	½ cup ½ oz ½ oz	½ cup ½ oz ½ oz	Water Peaches Rice Cakes (1each) (½ oz = 14g) (V)WGR	Water Wheat Thins 8 each (1/2 oz = 11g) (V) WGR Hummus	Water Dried Cranberries Trail Mix (½ oz or 11g) (V)WGR	Water Baby Carrots Goldfish Crackers (½ oz = 14g) WGR *Wheat Thins* (V) WGR	Water Fruit Salad Graham Crackers (½ oz = 14g) (V) WGR

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ASI Children's Center Fall Menu 2026

September 7, October 5, November 2, November 30

Cycle 2

	Meat Alternative							
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ASI Children's Center Fall Menu 2026
September 14, October 12, November 9, December 7 **Cycle 3**

MEAL	COMPONENTS	AGES 1-2 (whole)	AGES 3-5 (1%)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Milk	½ cup	¾ cup	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
	Fruit/Veggie	¼ cup	½ cup	Orange Wedges	Bananas	Peaches	Apple Slices	Bananas
	Grain/Meat/ Meat Alternative	½ oz	½ oz	Shredded Wheat (½ oz = ½ cup) (V) WGR	Pumpkin Bread (1 piece) (½ oz = 28g) WGR	Vanilla Yogurt	Hard Boiled Egg (½ each or ½ oz) *Cheerios*	Pumpkin Pancakes (½ oz = 28g) WGR
	Substitute (V)				*Bagel* (1 piece) (½ oz = 14g) (V) WGR	*Cheerios* (½ oz = ½ cup) (V) WGR	(½ oz = ½ cup) (V) WGR	*Cheerios* (½ oz = ½ cup) (V) WGR
Lunch				<u>Turkey Picadillo</u>	<u>Pintos & Cheese</u>	<u>Chicken Noodle Soup</u>	<u>Fiesta Black Bean Salad</u>	<u>Egg Salad Sandwich</u>
	Milk	½ cup	¾ cup	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
	Fruit	⅙ cup	¼ cup	Cantaloupe	Honeydew	Apple Slices	Orange Wedges	Peaches
	Vegetables	⅙ cup	¼ cup	Tomato, Marinara, Peppers	Corn	Carrots, celery, peas	Tomatoes, Corn, Peppers	Baby Carrots
	Grain	½ oz	½ oz	Cornbread (½ oz = 28g) WGR 1each	6" Tortilla (½ piece) (½ oz = 14g) (V) WGR	Penne Pasta (½ oz = ¼ c. cooked) (½ oz. = 14g dry) (V)WGR	Penne Pasta (½ oz = ¼ c. cooked) (½ oz. = 14g dry) (V)WGR	Wheat Bread (½ oz = 14g) (V) WGR
	Meat/ Meat Alternate	1 oz	1 ½ oz	Ground Turkey	Pinto Beans (V)	Chicken		Hard Boiled Eggs
	substitute			*Garbanzo Beans*(V)		*Pinto Beans* (V)		*Chickpea Curry* (V)
Snack	Water			Water	Water	Water	Water	Water
	Fruit / Veggies	½ cup	½ cup		Baby Carrots	Orange Wedges		Fruit Salad
	Grain	½ oz	½ oz	Wheat Thins 8 each (1/2 oz = 11g) (V) WGR		Snack Mix (½ oz = ½ cup) (V) WGR	Bagel (1 piece) (½ oz = 14g) (V) WGR	Graham Crackers (½ oz = 14g) (V) WGR
	Meat/Meat Alternative	½ oz	½ oz	Hummus	Ranch Dip (whipped cottage cheese) (1/8 c / ½ oz.)		Ranch Dip (whipped cottage cheese) (1/8 c / ½ oz.)	
	substitute							

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ASI Children's Center Fall Menu 2026

September 14, October 12, November 9, December 7

Cycle 3

Substitute

Wheat Thins (V) WGR

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ASI Children's Center Fall Menu 2026

September 21, October 19, November 16, December 14

Cycle 4

MEAL	COMPONENTS	AGES 1-2 (whole)	AGES 3-5 (1%)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Milk	½ cup	¾ cup	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
	Fruit/Veggie	¼ cup	½ cup	Orange Wedges	Bananas	Applesauce	Crushed Pineapple	Bananas
	Grain/Meat/Meat Alternate	½ oz	½ oz	Kix (½ oz = ½ cup) (V) WGR	Pumpkin Bread (1 piece) (½ oz = 28g) WGR	Bagel (1 piece) (½ oz = 14g) (V) WGR	Cottage Cheese (1oz cc. = 1/2 oz. ma)	Pumpkin Pancakes (½ oz = 28g) WGR
	substitute				*Bagel* (1 piece) (½ oz = 14g) (V) WGR		*Cheerios* (½ oz = ½ cup) (V) WGR	*Cheerios* (½ oz = ½ cup) (V) WGR
Lunch	Milk	½ cup	¾ cup	<u>Grilled Cheese Sandwich</u> Unflavored Milk	<u>Cuban Black Beans & Rice (V)</u> Unflavored Milk	<u>Teriyaki Chicken</u> Unflavored Milk	<u>Turkey Marinara & Penne Pasta</u> Unflavored Milk	<u>Turkey & Cheese Roll Up</u> Unflavored Milk
	Fruit	⅛ cup	¼ cup	Cantaloupe	Honeydew	Crushed Pineapple	Apple Slices	Crushed Pineapple
	Vegetable	⅛ cup	¼ cup	Corn	Tomatoes & Bell Peppers	Sweet Peas	Roasted Broccoli	Baby Carrots
	Grain	½ oz	½ oz	Wheat Bread (½ oz = 14g) (V) WGR	Brown Rice (½ oz = ¼ c. cooked) (½ oz. = 14g dry) WGR	Brown Rice (½ oz = ¼ c. cooked) (½ oz. = 14g dry) WGR	Penne Pasta (½ oz = ¼ c. cooked) (½ oz. = 14g dry) (V) WGR	6" Tortilla (½ piece) (½ oz = 14g) (V) WGR
	Meat / Meat Alternative *substitute*	1 oz	1 ½ oz	Cheddar Cheese *Lentils* (V)	Black Beans	*Hummus* (V)	Ground Turkey *Pinto Beans* (V)	*Hummus* (V)
Snack	Water			Water	Water	Water	Water	Water
	Fruit / Veggie	½ cup	½ cup	Apple Slices	Apple Slices	Peaches	Orange Wedges	Fruit Salad
	Grain Meat/ Meat Alt. *substitute*	½ oz	½ oz	Goldfish Crackers (½ oz = 14g) WGR *Rice Cakes*	Vanilla Yogurt *Trail mix* (V)	Rice Cakes (1each) (½ oz = 14g) (V)WGR	Snack Mix (½ oz = ½ cup) (V) WGR	Graham Crackers (½ oz = 14g) (V) WGR

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ASI Children's Center Fall Menu 2026

September 21, October 19, November 16, December 14

Cycle 4

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