

Associated Students Children's Center

Fall 2020 Menu

Cycle 1

August 17, September 14, October 12, November 9, December 7

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	*Whole Grain Cheerios Peaches **Milk	*Whole Grain Oatmeal Banana **Milk	** Whole grain Pancake Applesauce **Milk	*Whole grain French Toast Banana **Milk	* Whole grain Baked Bread Banana **Milk
Lunch	Black bean & whole grain *Brown Rice Green Bean Oranges **Milk	Asian Chicken & Whole Grain Noodle Salad Broccoli Cantaloupe **Milk	Lentil Soup *Whole Wheat Bread Peas Apples **Milk	South Western *Whole Wheat Pasta Salad Green beans Watermelon **Milk	*Whole Wheat Turkey & Cheese Sandwiches Carrots Honeydew **Milk
Snack	Graham Crackers **Milk	*Whole Wheat Bagels w/cream cheese Apple Water	Cottage Cheese & Cucumber Water	*Whole Grain Baked Bread Cantaloupe Water	Mixed Fruit Salad **Milk

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To file a complaint of discrimination, write USDA Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington D.C. 20205-9410
Or Call 1-800-795-3272 or 202-720-6382. USDA is an equal opportunity provider and employer.

We do not serve peanut butter or any other nut products

*All grains are whole grain rich.

**The Children's Center Serves Whole Milk 1% Milk and Soy Milk.

Associated Students Children's Center

Fall 2020 Menu

Cycle 2

August 24, September 21, October 19, November 16, December 14

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	*Whole Grain Cheerios Pears **Milk	*Whole grain Oatmeal Banana **Milk	* Whole Grain Bagel Banana **Milk	Cottage Cheese Peaches **Milk	*Whole Grain Bread Apples **Milk
Lunch	Lentil Soup *Whole Wheat Bread Peas Honey Dew **Milk	*Whole grain Rice & Bean Moroccan Salad Carrots Oranges **milk	Whole Wheat Bean Burritos Corn Cantaloupe ** Milk	Ground Chicken *Roll up On Whole grain Tortilla Cucumber Melon **Milk	Egg Fried *Whole Grain Rice Zucchini Apples **Milk
Snack	Graham Crackers Milk	Yogurt & Banana Popsicles Milk	*Whole Grain Crackers Melon Water	*Whole grain Carrot Bread Apples Water	Mixed Fruit Salad **Milk

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Fall 2020 Menu

Cycle 3

August 30, September 28, October 26, November 23

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole Grain *Cheerios Peaches **Milk	*Whole Grain French Toast Banana **Milk	*Whole Grain Zucchini Bread Banana **Milk	*Whole Grain Pancake Applesauce **Milk	*Whole grain Oatmeal Banana **Milk
Lunch	*Whole Grain Chicken Salad Sandwich Carrots Melon **Milk	3 Bean Chili *Corn Bread Zucchini Watermelon **Milk	Turkey meatball *Whole Grain Brown Rice Broccoli Melon **Milk	Black Bean Quesadilla on *Whole grain Tortilla Corn Oranges **Milk	*Whole Wheat Turkey Sandwich Cucumber Apple **Milk
Snack	Garbanzo Beans *Whole Grain Crackers Water	*Whole Grain Zucchini Bread **Milk	*Trail Mix (whole grain cereal and Raisins) Water	*Whole Wheat Bagels Melon Water	Yogurt Popsicles Melon Water

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Fall 2020 Menu

Cycle 4

September 7, October 5, November 2, December 7

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	*Whole Grain Cheerios Pears **Milk	*Whole Grain Oatmeal Banana **Milk	*Whole Grain Pancakes Applesauce **Milk	*Whole Wheat French Toast Banana **Milk	Yogurt Banana **Milk
Lunch	South Western *Whole Wheat Pasta Salad Green Beans Watermelon **Milk k	Turkey Marinara *Whole Grain Spaghetti Cauliflower Apples **Milk	Lentil Soup *Whole Grain Bread Broccoli Cantaloupe **Milk	Pinto Bean *Whole Grain Burrito Corn Oranges **Milk	Whole Grain Egg Salad Sandwich Carrots Watermelon **Milk
Snack	Graham Cracker **Milk	Yogurt Melon Water	*Whole Grain Bagel Apple Water	*Trail mix (whole grain cereal and raisin) Water	*Whole Grain Crackers Oranges Water

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