

MEAL	COMPONENTS	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Milk Fruit/Veggie Grain/Meat/meat alternate	½ cup Whole milk ¼ cup ½ oz	¾ cup 1% Milk ½ cup ½ oz	Unflavored Milk Peaches WGR Cheerios ½ cup	Unflavored Milk Banana WGR Pancake ½ or 17 grams Vegan Cereal ½ cup	Unflavored Milk Banana WGR Baked Bread 1 piece or 14 grams Vegan Bagel ¼ or 14 grams	Unflavored Milk Banana WGR French Toast ½ slice or 14 grams Vegan Bagel ¼ or 14 grams	Unflavored Milk Applesauce WGR Oatmeal cooked ¼ cup
Lunch & Supper	Milk Vegetable Fruit Grain Meat Meat Alternative	½ cup Whole milk ⅛ cup ⅛ cup ½ oz 1 oz ¼ cup	¾ cup 1% Milk ¼ cup ¼ cup ½ oz 1 ½ oz 3/8 cup	Black Beans & Brown Rice Unflavored Milk Green Bean Apples WGR Brown Rice ¼ cup cooked = 14 grams dry Black Bean	Sesame Chicken & Pasta Unflavored Milk Broccoli Watermelon WGR Pasta ¼ cup cooked = 14 grams dry Chicken Vegan Black Bean	Lentil Soup Unflavored Milk Peas Apples WGR Bread ½ slice or 14 grams Lentils	Southwest Pasta Salad Unflavored Milk Corn Honeydew WGR Rotini Pasta ¼ cup cooked = 14 grams dry Garbanzo Bean & Black Bean Extras ½ teaspoon Salad dressing	Turkey & Cheese Sandwich Unflavored Milk Carrots Pears WGR Bread ½ slice or 14 grams Turkey & Cheese Vegan Black and Garbanzo bean
Snack	Milk Vegetable/Fruit Grain Meat/Meat Alternative	½ cup Whole milk ½ cup ½ oz ½ oz	½ cup 1% Milk ½ cup ½ oz ½ oz	Water Pears Rice Cake 1 ½ each or 11 grams	Water Oranges WGR Bagel ¼ or 14 grams	Water Cottage Cheese ¼ cup Peaches Vegan Bagel ¼ or 14 grams	Water Apple WGR Baked Bread 1 piece or 14 grams Vegan Bagel ¼ or 14 grams	Water Mixed Fruit Salad Yogurt ¼ cup Vegan Rice Cake 1 ½ or 11 grams

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

WGR is Whole grain rich

ASI Children's Center Fall Menu 2024
 September 2, September 30, October 28, November 25

Cycle 2

MEAL	COMPONENTS	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Milk Fruit/Veggie Grain/Meat/ Meat Alternate	½ cup Whole milk ¼ cup ½ oz	¾ cup 1% Milk ½ cup ½ oz	Unflavored Milk Pears WGR Cheerios ½ cup	Unflavored Milk Banana WGR Bagel ¼ slice or 14 grams	Unflavored Milk Banana WGR Baked Bread 1 piece or 14 grams Vegan Bagel ¼ or 14 grams	Unflavored Milk Peaches Cottage cheese ¼ cup Vegan Bagel ¼ or 14 grams	Unflavored Milk Applesauce WGR Oatmeal cooked ¼ cup
Lunch & Supper	Milk Vegetable Fruit Grain Meat Meat Alternative	½ cup Whole Milk ⅛ cup ⅛ cup ½ oz 1 oz ¼ cup	¾ cup 1% Milk ¼ cup ¼ cup ½ oz 1 ½ oz ¾ cup	Egg Fried Rice Unflavored Milk Green peas Apple WGR Brown Rice ¼ cup cooked = 14 grams dry Egg Vegan Garbanzo Bean	Black Beans & Cornbread Unflavored Milk Green Bean Pears WGR Corn Bread 1 piece or 14 grams Black Bean	Southwest Pasta Salad Unflavored Milk Corn Watermelon WGR Pasta ¼ cup = 14 grams dry Black Bean Garbanzo Bean	Turkey Spaghetti Unflavored Milk Zucchini Pears WGR Spaghetti Pasta ¼ cup cooked = 14 grams dry Ground Turkey Vegan Black Bean	Egg Salad Sandwich Unflavored Milk Carrots Apple WGR Bread ½ slice or 14 grams Hardboiled Egg Salad Vegan Black Bean Extras ¼ teaspoon Mayonnaise
Snack	Milk Vegetable/Fruit Grain Meat/Meat Alternative	½ cup Whole Milk ½ cup ½ oz ½ oz	½ cup 1% Milk ½ cup ½ oz ½ oz	Water Watermelon Graham Cracker 1 each or 14 grams	Water Cantaloupe Yogurt ¼ cup Vegan Rice Cake 1 ½ or 11 grams	Water Cucumber WGR Rice Cake 1½ or 11 grams	Water Oranges WGR Baked Bread 1 piece or 14 grams Vegan Bagel ¼ or 14 grams	Water Fruit Salad WGR Cracker 6 each or 11 grams

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ASI Children's Center Fall Menu 2024
September 9, October 7, November 4, December 2,

Cycle 3

MEAL	COMPONENTS	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Milk Fruit/Veggie Grain/Meat/meat alternate	½ cup Whole Milk ¼ cup ½ oz	¾ cup 1% Milk ½ cup ½ oz	Unflavored Milk Peaches WGR Cheerios ½ cup	Unflavored Milk Banana WGR French Toast ½ slice bread or 14 grams Vegan Bagel ¼ or 14 grams	Unflavored Milk Banana WGR Baked Bread 1 piece or 14 grams Vegan Bagel ¼ or 14 grams	Unflavored Milk Banana WGR Bagel ¼ or 14 grams	Unflavored Milk Applesauce WGR Oatmeal cooked ¼ cup
Lunch & Super	Milk Vegetable Fruit Grain Meat Meat Alternative	½ cup Whole Milk ⅛ cup ⅛ cup 1 oz 1 oz ¼ cup	¾ cup 1% Milk ¼ cup ¼ cup ½ oz 1 ½ oz 3/8 cup	Chicken Soup Unflavored Milk Carrot & Potato Pears WGR Bread ½ slice or 14 grams Chicken Vegan Garbanzo Bean	3 Bean Chili Unflavored Milk Zucchini Apples WGR Corn Bread 1 piece or 14 grams Black, Pinto, Kidney Bean Chili	Red beans and rice Unflavored Milk Corn Honeydew WGR Brown rice ¼ cup cooked = 14 grams dry Red beans	Turkey Marinara Spaghetti Unflavored Milk Broccoli Cantaloupe WGR Spaghetti ¼ cup cooked = 14 gams dry Ground Turkey Vegan Beans and Rice	Turkey & Cheese Wrap Unflavored Milk Cucumber Oranges WGR Tortilla 1/6 or 14 grams Turkey & Cheese Vegan Pinto Beans
Snack	Milk Vegetable/Fruit Grain Meat/Meat Alternative	½ cup Whole Milk ½ cup ½ oz ½ oz	½ cup 1% Milk ½ cup ½ oz ½ oz	Water WGR Cracker 6 or 11 grams Garbanzo Bean 1/8 cup	Water Pears Yogurt ¼ Cup Vegan Bagel ¼ or 14 grams	Water Raisin ¼ cup Trail Mix (WRG cereal) ½ cup	Water Apple WGR Baked Bread 1 piece or 14 grams Vegan Bagel ¼ or 14 grams	Water Mixed fruit Salad WGR Rice cake 1 ½ oz. 11 grams

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ASI Children's Center Fall Menu 2024
September 16, October 14, November 11, December 9

Cycle 4

MEAL	COMPONENTS	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Milk Fruit/Veggie Grain/Meat/meat alternate	½ cup Whole Milk ¼ cup ½ oz	¾ cup 1% Milk ½ cup ½ oz	Unflavored Milk Pears WGR Cheerios ½ cup	Unflavored Milk Banana Yogurt ¼ cup Vegan Bagel ¼ or 14 grams	Unflavored Milk Banana WGR Pancake ½ or 17 grams Vegan Cheerios ½ cup	Unflavored Milk Banana WGR French Toast ½ slice Bread Vegan Bagel ¼ or 14 grams	Unflavored Milk Applesauce WGR Oatmeal cooked ¼ cup
Lunch & Supper	Milk Vegetable Fruit Grain Meat Meat Alternative	½ cup Whole Milk ⅛ cup ⅛ cup ½ oz 1 oz ¼ cup	¾ cup 1% Milk ¼ cup ¼ cup ½ oz 1 ½ oz 3/8 cup	Turkey Spaghetti Unflavored Milk Green Bean Apples WGR Spaghetti Pasta ¼ cup cooked = 14 grams dry Ground Turkey Vegan Chili Bean	Chicken Soup Unflavored Milk Carrots & Potatoes Pears WGR Tortilla 1/6 or 14 grams Chicken Vegan Garbanzo Beans	Lentil Soup Unflavored Milk Broccoli Watermelon WGR Bread ½ slice or 14 grams Lentils	Bean Burrito Unflavored Milk Corn Orange WGR Tortilla 1/6 or 14 grams Pinto Beans	Egg Salad Sandwich Unflavored Milk Carrots Apples WGR Bread ½ slice or 14 grams Hardboiled Egg Salad Vegan Refried Beans Extras 1/4 teaspoon Mayonnaise
Snack	Milk Vegetable/Fruit Grain Meat/Meat Alternative	½ cup Whole Milk ½ cup ½ oz ½ oz	½ cup 1% Milk ½ cup ½ oz ½ oz	Water Cantaloupe Graham Cracker 1 each or 14 grams	Water Apple WGR Bagel 1/4 or 14 grams	Water Cucumber Cottage Cheese ¼ cup Vegan WGR Cracker 6 each or 11 grams	Water Raisin Trail Mix (WGR Cereal) ½ cup=1/2 oz	Water Fruit Salad WGR Rice Cake 1½ or 11 grams

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