

Associated Students Children's Center  
 Fall 2021 Menu 1 -2 years  
**Cycle 1**

**August 30, September 27, October 25, November 22,**

<b>Meal</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	(WGR) Cheerios ½ cup Peaches ¼ cup Whole milk 4 oz.	(WGR)Oatmeal ¼ cup Banana ¼ cup Whole milk 4 oz.	(WGR) Pancake ½ or 17 grams Applesauce ¼ cup Whole milk 4 oz.	(WGR) French Toast ½ slice or 14 grams Banana ¼ cup Whole milk 4 oz.	(WGR) Baked Bread 1 slice or 28 grams Banana ¼ cup Whole milk 4 oz.
<b>Lunch</b>	Black bean ¼ cup & (WGR) Brown Rice ¼ cup Green Bean 1/8 cup Oranges 1/8 cup Whole milk 4 oz.	Asian Chicken 1 oz. (WGR) Tortilla ½ oz. Broccoli 1/8 cup Cantaloupe 1/8 cup Whole milk 4 oz. Extras- 1 teaspoon salad dressing	Lentil Soup ¼ cup (WGR) Bread ½ oz. Peas 1/8 cup Apples 1/8 cup Whole milk 4 oz.	South Western Beans ¼ cup(WGR) Pasta ¼ cup Cucumber 1/8 cup Watermelon 1/8 cup Whole milk 4 oz. Extras- 1 teaspoon salad dressing	(WGR) Bread ½ oz. Turkey ½ oz. & Cheese ½ oz. Carrots 1/8 cup Honeydew 1/8 cup Whole milk 4 oz.
<b>Snack</b>	Graham Crackers 1 cracker Melon ½ cup Water.	(WGR) Bagels ¼ bagel or 14 grams Apple ½ cup Water	Cottage Cheese ¼ cup & Cucumber 1/2 cup Water	(WGR) Baked Bread 1 piece or 28 grams Cantaloupe ½ cup Water	Mixed fruit ½ cup Whole milk 4 oz

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We do not serve peanut butter or any other nut products  
 (WGR) Whole grain rich

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

Associated Students Children's Center  
 Fall 2021 Menu 1 -2 years  
**Cycle 2**

**September 6, October 4, November 1, November 29**

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	(WGR) Cheerios ½ cup Pears ¼ cup Whole milk 4 oz.	(WGR) Oatmeal ¼ cup Banana ¼ cup Whole milk 4 oz.	(WGR) Bagel ¼ piece or 14 grams Banana ¼ cup Whole milk 4 oz.	Cottage Cheese ¼ cup Peaches ¼ cup Whole milk 4 oz.	(WGR) Baked Bread 1 piece or 28 grams Banana ¼ cup Whole milk 4 oz.
<b>Lunch</b>	Egg Fried 1 oz. (WGR) brown Rice ¼ cup Peas 1/8 cup Melon 1/8 cup Whole milk 4 oz.	Black Beans ¼ cup (WGR) Corn bread ½ oz. Green Beans 1/8 cup Pears 1/8 cup Whole milk 4 oz.	(WGR) Tortilla ½ oz. Pinto Bean ¼ cup Corn 1/8 cup Cantaloupe 1/8 cup Whole milk 4 oz.	Ground Turkey 1 oz. (WGR) Penne Pasta ¼ cup Tomato sauce. 1/8 cup Honey Dew 1/8 cup Whole milk 4 oz.	Turkey 1 oz. (WGR) Tortilla ½ oz. Carrots 1/8 cup Apples 1/8 cup Whole milk 4 oz.
<b>Snack</b>	Graham Crackers 1 cracker Oranges ½ cup Water.	Yogurt ¼ cup Apples ½ cup Water	(WGR) crackers 14 each Cucumber ½ cup Water	(WGR) Baked Bread 1 slice or 28 oz. Apples ½ cup Water	Pinto bean dip 1/8 cup (WGR) Tortilla chips 6 Water

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 Fall 2021 Menu 1 – 2 years  
**Cycle 3**

**September 13, October 11, November 8, December 6**

<b>Meal</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	(WGR) Cheerios ½ cup Peaches ¼ cup Whole milk 4 oz.	(WGR) Oatmeal ¼ cup Banana ¼ cup Whole milk 4 oz.	(WGR) French Toast ½ or 14 grams Banana ¼ cup Whole milk 4 oz.	(WGR) Bagel 1/4 or 14 grams Banana ¼ cup Whole milk 4 oz.	(WGR) Baked bread 1 piece or 28 grams Banana ¼ cup Whole milk 4 oz.
<b>Lunch</b>	(WGR) Bread ½ oz. Chicken 1 oz. Carrot & potato 1/8 cup Melon 1/8 cup Whole milk 4 oz.	3 Bean Chili ¼ cup (WGR) Corn Bread 1 piece or 17 grams Zucchini 1/8 cup Watermelon 1/8 cup Whole milk 4 oz.	Ground Turkey 1 oz. (WGR) Spanish Brown Rice ¼ cup Broccoli 1/8 cup Cantaloupe 1/8 cup Whole milk 4 oz.	(WGR) Pasta ¼ cup (WGR) Cheese 1 oz. Corn 1/8 cup Pears 1/8 cup Whole milk 4 oz.	Turkey 1/2 oz. Cheese ½ oz. (WGR) Tortilla Cucumber 1/8 cup Apple 1/8 cup Whole milk 4 oz.
<b>Snack</b>	Garbanzo Beans 1/8 cup (WGR) Crackers 14 each Water	((WGR) Rice cake 1 1/2 or 14 grams Honeydew Water	*Trail Mix (WGR) cereal ½ cup Raisins ¼ cup Water	(WGR) Baked Bread 1 piece or 28 grams Apples ½ cup Water	Yogurt ¼ cup Cantaloupe ½ cup Water

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**Cycle 4**

**September 20, October 18, November 15, December 13**

<b>Meal</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	(WGR) Cheerios ½ cup Pears ¼ cup Whole milk 4 oz.	(WGR)Oatmeal1/4 cup Banana ¼ cup Whole milk 4 oz.	(WGR) Pancakes ½ or 17 grams Applesauce ¼ cup Whole milk 4 oz.	(WGR)French Toast ½ slice or 14 grams Banana ¼ cup Whole milk 4 oz.	Yogurt ¼ cup Banana ¼ cup Whole milk 4 oz.
<b>Lunch</b>	Ground Turkey 1 oz. (WGR) Pasta ¼ cup Tomato sauce 1/8 cup Watermelon 1/8 cup Whole milk 4 oz	Chicken 1 oz. (WGR) Tortilla½ oz. Cucumber 1/8 cup orange 1/8 cup Whole milk 4 oz. Extra Mayonnaise	Lentil Soup ¼ cup (WGR) Bread ½ slice Broccoli 1/8 cup Cantaloupe 1/8 cup Whole milk 4 oz.	Pinto Bean ¼ cup (WGR) Tortilla ½ oz. Corn 1/8 cup Pears 1/8 cup Whole milk 4 oz.	Egg Salad 1 oz. (WGR) bread ½ oz Carrots 1/8 cup Watermelon 1/8 cup Whole milk 4 oz. Extras 1 teaspoon Mayonnaise
<b>Snack</b>	Graham Cracker 1 cracker Whole milk 4 oz.	Yogurt ¼ cup Honeydew ½ cup Water	(WGR) Bagel ¼ or 14 grams Apple ½ cup Water	*Trail mix (WGR) cereal ½ cup and raisin ¼ cup) Water	(WGR) Tortilla chips 6 Bean dip 1/8 cup Water

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