

ASI Children's Center Fall Menu 2022
 August 29, September 26, October 24, November 21

Cycle 1

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 Cheerios ½ cup	Unflavored Milk Banana Pancake ½ or 17 grams	Unflavored Milk Banana Baked Bread 1 piece or 14 grams Vegan Bagel ¼ or 14 grams	Unflavored Milk Banana French Toast ½ slice or 14 grams Vegan 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	Unflavored Milk Green Bean Watermelon WGR brown rice ¼ cup cooked = 14 grams dry Black Bean	Unflavored Milk Broccoli Cantaloupe WGR Pasta ¼ cup cooked = 14 grams dry Asian Chicken Vegan Black Bean	Unflavored Milk Peas Apples WGR Bread ½ slice or 14 grams Lentils	Unflavored Milk Cucumber Watermelon WGR Rotini Pasta ¼ cup cooked – 14 grams dry Southwest flavored Garbanzo Bean & Black Bean Extras ¼ teaspoon Salad dressing	Unflavored Milk Carrots Honeydew 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 1/2 each or 11 grams	Water Honeydew WGR Bagel ¼ or 14 grams	Water Cucumber Cottage Cheese ¼ cup Vegan Cracker 6 each or 11 grams	Water Cantaloupe Baked Bread 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 2022
September 5, October 3, October 31, November 28

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 Cheerios ½ cup	Unflavored Milk Banana Bagel ¼ slice or 14 grams	Unflavored Milk Banana Baked Bread 1 piece or 14 grams Vegan Bagel ¼ or 14 grams	Unflavored Milk Peaches Cottage cheese Vegan 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	Unflavored Milk Green peas Cantaloupe WGR Brown Rice ¼ cup cooked = 14 grams dry Egg Vegan Garbanzo Bean	Unflavored Milk Green Bean Pears WGR Corn Bread 1 piece or 14 grams Black Bean	Unflavored Milk Corn Cantaloupe WGR Pasta ¼ cup or 14 grams Black Bean Garbanzo Bean	Unflavored Milk Zucchini Honeydew WGR Spaghetti Pasta ¼ cup cooked = 14 grams dry Ground Turkey Vegan Black Bean	Unflavored Milk Carrots Watermelon 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 Apple Yogurt ¼ cup Vegan Rice cake 1 ½ or 11 grams	Water Cucumber WGR Rice Cake 11/2 or 11 grams	Water Apples 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 2022
September 12, October 10, November 7, December 5

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 Cheerios ½ cup	Unflavored Milk Banana French Toast ½ slice bread or 14 grams Vegan Bagel ¼ or 14 grams	Unflavored Milk Banana Baked Bread 1 piece or 14 grams Vegan Bagel ¼ or 14 grams	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	Unflavored Milk Cucumber Honeydew WGR Bread ½ slice or 14 grams Chicken Vegan Garbanzo Bean Dressing ¼ teaspoon	Unflavored Milk Zucchini Watermelon WGR Corn Bread 1 piece or 14 grams Black, Pinto, Kidney Bean Chili	Unflavored Milk Corn Cantaloupe WGR Brown rice ¼ cup cooked = 14 grams dry Ground Turkey Vegan Beans and Rice	Unflavored Milk Broccoli Pears WGR Rotini Pasta ¼ cup cooked = 14 gams dry Pinto Bean	Unflavored Milk Cucumber Cantaloupe WGR Tortilla 1/6 or 14 grams Turkey & Cheese Vegan Pinto 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 WGR Cracker 6 or 11 grams Garbanzo Bean 1/8 cup	Water Pears WGR Rice Cake 1 1/2 or 11 grams	Water Raisin ¼ cup Trail Mix (WRG cereal) ½ cup	Water Apple Baked Bread 1 piece or 14 grams Vegan Bagel ¼ or 14 grams	Water Honeydew Yogurt ¼ cup Vegan Crackers 6 each or 11 grams

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ASI Children's Center Fall Menu 2022
September 19, October 17, November 14, December 12

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 Cheerios ½ cup	Unflavored Milk Banana Yogurt ¼ cup Vegan Bagel ¼ or 14 grams	Unflavored Milk Banana Pancake ½ or 17 grams Vegan Cheerios ½ cup	Unflavored Milk Banana French Toast ½ slice Bread Vegan 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 ⅓ cup ⅓ cup ½ oz 1 oz ¼ cup	¾ cup 1% Milk ¼ cup ¼ cup ½ oz 1 ½ oz 3/8 cup	Unflavored Milk Green Bean Cantaloupe WGR Spaghetti Pasta ¼ cup cooked = 14 grams dry Ground Turkey Vegan Chili Bean	Unflavored Milk Cucumber Pears WGR Tortilla 1/6 or 14 grams Chicken Vegan Garbanzo Beans Extras 1 teaspoon Salad dressing	Unflavored Milk Broccoli Cantaloupe WGR Bread ½ slice or 14 grams Lentils	Unflavored Milk Corn Honeydew WGR Tortilla 1/6 or 14 grams Refried Pinto Beans	Unflavored Milk Carrots Watermelon 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 Watermelon 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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