

Associated Students Children's Center
Spring 2020 Menu
Cycle 1

January 6, February 10, March 9, April 6, May 4

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	*Whole Grain Cheerios Peaches **Milk	*Whole Wheat French Toast Banana **Milk	*Whole Grain Oatmeal Banana **Milk	*Whole Grain Baked Bread Banana **Milk	* Whole grain Pancake Applesauce **Milk
Lunch	Black bean *Brown Rice Green Bean Oranges **Milk	Sesame Chicken *Noodles Broccoli Apples **Milk	Lentil Soup *Whole Wheat Bread Peas Oranges **Milk	Egg Fried *Brown Rice Corn Pears **Milk	*Whole Wheat Turkey Wraps Carrots Apples **Milk
Snack	Graham Crackers **Milk	*Whole Wheat Bagels w/cream cheese Pears Water	Yogurt Apples Water	* Whole Grain Crackers Oranges Water	Mixed Fruit Salad (orange, apple ,and pear) **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

*All grains are whole grain rich.

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

Associated Students Children's Center
Spring 2020 Menu
Cycle 2

January 20, February 17, March 16, April 13, May 11

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	*Whole Grain Cheerios Pears **Milk	*Whole grain Oatmeal Banana **Milk	* Whole Grain Bagel Banana **Milk	Cottage Cheese Peaches **Milk	*Whole Grain Bread Apples **Milk
Lunch	Black Bean Soup Corn Bread Peas Oranges **Milk	*Southwestern Whole Wheat Pasta Salad Green Bean Apples **milk	Turkey & **Whole grain Spaghetti Corn Oranges ** Milk	Chicken Fried **Brown Rice Broccoli Pears **Milk	Turkey & Cheese Sandwiches *Whole Wheat Bread Carrots Oranges **Milk
Snack	Graham Crackers Milk	Yogurt Pears Water	*Whole Grain Crackers Apples Water	*Whole grain Carrot Bread Apples Water	Mixed Fruit Salad (orange, apple ,and pear) **Milk

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Associated Students Children's Center
Spring 2020 Menu
Cycle 3

January 27, February 24, March 23, April 20

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole Grain *Cheerios Peaches **Milk	*Whole Grain Oatmeal Banana **Milk	*Whole Grain French Toast Banana **Milk	*Whole Grain Pancake Applesauce **Milk	*Whole grain Zucchini Banana **Milk
Lunch	Lentil Soup *Whole Wheat Bread Green Bean Oranges **Milk	Chicken Potato Soup *Whole wheat Bread Corn Apples **Milk	3 Bean Chili Corn Bread Zucchini Pears **Milk	Egg Fried *Whole grain Brown Rice Broccoli Oranges **Milk	Turkey Marinara *Whole Wheat Penne Pasta Peas Apples **Milk
Snack	Graham Crackers **Milk	Yogurt Oranges Water	*Whole Grain Zucchini Bread **Milk	*Trail Mix (whole grain cereal and Raisins) Water	Garbanzo Beans *Whole Grain Crackers Water

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Associated Students Children's Center
 Spring 2020 Menu
Cycle 4
February 3, March 2, March 30, April 27,

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	*Whole Grain Cheerios Pears **Milk	*Whole Grain Oatmeal Banana **Milk	Cottage Cheese Banana **Milk	*Whole Wheat Pancakes Applesauce **Milk	*Whole Wheat French Toast Banana **Milk
Lunch	Black Beans *Whole grain Brown Rice Corn Oranges **Milk	South Western *Whole Wheat Pasta Salad Zucchini Apples **Milk	Chicken & *Whole grain Noodle Green bean Pears **Milk	Bean Burritos w/ *Whole Wheat Tortillas Corn Oranges **Milk	Turkey & Cheese Whole wheat Wraps Carrots Apples **Milk
Snack	Graham Cracker **Milk	Yogurt Pears Water	*Whole Grain Crackers Apple Water	*Trail mix (whole grain cereal and raisin) Water	*Whole Grain Crackers Oranges Water

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