

Fall 2020 Menu 3-5 years

Cycle 1

October 12, November 9, December 7

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	(WGR) Cheerios ½ cup Peaches ½ cup 1% milk 6 oz.	(WGR)Oatmeal ¼ cup Banana ½ 1% milk 6 oz.	(WGR)Pancake ½ or 14 grams Applesauce ½ cup 1% milk 6 oz.	(WGR) French Toast ½ slice Banana ½ 1% milk 6 oz.	(WGR) Baked Bread 1 slice Banana ½ 1% milk 6 oz.
Lunch	Black bean 3/8 cup & (WGR) *Brown Rice ¼ cup Green Bean ¼ cup Oranges ¼ cup 1% milk 6 oz.	Asian Chicken & noodle salad 1 1/2 oz. chicken ¼ cup (WGR) noodle Broccoli ¼ cup Cantaloupe 1/4 cup 1% milk 6 oz. Extras 1 teaspoon salad dressing	Lentil Soup 3/8 cup (WGR) Bread 1/2 slice Peas 1/4 cup Apples 1/4 cup 1% milk 6 oz.	South Western Pasta salad 3/8 cup Black Bean & Garbanzo bean (WGR)Pasta ¼ cup Cucumber 1/4 cup Watermelon 1/4 cup 1% milk 6 oz. Extras 1 teaspoon Salad dressing	(WGR) Bread ½ slice Turkey 1 oz. & Cheese ½ oz. Sandwiches Carrots 1/4 cup Honeydew 1/4 cup 1% milk 6 oz.
Snack	(WGR) Graham Crackers 1 cracker 1% 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) Baked Bread 1 piece Cantaloupe ½ cup Water	Mixed Fruit Salad ½ cup 1% 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 3 – 5 years

Cycle 2

October 19, November, 16, December 14

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	(WGR) Cheerios ½ cup Pears 1/2 cup 1% milk 6 oz.	(WGR) Oatmeal ¼ cup Banana 1/2 cup 1% milk 6 oz.	(WGR) Bagel ¼ piece Banana ½ cup 1% milk 6 oz. Extras 1 teaspoon cream cheese	Cottage Cheese ¼ cup Peaches ½ cup 1% milk 6 oz.	(WGR) Bread 1 piece or 14 grams Apples ½ cup 1% milk 6 oz.
Lunch	Lentil Soup 3/8 cup (WGR) bread ½ slice Peas ¼ cup Cantaloupe ¼ cup 1% milk 6 oz.	Red Beans and garbanzo bean 3/8 cup (WGR) Brown Rice ¼ cup Green Beans 1/4 cup Pears 1/4 CUP 1% milk 6 oz.	(WGR) Tortilla ½ oz. Pinto Bean 3/8 cup Corn ¼ cup Cantaloupe ¼ cup 1% milk 6 oz.	Turkey Marinara 4 oz. (WGR) Penne Pasta ¼ cup Broccoli ¼ cup Honey Dew ¼ cup 1% milk 6 oz.	Egg Fried 1 1/2 oz. (WGR) Rice ¼ cup Zucchini ¼ cup Apples ¼ cup 1% milk 6 oz.
Snack	(WGR) Graham Crackers 1 cracker 1% milk 4 oz.	Yogurt Popsicle 1% 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 1% milk 4 oz.

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Associated Students Children's Center
 Fall 2020 Menu 3 – 5 years
Cycle 3
October 26, November 23

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	(WGR) Cheerios ½ cup Peaches ½ cup 1% milk 6 oz.	(WGR) French Toast ½ slice Banana ½ cup 1% milk 6 oz.	(WGR) Zucchini Bread 1 piece Banana ½ cup 1% milk 6 oz.	(WGR) Pancake ½ Applesauce ½ cup 1% milk 6 oz.	(WGR) Oatmeal ¼ cup Banana ½ cup 1% milk 6 oz.
Lunch	(WGR)bread ½ slice Chicken Salad 1 1/2 oz. Carrots ¼ cup Melon ¼ cup 1% milk 6 oz. Extras 1 teaspoon mayonnaise	3 Bean Chili 3/8 cup (WGR) Corn Bread 1 piece Zucchini ¼ cup Watermelon ¼ cup 1% milk 6 oz.	Turkey meatball 1 oz. (WGR) Brown Rice ¼ cup Broccoli ¼ cup Cantaloupe ¼ cup 1% milk 6 oz.	Black Beans ¼ cup (WGR) Brown Rice ¼ cup Corn ¼ cup Pears ¼ cup 1% milk 6 oz.	(WGR)bread ½ slice Turkey 1 1/2 oz. Cucumber ¼ cup Apple ¼ cup 1% milk 6 oz.
Snack	Garbanzo Beans ¼ cup (WGR)Crackers 6 each Water	(WGR) Zucchini Bread 1 piece 1% 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 3 -5 years
Cycle 4
October 5, November 2,

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	*Whole Grain Cheerios ½ cup Pears ½ cup . 1% milk 6 oz.	*Whole Grain Oatmeal ¼ cup Banana ½ 1% milk 6 oz.	*Whole Grain Pancakes ½ Applesauce ½ cup 1% milk 6 oz.	*Whole Wheat French Toast ½ slice Banana ½ cup 1% milk 6 oz.	Yogurt ¼ cup Banana ½ cup 1% milk 6 oz.
Lunch	South Western Pasta salad Beans 3/8 cup (WGR) Pasta Salad ¼ cup Green Beans 1/8 cup Watermelon 1/8 cup 1% milk 6 oz. Extra 1 teaspoon Salad dressing	Turkey Marinara 3/8 cup (WGR) Spaghetti ¼ cup Cauliflower ¼ cup Apples ¼ cup 1% milk 6 oz.	Lentil Soup 3/8 cup (WGR) Bread ½ slice Broccoli ¼ cup Cantaloupe ¼ cup 1% milk 6 oz.	Pinto Bean 3/8 cup (WGR) Tortilla ½ oz. Corn ¼ cup Pears ¼ cup 1% milk 6 oz.	Egg Salad 1 ½ oz. (WGR) bread ½ slice Carrots 1/8 cup Watermelon 1/8 cup .. 1% milk 6 oz.
Snack	(WGR) Graham Cracker 1 cracker 1% 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 6 crackers Pears ½ cup Water

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