

ASI Children's Center Winter Menu 2025
January 2, January 13

Cycle 1

	COMPONENTS	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Unflavored Milk	½ cup (whole)	¾ cup (1%)	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
	Fruit/Veggie	¼ cup	½ cup	Bananas	Pears	Strawberry Compote (¼ cup)	Peaches	Bananas
	Grain/Meat	½ oz	½ oz	Cheerios (½ cup)	Breakfast Bread (1 piece or 14 grams) (V) Bagel (¼ or 14 grams)	Yogurt & Honey (¼ cup)	WGR Pancakes (½ oz. or 17 grams) (V) Rice Cake (1 ½ or 11 grams)	Oatmeal (¼ cup cooked)
	Substitute:	½ oz.	½ oz			*B1 NO HONEY* (V) Bagel		
Lunch	Unflavored Milk	½ cup (whole)	¾ cup (1%)	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
	Fruit	⅛ cup	¼ cup	Apple Slices	Orange Wedges	Cantaloupe	Honeydew	Apple Slices
	Vegetable	⅛ cup	¼ cup	Broccoli	Corn	Roasted Sweet Potato	Green Beans	Corn
	Grain	½ oz	½ oz	WGR Brown Rice (¼ c. cook / 14g. dry)	Corn Bread (1 piece or 14g.)	WGR Bread (½ slice or 14 g. dry)	WGR Rotini (¼ c. cooked / 14g dry)	WGR Brown Rice (¼ c. cook / 14g dry)
	Meat	1 oz	1 ½ oz	Asian Chicken			Turkey w/ Marinara	
	Meat Alternative	¼ cup	3/8 cup	Garbanzo Beans(V)	3 Bean Salad (V)	Southwest Lentils (V)	Rotini & Garbanzo (V)	Cuban Black Beans (V)
Snack	Water			Water	Water	Water	Water	Water
	Fruit/Veggie	½ cup	½ cup	Strawberry Compote (¼ cup)	Cucumbers	Dry Cranberries (¼ cup)	Apples	Cucumbers
	Grain	½ oz	½ oz	Graham Crackers (2 each or 14g.)	Roasted Chickpeas (1/8 c. or ½ oz) (V)	WGR cereal trail mix (½ cup or 14g.)	WGR Rice Cakes (1 ½ or 11 grams)	WGR Wheat Thins (6 each or 11 grams)
	Meat/ Meat Substitute:	½ oz	½ oz	Whipped Cottage Cheese (¼ c.)				Yogurt Ranch Dip (¼ cup)

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serve peanut butter or other nut products.
WGR is Whole grain rich

ASI Children's Center Winter Menu 2025
January 6

Cycle 2

MEAL	COMPONENTS	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Unflavored Milk Fruit/Veggie Grain/Meat Substitute:	½ cup (whole) ¼ cup ½ oz ½ oz	¾ cup (1%) ½ cup ½ oz ½ oz	Unflavored Milk Orange Wedges Cheerios (½ cup)	Unflavored Milk Banana Breakfast Bread (1 piece or 14 grams)	Unflavored Milk Peaches Bagel (¼ or 14 grams)	Unflavored Milk Banana Cheesy Egg Bites (½ oz.) Bagel (V) (¼ or 14 grams)	Unflavored milk Applesauce Oatmeal (¼ cup cooked)
Lunch	Unflavored Milk Fruit Vegetable Grain Meat Meat Alternative	½ cup (whole) ⅛ cup ⅛ cup ½ oz 1 oz ¼ cup	¾ cup (1%) ¼ cup ¼ cup ½ oz 1 ½ oz 3/8 cup	Unflavored Milk Apples Broccoli WGR Rotini (¼c. cooked/14g.dry) Creamy Chicken Rotini & Garbanzo (V)	Unflavored Milk Honeydew Mixed Vegetable WGR Rotini (¼ c. cook / 14g. dry) Minestrone Soup (V) Kidney Beans	Unflavored Milk Cantaloupe Peas WGR Brown Rice (¼ c. cook / 14g. dry) Arroz con Pollo (chicken) Garbanzo Beans (V)	Unflavored Milk Orange Wedges Roasted Sweet Potato Wheat Thins (6 each or 11 grams) Curry Chicken Salad Hummus (V) (¼ cup)	Unflavored milk Apples Corn WGR Tortilla (1/6 slice / 14 g) Pinto Beans (V)
Snack	Water Vegetable/Fruit Grain Meat/Meat Sub.	½ cup ½ oz ½ oz	½ cup ½ oz ½ oz	Water Strawberry Compote (¼ c) Yogurt & Honey (¼c) *B1 NO HONEY* Rice Cake (V)	Water Orange Wedges Rice Cake (V) (1 ½ or 11 grams)	Water Cucumber Slices Hummus (V) (¼ cup)	Water Apples Breakfast Bread (1 piece or 14 grams) Bagel (V) (¼ or 14g)	Water Strawberry Compote (¼ cup) Whipped Cottage Cheese (¼ cup) Bagel (V)(¼ or 14g.)

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ASI Children's Center Winter Menu 2024
January 17

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	CENTER CLOSED	CENTER CLOSED	Unflavored milk Banana Cereal ½ cup	Unflavored milk Banana Bagel ¼ or 14 grams	Unflavored milk Applesauce 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	CENTER CLOSED	CENTER CLOSED	Unflavored milk Corn Mandarin WGR Spaghetti ¼ cup cooked = 14 grams dry Ground Turkey Vegan Beans	Unflavored milk Broccoli Pears WGR Rotini Pasta ¼ cup cooked = 14 gams dry Pinto beans	Unflavored milk Carrots Apples6 WGR Tortilla 1/6 or 14 grams Turkey & Cheese Vegan 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	CENTER CLOSED	CENTER CLOSED	Water Raisin ¼ cup Trail mix (WGR Cereal) ½ cup	Water Apple Baked Bread 1 piece or 14 grams Vegan Bagel ¼ or 14 grams	Water Oranges Yogurt ¼ cup Vegan crackers 6 each or 11 grams

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