

Winter Spring 2021 Menu 3 - 5 year Olds
 Cycle 1

January 4, February 8, March 8, April 5, May 3

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	(WGR) Cheerios 1/2 cup Peaches 1/2 cup 6 oz. 1% milk	(WGR) Oatmeal 1/4 cup Banana 1/2 cup 6 oz. 1% milk	(WGR) Pancake 1/2 or 14 grams Applesauce 1/2 cup 6 oz. 1% milk	Yogurt 2 oz. Apples 1/2 cup 6 oz. 1% milk	WGR) Bread 1 piece or 14 grams. Oranges 1/2 cup 6 oz. 1% milk
Lunch	Black bean 3/8 cup (WGR) Brown Rice 1/4 cup Green Bean 1/4 cup Oranges 1/4 cup 6 oz. 1% milk	Turkey Marinara 4 oz. (WGR) Noodle 1/4 cup Broccoli 1/4 cup Pears 1/4 cup 6 oz. 1% milk	Chicken 1 1/2 oz. potato 1/4 cup Soup p (WGR) Bread 1/2 slice Carrots 1/4 cup Apples 1/4 cup 6 oz. 1% milk	South Western (WGR) Pasta Salad Bean 1/4 cup Pasta 1/4 cup Peas 1/4 cup Oranges 1/4 cup 6 oz. 1% milk	(WGR) Bread 1/2 slice Turkey 1/2 oz. Cheese 1/2 oz. Cucumber 1/4 cup Apples 1/4 cup 6 oz. 1% milk
Snack	(WGR) Graham Crackers 2 pieces 4 oz. 1% milk	*Trail Mix (whole grain cereal 1/2 cup and Raisins 1/4 cup) Water	Cottage Cheese 1/4 cup & Cucumber 1/2 cup Water	(WGR) Bread 1 piece or 14 grams Pears 1/2 cup Water	Mixed Fruit Salad 1/2 cup 4 oz. 1% milk

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 Or Call 1-800-795-3272 or 202-720-6382. USDA is an equal opportunity provider and employer.

We do not serve peanut butter or any other nut products
 (WGR) All grains are whole grain rich.

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

Associated Students Children's Center
 Winter Spring 2021 Menu 3 – 5 year olds
Cycle 2

January 11, February 15, March 15, April 12, May 10

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	(WGR) Cheerios ½ cup Pears ½ cup 6 oz. 1% milk	(WGR) Oatmeal 2 oz. Banana ½ cup 6 oz. 1% milk	(WGR) Bagel ¼ Banana ½ cup 6 oz. 1% milk	Cottage 2 oz. Peaches 1½ cup 6 oz. 1% milk	(WGR) Bread 1 piece or 14 grams Apples ½ cup 6 oz. 1% milk
Lunch	Egg fried 1½ oz. (WGR) Rice ¼ cup Peas ¼ cup Oranges ¼ cup 6 oz. 1% milk	Red Beans 3/8 cup and (WGR) Brown Rice ¼ cup Green Beans ¼ cup Pears ¼ cup 6 oz. 1% milk	Chicken 1 ½ oz. (WGR) Pasta ¼ cup Zucchini ¼ cup Apples ¼ cup 6 oz. 1% milk	Turkey Marinara 4 oz. (WGR) Penne Pasta ¼ cup Broccoli ¼ cup Pears ¼ cup 6 oz. 1% milk	. Bean Burrito 3/8 cup beans (WGR) Tortilla ½ oz. Corn ¼ cup Apples ¼ cup 6 oz. 1% milk
Snack	Graham Crackers 1 whole cracker 4 oz. 1% milk	Yogurt 2 oz. Apples ½ cup Water	(WGR) Rice cakes 1 ½ cakes Cucumber ½ cup Water	(WGR) Carrot Bread 1 piece or 14 grams Apples ½ cup Water	Mixed Fruit Salad ½ cup 4 oz. 1% milk

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Associated Students Children's Center
 Winter Spring 2021 Menu 3 – 5 year olds
Cycle 3

January 25, February 22, March 22, April 19, May 17

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	(WGR) Cheerios ½ cup Peaches ½ cup 6 oz. 1% milk	(WGR) French Toast ½ slice Banana ½ cup 6 oz. 1% milk	(WGR) Pancake ½ or 14 grams Applesauce ½ cup 6 oz. 1% milk	(WGR) Zucchini Bread 1 piece or 14 grams Banana ½ cup 6 oz. 1% milk	(WGR) Oatmeal ¼ cup. Banana ½ cup 6 oz. 1% milk
Lunch	Chicken Potato Soup 1 1/2oz. chicken 1/4 cup potato (WGR) Bread ½ slice Carrots ¼ cup Apples 1/4 cup 6 oz. 1% milk	3 Bean Chili ¼ cup (WGR)Corn Bread 1 piece or 14 grams Zucchini 1/4 cup Pears 1/4 cup 6 oz. 1% milk	Turkey loaf 1 1/2oz. *(WGR) Brown Rice ¼ cup Broccoli 1/4 cup Oranges 1/4 cup 6 oz. 1% milk	Black Beans 3/8 cup (WGR) Brown Rice ¼ cup Corn 1/4 cup Pears 1/4 cup 6 oz. 1% milk	(WGR) Bread ½ slice Turkey 1 1/2 oz. Sandwich Carrots 1/4 cup Apple 1/4 cup 6 oz. 1% milk
Snack	Garbanzo Beans ¼ cup (WGR) Crackers 6 crackers Water	*Trail Mix (whole grain cereal ½ cup and Raisins ¼ cup) Water	(WGR) Zucchini Bread 1 piece or 14 grams 4 oz. 1 %milk	*Whole Wheat Bagels ¼ Oranges ½ cup Water	Yogurt 2 oz. Pears ½ cup Water

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Associated Students Children's Center
 Winter Spring 2021 Menu 3 – 5 year olds

Cycle 4

February 1, March 1, March 29, April 26

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	(WGR) Cheerios ½ cup Pears ½ cup 6 oz. 1% milk	(WGR) Oatmeal ¼ cup Banana ½ cup 6 oz. 1% milk	(WGR) Pancakes ½ or 14 grams Applesauce ½ cup 6 oz. 1% milk	(WGR) French Toast ½ slice Banana ½ cup 6 oz. 1% milk	Yogurt ¼ cup Banana ½ cup 6 oz. 1% milk
Lunch	Turkey Lasagna soup 4 oz. (WGR) Pasta ¼ cup pasta Green Beans ¼ cup Oranges ¼ cup 6 oz. 1% milk	Sesame Chicken (WGR) Spaghetti ¼ cup Cauliflower ¼ cup Apples ¼ cup 6 oz. 1% milk	Lentil Soup ¾ cup (WGR) Bread ½ slice Broccoli ¼ cup Oranges ¼ cup 6 oz. 1% milk	Pinto Bean ¾ cup (WGR) Tortilla ½ oz. Corn ¼ cup Pears ¼ cup 6 oz. 1% milk	Egg Salad 1½ oz. (WGR) Bread ½ slice. Carrots ¼ cup Apple ¼ cup 6 oz. 1% milk
Snack	(WGR) Graham Cracker 1 4 oz. 1% milk	Yogurt ¼ cup Pears ½ cup Water	(WGR) Bagel ¼ Apple ½ cup Water	Trail mix ((WGR) cereal ½ cup and raisin ¼ cup) Water	(WGR) Crackers 6 Pears ½ cup Water

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