

Fall 2020 Menu 1 -2 years

Cycle 1

October 12, November 9, December 7

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	(WGR) Cheerios ½ cup Peaches ¼ cup Whole milk 4 oz.	(WGR)Oatmeal ¼ cup Banana ¼ Whole milk 4 oz.	(WGR) Pancake ½ or 14 grams Applesauce ¼ cup Whole milk 4 oz.	(WGR) French Toast ½ slice Banana ¼ Whole milk 4 oz.	(WGR) Baked Bread 1 slice Banana 1/4 Whole milk 4 oz.
Lunch	Black bean ¼ cup & (WGR) Brown Rice ¼ cup Green Bean 1/8 cup Oranges 1/8 cup Whole milk 4 oz.	Asian Chicken Salad 1 oz. Chicken (WGR) Noodle ¼ cup Broccoli 1/8 cup Cantaloupe 1/8 cup Whole milk 4 oz. Extras: 1 teaspoon salad dressing	Lentil Soup ¼ cup (WGR) Bread 1/2 slice Peas 1/8 cup Apples 1/8 cup Whole milk 4 oz.	South Western Pasta Salad Beans ¼ cup (WGR) Pasta ¼ cup Cucumber 1/8 cup Watermelon 1/8 cup Whole milk 4 oz. Extras- ! teaspoon salad dressing	(WGR) Bread ½ slice Turkey ½ oz. & Cheese ½ oz. Carrots 1/8 cup Honeydew 1/8 cup Whole milk 4 oz.
Snack	Graham Crackers 1 cracker Whole milk 4 oz.	(WGR) Bagels ¼ bagel Apple ½ cup Water Extras 1 teaspoon cream cheese	Cottage Cheese ¼ cup & Cucumber 1/2 cup Water	(WGR) Bread 1 piece Cantaloupe ½ cup Water	Mixed Fruit Salad ½ cup Whole milk 4 oz.

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We do not serve peanut butter or any other nut products

- All grains are whole grain rich(WGR)

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

Associated Students Children's Center

Fall 2020 Menu 1 -2 years

Cycle 2

October 19, November, 16, December 14

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	(WGR) Cheerios ½ cup Pears ¼ cup Whole milk 4 oz.	(WGR) Oatmeal ¼ cup Banana ¼ cup Whole milk 4 oz.	(WGR) Bagel ¼ piece Banana ¼ cup Whole milk 4 oz Extras 1 teaspoon cream cheese	Cottage Cheese ¼ cup Peaches ¼ cup Whole milk 4 oz.	(WGR) Bread 1 piece or 14 grams Apples ¼ cup Whole milk 4 oz.
Lunch	Lentil Soup ¼ cup (WGR) bread ½ slice Peas 1/8 cup Cantaloupe 1/8 cup Whole milk 4 oz.	Red Beans and garbanzo bean ¼ cup (WGR) Brown Rice ¼ cup GreenBeans 1/8 cup Pears ¼ CUP Whole milk 4 oz. Extras 1 teaspoon salad dressing	(WGR) Tortilla ½ oz. Pinto Bean ¼ cup Corn 1/8 cup Cantaloupe 1/8 cup Whole milk 4 oz.	Turkey Marinara 3 oz. (WGR) Penne Pasta ¼ cup Broccoli 1/8 cup Honey Dew 1/8 cup Whole milk 4 oz.	Egg Fried 1 oz. (WGR) brown Rice ¼ cup Zucchini 1/8 cup Apples 1/8 cup Whole milk 4 oz.
Snack	Graham Crackers 1 cracker Whole milk 4 oz.	Yogurt Popsicle Whole milk 4 oz.	(WGR) crackers 6 each Cucumber ½ cup Water	(WGR) Carrot Bread ½ oz. Apples ½ cup Water	Mixed Fruit Salad ½ cup Whole milk 4 oz.

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Associated Students Children's Center
 Fall 2020 Menu 1 – 2 years
Cycle 3
October 26, November 23

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	(WGR) Cheerios ½ cup Peaches ¼ cup Whole milk 4 oz.	(WGR) French Toast ½ slice Banana ¼ cup Whole milk 4 oz.	(WGR) Zucchini Bread 1 piece Banana ¼ cup Whole milk 4 oz.	(WGR) Pancake ½ Applesauce ¼ cup Whole milk 4 oz.	(WGR) Oatmeal ¼ cup Banana ¼ cup Whole milk 4 oz.
Lunch	(WGR) bread ½ slice Chicken Salad 1 oz. Carrots 1/8 cup Melon 1/8 cup Whole milk 4 oz. Extras 1 teaspoon mayonnaise	3 Bean Chili ¼ cup (WGR) Corn Bread 1 piece Zucchini 1/8 cup Watermelon 1/8 cup Whole milk 4 oz.	Turkey meatball 1 oz. (WGR) Brown Rice ¼ cup Broccoli 1/8 cup Cantaloupe 1/cup Whole milk 4 oz.	Black Beans ¼ cup (WGR) Brown Rice ¼ cup Corn 1/8 cup Pears 1/8 cup Whole milk 4 oz.	(WGR) bread ½ slice Turkey 1 oz. Cucumber 1/8 cup Apple cup Whole milk 4 oz.
Snack	Garbanzo Beans ¼ cup (WGR) Crackers 6 each Water	(WGR) Zucchini Bread 1 piece Whole milk 4 oz.	*Trail Mix (WGR) cereal ½ cup Raisins ¼ cup Water	(WGR) Bagels ¼ piece Honeydew ½ cup Water Extras 1 teaspoon cream cheese	Yogurt ¼ cup Cantaloupe ½ cup Water

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Associated Students Children's Center
 Fall 2020 Menu 1 – 2 years
Cycle 4
October 5, November 2,

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	(WGR) Cheerios ½ cup Pears ¼ cup Whole milk 4 oz.	(WGR) Oatmeal 1/4 cup Banana ¼ Whole milk 4 oz.	(WGR) Pancakes ½ Applesauce ¼ cup Whole milk 4 oz.	(WGR) French Toast ½ slice Banana ¼ cup Whole milk 4 oz.	Yogurt ¼ cup Banana ¼ cup Whole milk 4 oz.
Lunch	South Western Pasta salad beans ¼ cup (WGR) Pasta ¼ cup Green Beans 1/8 cup Watermelon 1/8 cup Whole milk 4 oz. Extras 1 teaspoon salad dressing	Turkey Marinara 1/3 cup (WGR) Spaghetti ¼ cup Cauliflower 1/8 cup Apples 1/8 cup Whole milk 4 oz.	Lentil Soup ¼ cup (WGR) Bread ½ slice Broccoli 1/8 cup Cantaloupe 1/8 cup Whole milk 4 oz.	Pinto Bean ¼ cup (WGR) Tortilla ½ oz. Corn 1/8 cup Pears 1/8 cup Whole milk 4 oz.	Egg Salad 1 oz. (WGR) bread ½ slice Carrots 1/8 cup Watermelon 1/8 cup Whole milk 4 oz. Extras 1 teaspoon Mayonnaise
Snack	Graham Cracker 1 cracker Whole milk 4 oz.	Yogurt ¼ cup Honeydew ½ cup Water	(WGR) Bagel ¼ Apple ½ cup Water Extras 1 teaspoon cream cheese	*Trail mix (WGR) cereal ½ cup and raisin ¼ cup) Water	(WGR) Crackers 5 crackers Pears ½ cup Water

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