

Winter Spring 2021 Menu 1-2 year Olds  
Cycle 1

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

<b>Meal</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	(WGR) Cheerios 1/2 cup Peaches 1/4 cup 4oz. Whole milk	(WGR) Oatmeal 1/4 cup Banana 1/4 cup 4oz. Whole milk	(WGR) Pancake 1/2 or 14 grams Applesauce 1/4 cup 4oz. Whole milk	Yogurt 2 oz. Apples 1/4 cup 4oz. Whole milk	(WGR) Baked Bread 1 piece or 14 grams Oranges 1/4 cup 4oz. Whole milk
<b>Lunch</b>	Black bean 1/4 cup (WGR) Brown Rice 1/4 cup Green Bean 1/8 cup Oranges 1/8 cup 4oz. Whole milk	Turkey Marinara 3 oz. (WGR) Noodle 1/4 cup Broccoli 1/8 cup Pears 1/8 4oz. Whole milk	Chicken Potato Soup 1 oz. Chicken Potato 1/8 cup (WGR) Bread 1/2 slice Carrots 1/8 cup Apples 1/8 cup 4oz. Whole milk	South Western (WGR) Pasta Salad Bean 1/4 cup Pasta 1/4 cup Peas 1/8 cup Oranges 1/8 cup 4oz. Whole milk	(WGR) Bread 1/2 slice Turkey 1/2 oz. Cheese 1/2 oz. Cucumber 1/8 cup Apples 1/8 cup 4oz. Whole milk
<b>Snack</b>	(WGR) Graham Crackers 2 pieces 4oz. Whole milk	(WGR) Trail mix (cereal 1/2 cup 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 4oz. Whole milk

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) 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 1-2 year olds  
**Cycle 2**

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

<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 4oz. Whole milk	(WGR) Oatmeal 2 oz. Banana ¼ cup 4oz. Whole milk	(WGR) Bagel ¼ Banana ¼ cup 4oz. Whole milk	Cottage 2 oz. Peaches ¼ cup 4oz. Whole milk	(WGR) Bread 1 piece or 14 grams Apples ¼ cup 4oz. Whole milk
<b>Lunch</b>	Egg fried 1 oz. (WGR) Rice ¼ cup Peas ⅛ cup Oranges ⅛ cup 4oz. Whole milk	Red Beans ¼ cup and (WGR) Brown Rice ¼ cup Green Beans ⅛ cup Pears ⅛ cup 4oz. Whole milk	Chicken 1 oz. (WGR) Pasta ⅛ cup Zucchini ⅛ cup Oranges ⅛ cup 4oz. Whole milk	Turkey Marinara 3 oz. (WGR) Penne Pasta ¼ cup Broccoli ⅛ cup Pears ⅛ cup 4oz. Whole milk	Bean Burritos (WGR) Tortilla 1/2oz. Corn ⅛ cup Oranges ⅛ cup 4oz. Whole milk
<b>Snack</b>	Graham Crackers 1 whole cracker 4oz. Whole 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 4oz. Whole milk

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) 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 1 -2 year olds

**Cycle 3**

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

<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 4oz. Whole milk	(WGR) French Toast ½ slice Banana ¼ cup 4oz. Whole milk	(WGR) Pancake ½ or 14 grams Apple sauce ¼ cup 4oz. Whole milk	(WGR) Zucchini Bread 1 piece or 14 grams Banana ¼ cup 4oz. Whole milk	(WGR) Oatmeal ¼ cup. Banana ¼ cup 4oz. Whole milk
<b>Lunch</b>	Chicken Potato Soup 1 oz. chicken 1/8 cup potato (WGR) Bread ½ slice Carrots 1/8 cup Apples 1/8 cup 4oz. Whole milk	3 Bean Chili ¼ cup (WGR)Corn Bread 1 piece or 14 grams Zucchini 1/8 cup Pears 1/8 cup 4oz. Whole milk	Turkey meatball 1oz. *(WGR) Brown Rice ¼ cup Broccoli 1/8 cup Oranges 1/8 cup 4oz. Whole milk	Black Beans ¼ cup (WGR) Brown Rice ¼ cup Corn 1/8 cup Pears 1/8 cup 4oz. Whole milk	(WGR) Bread ½ slice Turkey 1 oz. Sandwich Carrots 1/8 cup Apple 1/8 cup 4oz. Whole milk
<b>Snack</b>	Garbanzo Beans ¼ cup (WGR) Crackers 6 crackers Water	(WGR) Trail mix (cereal ½ cup raisins ¼ cup) Water	(WGR) Zucchini Bread 4 oz. whole milk	*Whole Wheat Bagels ¼ Oranges ½ cup Water	Yogurt 2 oz. Pears 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)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 1- 2 year olds  
**Cycle 4**

**February 1, March 1, March 29, April 26**

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	(WGR) Cheerios ½ cup Pears ¼ cup 4oz. Whole milk	(WGR) Oatmeal ¼ cup Banana ¼ cup 4oz. Whole milk	(WGR) Pancakes ½ or 14 grams Applesauce ¼ cup 4oz. Whole milk	(WGR) French Toast ½ slice Banana ¼ cup 4oz. Whole milk	Yogurt ¼ cup Banana ¼ cup 4oz. Whole milk
<b>Lunch</b>	Turkey Lasagna Soup 3oz. (WGR) Pasta ¼ cup Green Beans 1/8 cup Oranges 1/8 cup 4oz. Whole milk	Sesame Chicken 1oz (WGR) Spaghetti ¼ cup Cauliflower 1/8 cup Apples 1/8 cup 4oz. Whole milk	Lentil Soup ¼ cup (WGR) Bread ½ slice Broccoli 1/8 cup Oranges 1/8 cup 4oz. Whole milk	Pinto Bean ¼ cup (WGR) Tortilla ½ oz. Corn 1/8 cup Pears 1/8 cup 4oz. Whole milk	Egg Salad 1 oz. (WGR) Bread ½ slice. Carrots 1/8 cup Apple 1/8 cup 4oz. Whole milk
<b>Snack</b>	(WGR) Rice cake 1 1/ cake 4oz. whole 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 crackers Pears 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. 2025-9410  
 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) All grains are whole grain rich.

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