

ASI Children's Center Fall Menu 2025
August 25, September 22, October 20, November 17

Cycle 1

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	Pineapple	Bananas	Pears	Spiced Pears
	Grain/Meat/meat alternate	½ oz	½ oz	WGR Cheerios (½ cup / 14g) (V)	Cottage Cheese	WGR Pancakes (1 each or 17g)	WGR Bagel (¼ or 14 grams) (V)	WGR Oatmeal (¼ cup or 14g) (V)
	Substitute				*WGR Bagel* (¼ or 14 g.) (V)	*WGR Cheerios* (½ c. or 14g) (V)		
Lunch				<u>Pinto & Cheese</u>	<u>Rotini & Turkey</u>	<u>Lentils</u>	<u>Turkey Picadillo</u>	<u>Turkey Melt</u>
	Milk	½ cup	¾ cup	Unflavored Milk	<u>Marinara</u> Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
	Fruit	⅞ cup	¼ cup	Sliced Apples	Honeydew	Orange Wedges	Cantaloupe	Peaches
	Vegetable	⅞ cup	¼ cup	Corn	Roasted Cauliflower	Carrots & Tomatoes	Tomato & Marinara	Broccoli
	Grain	½ oz	½ oz	WGR Tortilla (½ c. cook / 14 g. dry)	WGR Rotini (¼ c. cook / 14g. dry)	EWF Pita Bread (¼ piece / 14g)	WGR Corn Bread (1 piece / 17g)	EWF Pita Bread (¼ piece / 14g)
	Meat / Meat Alternative	1 oz	1 ½ oz	Pinto Beans (V)	Ground Turkey	Lentils (V)	Ground Turkey	Sliced Turkey Hummus & Pita (¼ piece)
	Substitute				*Garbanzo & Rotini* (V)		*Garbanzo & Rotini* (V)	*LUNCH PORTION* (V)
Snack	Water			Water	Water	Water	Water	Water
	Fruit/Veggie	½ cup	½ cup	Spiced Pears (Cinnamon & Pears)	Pears	Honeydew		Cantaloupe
	Grain	½ oz	½ oz	WGR Graham Crackers	WGR Snack Bread (1 piece or 28g)	WGR Rice Cakes (1each / 14g) (V)	WGR Crackers (6 each or 11g)	EWF Pretzel Twists (7 each or 11 grams) (V)
	Meat / Meat alternate	½ oz	½ oz	(1 each / 14 g.) (V)	*SUB: WGR Bagel* (¼ piece or 14g) (V)		Seasoned Chickpeas	

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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 a employer.
The Children's center does not serve peanut butter or other nut products.
WGR is Whole grain rich

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Cycle 1

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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 WGR Cheerios (½ cup or 14g) (V)	Unflavored Milk Pineapple WGR Snack Bread (1 piece or 28g) *WGR Bagel* (¼ piece or 14g) (V)	Unflavored Milk Peaches WGR Baked Oatmeal (¼ c baked or 14g) (V)	Unflavored Milk Pineapple Cottage Cheese (1 oz. cc. = ½ oz.ma) *WGR Bagel* (¼ piece or 14g) (V)	Unflavored Milk Spiced Pears (cinnamon & pears) WGR Oatmeal (¼ c. cooked or 14g) (V)
Lunch	Milk Fruit Vegetables Grain Meat Meat Alternate	½ cup ⅞ cup ⅞ cup ½ oz 1 oz ¼ cup	¾ cup ¼ cup ¼ cup ½ oz 1 ½ oz 3/8 cup	<u>Teriyaki Chicken</u> Unflavored Milk Apple Slices Broccoli WGR Brown Rice (¼ cup cook / 14g.) Chicken *Garbanzo (V)*	<u>Bean Soup (V)</u> Unflavored Milk Honeydew Tomatoes WGR Tortilla (½ piece or 14g) Black Beans (V)	<u>Lemon Chicken</u> Unflavored Milk Cantaloupe Roasted Cauliflower WGR Brown Rice (¼ cup cook or 14g.) Chicken *Garbanzo (V)*	<u>Black Bean & Corn Salad (V)</u> Unflavored Milk Orange Wedges Corn WGR Rotini (¼ c. cook or 14g. dry) Black Beans (V)	Unflavored Milk Apple Slices Steamed Carrots EWF Pita Bread (¼ piece or 14g) Hummus (V)
Snack	Water Fruit/Veggie Meat/Meat alternate/Grain *Substitute*	½ cup ½ oz	½ cup ½ oz	Water Pears WGR Rice Cakes (1 each or 14g) (V)	Water Cucumbers Ranch Dip (whipped cottage cheese) *Hummus* (V) * SNACK P. *	Water Applesauce EWF Pretzel Twists (7 each or 14g) (V)	Water Hummus * Snack Portion * WGR Seasoned Bagel (¼ piece or 14g) (V)	Water Bananas WGR Graham Crackers (2 each or 14g) (V)

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	Meat Alternative	½ oz	½ oz					
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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	Apple Slices	Applesauce	Bananas	Spiced Pears (cinnamon & pears)
	Grain/Meat/ Meat Alternative	½ oz	½ oz	WGR Cheerios (½ c. or 14g) (V)	WGR Breakfast Bread (1 piece or 14g.)	WGR Pancakes (½ piece or 17g.)	Vanilla Yogurt	WGR Oatmeal (V) (¼ c. cooked or 14g dry)
	Substitute (V)				*WGR Bagel* (V) (¼ piece or 14g)	*WGR Bagel* (V) (¼ piece or 14g)	*WGR Bagel (V)* (¼ piece or 14g)	
Lunch				<u>Turkey Picadillo</u>	<u>Pintos & Cheese</u>	<u>Chicken Noodle Soup</u>	<u>Lentils</u>	<u>Turkey Melt</u>
	Milk	½ cup	¾ cup	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
	Fruit	⅙ cup	¼ cup	Cantaloupe	Orange Wedges	Apple Slices	Pears	Bananas
	Vegetable	⅙ cup	¼ cup	Tomato & Marinara	Corn	Carrots	Tomatoes & Carrots	Peas
	Grain	½ oz	½ oz	WGR Cornbread (1 each or 14g dry)	WGR Tortilla (½ piece or 14g.)	WGR Rotini (¼ c. cooked or 14g. dry)	EWF Pita Bread (¼ piece or 14g)	EWF Pita Bread (¼ piece or 14g.)
	Meat	1 oz	1 ½ oz	Ground Turkey		Chicken		Turkey
	Meat Alternative	¼ cup	3/8 cup	*Garbanzo Beans* (V)	Pinto Beans (V)	*Garbanzo Beans* (V)	Lentils (V)	Hummus (V) *LUNCH PORTION*
Snack	Water			Water	Water	Water	Water	Water
	Fruit / Veggies	½ cup	½ cup			Dried Cranberries	Peaches	Cantaloupe
	Grain	½ oz	½ oz	WGR Crackers (6 each or 11g) (V)	EWF Pretzel Twist (7 each or 11g) (V)	"Trail Mix" (WGR Cereal) (½ c. or 14g) (V)	WGR Baked Oatmeal (¼ c. baked or 14g) (V)	Graham Crackers (1 each or 14g) (V)
	Meat/Meat Alternative	½ oz	½ oz	Seasoned Chickpeas (V)	Ranch Dip (whipped cottage cheese)			

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	Substitute							
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Breakfast	Milk	½ cup	¾ cup	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
	Fruit/Veggie	¼ cup	½ cup	Orange Wedges	Spiced Pears (cinnamon & pears)	Bananas	Pineapple	Bananas
	Grain/Meat/Meat Alternate	½ oz	½ oz	WGR Cheerios (½ c. or 14g.) (V)	Vanilla Yogurt *WGR Bagel* (¼ piece or 14g.) (V)	WGR Pancakes (1 each or 14g) *WGR Bagel* (¼ piece or 14g) (V)	Cottage Cheese (1oz cc. = 1/2 oz. ma) *WGR Cheerios* (V) (½ c. or 14g.)	Breakfast Bread (1 piece or 14g.) *WGR Bagel* (V) (¼ piece or 14g.)
	SUBSTITUTE (V)							
Lunch				<u>Chicken Teriyaki</u>	<u>Black Bean & Corn Salad</u> (V)	<u>Lemon Chicken</u>	<u>Black Beans</u> (V)	<u>Hummus & Pita</u> (V)
	Milk	½ cup	¾ cup	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
	Fruit	⅛ cup	¼ cup	Pineapple	Orange Wedges	Cantaloupe	Honeydew	Cantaloupe
	Vegetable	⅛ cup	¼ cup	Broccoli	Corn	Roasted Cauliflower	Stewed Tomatoes	Cucumbers
	Grain	½ oz	½ oz	WGR Brown Rice (¼ c. or 14g. dry)	WGR Rotini (¼ c. cooked or 14g. dry)	WGR Brown Rice (¼ c. or 14g. dry)	WGR Tortilla (½ piece or 14g.)	EWf Pita Bread (½ piece or 14g.)
	Meat	1 oz	1 ½ oz	Chicken		Chicken		
	Meat Alternative	¼ cup	3/8 cup	*Black Beans (V)*	Black Beans (V)	*Garbanzo Beans (V)*	Black Beans (V)	Hummus (V)
Snack	Water			Water	Water	Water	Water	Water
	Fruit / Veggie	½ cup	½ cup		Apple Slices	Peaches	Dried Cranberries	Pears
	Grain	½ oz	½ oz	Seasoned Bagel (¼ piece or 14g) (V) WGR	EWf Pretzel Twists (7each or 11g) (V)	WGR Baked Oatmeal (¼ c. baked or 14g) (V)	"Trail Mix" (WGR CEREAL) (V) (½ c. or 14g)	WGR Rice Cake (1½ or 11 g) (V)
	Meat/Meat Alt.	½ oz	½ oz.	Ranch Dip				

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