

Winter Spring 2021 Menu 1-2 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 1/4 cup 4oz. Whole milk	(WGR) Oatmeal 1/4 cup Banana 1/4 cup 4oz. Whole milk	(WGR) Pancake 1/2 or 17 grams Applesauce 1/4 cup 4oz. Whole milk	Yogurt 2 oz. Apples 1/4 cup 4oz. Whole milk	(WGR) Baked Bread 1 piece or 28 grams Oranges 1/4 cup 4oz. Whole milk
Lunch	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
Snack	(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 28 grams Pears 1/2 cup Water	Mixed Fruit Salad 1/2 cup 4oz. Whole 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 1-2 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 ¼ cup 4oz. Whole milk	(WGR) Oatmeal 2 oz. Banana ¼ cup 4oz. Whole milk	(WGR) Bagel ¼ 14 grams Banana ¼ cup 4oz. Whole milk	Cottage 2 oz. Peaches ¼ cup 4oz. Whole milk	(WGR) Bread 1 piece or 28 grams Apples ¼ cup 4oz. Whole milk
Lunch	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
Snack	Graham Crackers 1 whole cracker 4oz. Whole milk	Yogurt 2 oz. Apples ½ cup Water	(WGR) Rice cakes 1 ½ cakes or 11 grams Cucumber ½ cup Water	(WGR) Baked Bread 1 piece or 28 grams Apples ½ cup Water	Mixed Fruit Salad ½ cup 4oz. Whole milk

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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

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	(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 28 grams Banana ¼ cup 4oz. Whole milk	(WGR) Oatmeal ¼ cup. Banana ¼ cup 4oz. Whole milk
Lunch	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 28 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
Snack	Garbanzo Beans ¼ cup (WGR) Crackers 6 crackers Water	(WGR) Trail mix (cereal ½ cup raisins ¼ cup) Water	(WGR) Zucchini Bread 1 piece or 28 grams 4 oz. whole milk	*Whole Wheat Bagels ¼ 14 grams Oranges ½ cup Water	Yogurt 2 oz. Pears ½ cup Water

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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
Breakfast	(WGR) Cheerios ½ cup Pears ¼ cup 4oz. Whole milk	(WGR) Oatmeal ¼ cup Banana ¼ cup 4oz. Whole milk	(WGR) Pancakes ½ or 28 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
Lunch	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
Snack	(WGR) graham cracker 1 cracker or 14 grams 4oz. whole milk	Yogurt ¼ cup Pears ½ cup Water	(WGR) Bagel ¼ 14 grams Apple ½ cup Water	Trail mix ((WGR) cereal ½ cup and raisin ¼ cup) Water	(WGR) Crackers 6 crackers Pears ½ cup Water

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