

Associated Students Children's Center
Fall 2021 Menu 3-5 years
Cycle 1

August 30, September 27, October 25, November 22

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	(WGR) Cheerios ½ cup Peaches ½ cup 1% milk 6 oz.	(WGR) Oatmeal ¼ cup Banana ½ 1% milk 6 oz.	(WGR) Pancake ½ or 14 grams Applesauce ½ cup 1% milk 6 oz.	(WGR) French Toast ½ slice or 14 grams Banana ½ cup 1% milk 6 oz.	(WGR) Baked Bread 1 slice or 28 grams Banana ½ cup 1% milk 6 oz.
Lunch	Black bean 3/8 cup & (WGR) Brown Rice ¼ cup Green Bean ¼ cup Oranges ¼ cup 1% milk 6 oz.	Asian Chicken 1 1/2 oz. (WGR) Tortilla ½ oz. Broccoli ¼ cup Cantaloupe 1/4 cup 1% milk 6 oz. Extras 1 tsp salad dressing	Lentil Soup 3/8 cup (WGR) Bread ½ oz. Peas 1/4 cup Apples 1/4 cup 1% milk 6 oz.	South Western Beans 3/8 cup (WGR) Pasta ¼ cup Cucumber 1/4 cup Watermelon 1/4 cup 1% milk 6 oz. Extras 1 tsp. salad dressing	(WGR) Bread ½ oz. Turkey 1 oz. & Cheese ½ oz. Carrots 1/4 cup Honeydew 1/4 cup 1% milk 6 oz.
Snack	Graham Crackers 1 cracker Melon ½ cup Water	(WGR) Bagels ¼ bagels 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 Salad ½ cup 1% milk 4 oz.

The U.S. Department of Agriculture prohibits discrimination in all its programs and activities on the basis of race, color, national origin, Gender, religion, age, disability, political beliefs, sexual orientation, or marital or family status.

To file a complaint of discrimination, write 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 and employer.

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 3 – 5 years
 Cycle 2

September 6, October 4, November 1, November 29

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	(WGR) Cheerios ½ cup Pears ½ cup 1% milk 6 oz.	(WGR) Oatmeal ¼ cup Banana ½ cup 1% milk 6 oz.	(WGR) Bagel ¼ piece Banana ½ cup 1% milk 6 oz.	Cottage cheese ¼ cup Peaches ½ cup 1% milk 6 oz.	(WGR) Baked Bread 1 piece or 28 grams Banana ½ cup 1% milk 6 oz.
Lunch	Egg Fried 1 ½ oz. (WGR) Brown rice ¼ cup Peas ¼ cup Melon ¼ cup 1% milk 6 oz.	Black beans 3/8 cup (WGR) corn bread ½ oz. Green bean 1/4 cup Pears 1/4 CUP 1% milk 6 oz.	(WGR) Tortilla ½ oz. Pinto Bean 3/8 cup Corn ¼ cup Cantaloupe ¼ cup 1% milk 6 oz.	Ground Turkey 1 1/2 oz. (WGR) Penne Pasta ¼ cup Tomato sauce ¼ cup Honeydew ¼ cup 1% milk 6 oz.	(WGR) Tortilla ½ Turkey 1/12 oz. Carrots ¼ cup Apples ¼ cup 1% milk 6 oz. Extra 1 tsp mayo
Snack	(WGR) Graham Crackers 1 cracker Oranges ½ cup Water.	Yogurt 2 oz. Apple ½ cup Water.	(WGR) crackers 14 each Cucumber ½ cup Water	(WGR) Baked Bread 1 piece or 28 oz. Apples ½ cup Water	Pinto bean dip 1/8 cup (WGR) Tortilla chips 6 chips Water

The U.S. Department of Agriculture prohibits discrimination in all its programs and activities on the basis of race, color, national origin, Gender, religion, age, disability, political beliefs, sexual orientation, or marital or family status.

To file a complaint of discrimination, write 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 and employer.

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 3 – 5 years
 Cycle 3

September 13, October 11, November 8, December 6

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	(WGR) Cheerios ½ cup Peaches ½ cup 1% milk 6 oz.	(WGR) Oatmeal ½ cup Banana ½ cup 1% milk 6 oz.	(WGR) French Toast ½ slice or 14 grams Banana ½ cup 1% milk 6 oz.	(WGR) Bagels ¼ or 17 grams Banana ½ cup 1% milk 6 oz.	(WGR) Baked Bread 1 piece or 28 grams Banana ½ cup 1% milk 6 oz.
Lunch	(WGR) bread ½ oz. Chicken 1 1/2 oz. Carrot & Potato ¼ cup Melon ¼ cup 1% milk 6 oz.	3 Bean Chili 3/8cup (WGR) Corn Bread 1 piece or 17 grams Zucchini ¼ cup Watermelon ¼ cup 1% milk 6 oz.	Ground Turkey 1 ½ oz. (WGR) Spanish Brown Rice ¼ cup Broccoli ¼ cup Cantaloupe ¼ cup 1% milk 6 oz.	(WGR) Pasta ¼ cup Cheese 1 ½ oz. Corn ¼ cup Pears ¼ cup 1% milk 6 oz.	Turkey 1oz. cheese 1/2 oz. (WGR) Tortilla ½ oz.. Cucumber ¼ cup Apple ¼ cup 1% milk 6 oz.
Snack	Garbanzo Beans 1/8 cup (WGR)Crackers 14 each Water	(WGR) Rice cake 1 1/2 or 17grams Honeydew ½ cup Water	(WGR)Trail Mix whole grain 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

The U.S. Department of Agriculture prohibits discrimination in all its programs and activities on the basis of race, color, national origin, Gender, religion, age, disability, political beliefs, sexual orientation, or marital or family status.

To file a complaint of discrimination, write 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 and employer.

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 3 -5 years

Cycle 4

September 20, October 18, November 15, December 13

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	(WGR) Cheerios ½ cup Pears ½ cup .1% milk 6 oz.	(WGR) Oatmeal 1/4 cup Banana ½ cup 1% milk 6 oz.	(WGR) Pancakes ½ or 17 grams Applesauce ½ cup 1% milk 6 oz.	(WGR) French Toast ½ slice or 14 grams Banana ½ cup 1% milk 6 oz.	Yogurt ¼ cup Banana ½ cup 1% milk 6 oz.
Lunch	Ground Turkey 1 1/2oz (WGR) Pasta ¼ cup Tomato sauce ¼ cup Watermelon ¼ cup 1% milk 6 oz.	(WGR) Tortilla ½ oz. Chicken 1 ½ oz. Cucumber ¼ cup orange ¼ cup 1% milk 6 oz. Extras 1 tsp salad dressing	Lentil Soup 3/8 cup (WGR) Bread ½ oz. Broccoli ¼ cup Cantaloupe ¼ cup 1% milk 6 oz.	Pinto Bean 3/8 cup (WGR) Tortilla ½ oz. Corn ¼ cup Pears ¼ cup 1% milk 6 oz.	Egg Salad 1 ½ oz. (WGR) bread ½ oz. Carrots ¼ cup Watermelon ¼ cup 1% milk 6 oz. Extras 1 tsp. mayo.
Snack	(WGR) Graham Cracker 1 cracker 1% milk 4 oz.	Yogurt ¼ cup Honeydew ½ cup Water	(WGR) Bagel ¼ or 14 grams Apple ½ cup Water	(WGR) Trail mix (whole grain cereal ½ cup and raisin ¼ cup) Water	(WGR) Tortilla Chips 6 Bean dip 1/8 cup Water

The U.S. Department of Agriculture prohibits discrimination in all its programs and activities on the basis of race, color, national origin, Gender, religion, age, disability, political beliefs, sexual orientation, or marital or family status.

To file a complaint of discrimination, write 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 and employer.

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.