

ASI Children's Center Menu Spring 2025  
January 21, February 17, March 17, April 14, May 12

Cycle 1

| MEAL      | COMPONENTS                | AGES 1-2 (whole) | AGES 3-5 (1%)     | MONDAY                                      | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY                               |
|-----------|---------------------------|------------------|-------------------|---|---|---|---|--------------------------------------|
| Breakfast | Milk                      | ½ cup            | ¾ cup             | Unflavored Milk                             | Unflavored Milk   | Unflavored Milk   | Unflavored Milk   | Unflavored Milk                      |
|           | Fruit/Veggie              | ¼ cup            | ½ cup             | Orange Wedges                               | Peaches   | Bananas   | Mixed Berries   | Applesauce                           |
|           | Grain/Meat/meat alternate | ½ oz             | ½ oz              | WGR Cheerios (½ cup)                        | Egg Casserole<br>Bagel (v)<br>(¼ or 14 grams)                 | WGR Bfast Bread (1 piece or 14 grams)<br>Rice Cake (v)<br>(1 ½ or 11 grams) | Yogurt & Honey (¼c)<br><b>*B1 NO HONEY*</b><br>Bagel (v)<br>(¼ or 14 grams) | WGR Oatmeal (¼ cup)                  |
| Lunch     |                           |                  |                   | <u>Cuban Black Beans &amp; Rice</u>         | <u>Rotini &amp; Turkey w/ Marinara</u>                        | <u>Lentils of the South</u>   | <u>Sesame Chicken</u>   | <u>Southwest Pasta Salad</u>         |
|           | Milk                      | ½ cup            | ¾ cup             | Unflavored Milk                             | Unflavored Milk   | Unflavored Milk   | Unflavored Milk   | Unflavored Milk                      |
|           | Fruit                     | ⅛ cup            | ¼ cup             | Apples                                      | Honeydew  | Orange Wedges   | Cantaloupe  | Pears                                |
|           | Vegetable                 | ⅛ cup            | ¼ cup             | Corn  | Yams  | Peas  | Broccoli  | Corn                                 |
|           | Grain                     | ½ oz             | ½ oz              | WGR Brown Rice (¼c. cook / 14 grams dry)    | WGR Rotini (¼ c. cook / 14g. dry)<br>Ground Turkey            | WGR Bread (½ slice or 14 grams)   | WGR Brown Rice (¼ c. cook / 14g. dry)<br>Chicken                            | WGR Rotini (1 piece / 14 grams)      |
|           | Meat<br>Meat Alternative  | 1 oz<br>¼ cup    | 1 ½ oz<br>3/8 cup | Black Beans (V)                             | Rotini & Garbanzo (V)   | Lentils (V)   | Garbanzo (V)  | 3 Bean Salad (V)                     |
| Snack     | Water                     |                  |                   | Water                                       | Water   | Water   | Water   | Water                                |
|           | Fruit/Veggie              | ½ oz             | ½ oz              | Applesauce                                  | Strawberries  | Jicama  | Apple   | Mixed Fruit Salad                    |
|           | Grain                     | ½ oz             | ½ oz              | Graham Crackers (v)<br>(2 each or 14 grams) |   | WGR Crackers (6each / 11 grams)   | WGR Bfast Bread (1 piece / 14 grams)  | Rice Cake (V)<br>(1 ½ oz / 11 grams) |
|           | Meat                      | ½ oz             | ½ oz              |   | Yogurt & Honey (¼c.)<br><b>*B1 NO HONEY*</b><br>WGR Bagel (V) |   |   |                                      |
|           | Meat Alternative          | ½ oz             | ½ oz              |   |   | Extra: Whipped Ranch DIP  | WGR Bagel (V)   |                                      |

The US Department of Agriculture prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender religion, age, disability, political belief sexual orientation or marriage and 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 a employer.

The Children's center does not serve peanut butter or other nut products.

WGR is Whole grain rich

ASI Children's Center Menu Spring 2025  
January 28, February 24, March 24, April 21

Cycle 2

| MEAL      | COMPONENTS       | AGES 1-2 (whole) | AGES 3-5 (1%) | MONDAY                             | TUESDAY  | WEDNESDAY                          | THURSDAY                             | FRIDAY                                       |
|-----------|------------------|------------------|---------------|------------------------------------|--|------------------------------------|--------------------------------------|--|
| Breakfast | Milk             | ½ cup            | ¾ cup         | Unflavored Milk                    | Unflavored Milk                                | Unflavored Milk                    | Unflavored Milk                      | Unflavored Milk                              |
|           | Fruit/Veggie     | ¼ cup            | ½ cup         | Orange Wedges                      | Banana   | Pears                              | Pineapple Chunks                     | Applesauce                                   |
|           | Grain/Meat       | ½ oz             | ½ oz          | WGR Cheerios (½ cup)               | WGR Bagel (¼ piece / 14 grams)                 | Eggs Casserole                     | Cottage Cheese (¼ cup)               | WGR Oatmeal (¼ cup cooked)                   |
|           | Meat Alternative | ½ oz             | ½ oz          |                                    |  | Rice Cake (V) (1 ½ pieces / 11g.)  | WGR Cheerios (V) (½ cup)             |  |
| Lunch     |                  |                  |               | <u>Egg Fried Rice</u>              | <u>Rotini &amp; Turkey w/ Marinara</u>         | <u>Lentils of the South</u>        | <u>Sesame Chicken &amp; Broccoli</u> | <u>Turkey &amp; Cheese Sandwich</u>          |
|           | Milk             | ½ cup            | ¾ cup         | Unflavored Milk                    | Unflavored Milk                                | Unflavored Milk                    | Unflavored Milk                      | Unflavored Milk                              |
|           | Fruit            | ⅙ cup            | ¼ cup         | Honeydew                           | Apples   | Cantaloupe                         | Orange Wedges                        | Peaches                                      |
|           | Vegetables       | ⅙ cup            | ¼ cup         | Peas & Carrots                     | Green Bean                                     | Carrots                            | Broccoli                             | Cucumbers                                    |
|           | Grain            | ½ oz             | ½ oz          | WGR Brown Rice (¼ cup cook / 14g.) | WGR Rotini (¼ cup cook / 14g)<br>Ground Turkey | WGR Brown Rice (¼ cup cook / 14g.) | WGR Brown Rice                       | WGR Bread (½ slice or 14g.)<br>Sliced Turkey |
|           | Meat             | 1 oz             | 1 ½ oz        |                                    |  |                                    | Sesame Chicken                       |  |
|           | Meat Alternative | ¼ cup            | 3/8 cup       | Egg                                | Rotini & Beans (V)                             | Lentils (V)                        | Lentils (V)                          | Hummus Sandwich (V)                          |
| Snack     | Water            |                  |               | Water                              | Water  | Water                              | Water                                | Water  |
|           | Fruit/Veggie     | ½ cup            | ½ cup         | Strawberries                       | Jicama w/ honey lime                           | Cucumber                           | Apples                               | Fruit Salad                                  |
|           | Grain/Meat       | ½ oz             | ½ oz          | Yogurt & Honey                     | WGR Rice Cake (V) (1 ½ or 11g.)                |                                    | WGR Crackers (6 each or 11g.)        | Graham Crackers(V) (2 each or 14g)           |
|           | Meat Alternative | ½ oz             | ½ oz          | WGR Rice Cake (V)                  |  | Hummus (½ oz) (V)                  |                                      |  |

The US Department of Agriculture prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender religion, age, disability, political belief sexual orientation or marriage and 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 a employer.

The Children's center does not serve peanut butter or other nut products.

WGR is Whole grain rich

ASI Children's Center Menu Spring 2025  
February 3, March 3, March 31, April 28

Cycle 3

| MEAL             | COMPONENTS       | AGES 1-2 (whole) | AGES 3-5 (1%)         | MONDAY                                       | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY                                  |
|------------------|------------------|------------------|-----------------------|--|--|---|--|---|
| Breakfast        | Milk             | ½ cup            | ¾ cup                 | Unflavored Milk                              | Unflavored Milk  | Unflavored Milk   | Unflavored Milk                                      | Unflavored Milk                         |
|                  | Fruit/Veggie     | ¼ cup            | ½ cup                 | Orange Wedges                                | Banana   | Mixed Berries   | Bananas  | Applesauce                              |
|                  | Grain/Meat       | ½ oz             | ½ oz                  | WGR Cheerios (V)<br>(½ cup)                  | WGR French Toast Casserole (14g.)<br>WGR Toast (V)<br>(½ slice or 14g) | Yogurt & Honey<br><b>*NO HONEY B1*</b><br>WGR Cheerios (V)<br>(½ cup) | WGR Bfast Bread<br>(1 piece or 14g)<br>WGR bagel (V) | WGR Oatmeal<br>(¼ cup)                  |
|                  | Meat Alternative | ½ oz             | ½ oz                  |  |  |   |  |   |
| Lunch            |                  |                  |                       | <u>Pasta w/ Ground Turkey &amp; Marinara</u> | <u>Spanish Rice &amp; Pinto</u>  | <u>Lemon Pasta &amp; Beans</u>  | <u>Egg Fried Rice</u>                                | <u>Turkey &amp; Cheese Sandwich</u>     |
|                  | Milk             | ½ cup            | ¾ cup                 | Unflavored Milk                              | Unflavored Milk  | Unflavored Milk   | Unflavored Milk                                      | Unflavored Milk                         |
|                  | Fruit            | ⅛ cup            | ¼ cup                 | Apples                                       | Honeydew   | Apples  | Oranges  | Bananas                                 |
|                  | Vegetable        | ⅛ cup            | ¼ cup                 | Peas   | Broccoli   | Green Beans   | Peas & Carrots                                       | Corn                                    |
|                  | Grain            | ½ oz             | ½ oz                  | WGR Rotini<br>(¼ cook / 14g dry)             | WGR Brown Rice<br>(¼ c cook or 14g dry)                                | WGR Rotini<br>(¼ cook / 14g dry)                                      | WGR Brown Rice<br>(¼ cook / 14g. dry)                | WGR Bread<br>(½ slice or 14g)<br>Turkey |
|                  | Meat             | 1 oz             | 1 ½ oz                | Ground Turkey                                |  |   |  |   |
| Meat Alternative | ¼ cup            | 3/8 cup          | Rotini & Garbanzo (V) | Pinto Beans (V)                              | Garbanzo Beans (V)   | Egg<br>Garbanzo Beans (V)   | Hummus (V)   |   |
| Snack            | Water            |                  |                       | Water  | Water  | Water   | Water  | Water                                   |
|                  | Fruit / Veggies  | ½ cup            | ½ cup                 |  | Applesauce(V)  | Dried Cranberries<br>(¼ cup)  | Apple  | Mixed fruit Salad                       |
|                  | Grain/Meat       | ½ oz             | ½ oz                  | WGR Cracker<br>(6 each or 11 grams)          | WGR Bagel (V)<br>(¼ piece or 11g)                                      | Trail Mix (WGR cereal)<br>(½ cup)                                     | S&P Roasted Chickpeas                                | WGR Rice cake<br>(1 ½ or 11 grams)      |
|                  | Meat Alternative | ½ oz             | ½ oz                  | Hummus (V)                                   | Extra: Whipped Ranch Spread  |   |  |   |

The US Department of Agriculture prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender religion, age, disability, political belief sexual orientation or marriage and 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 a employer.

The Children's center does not serve peanut butter or other nut products.

WGR is Whole grain rich

ASI Children's Center Menu Spring 2025  
February 10, March 10, April 7, May 5

Cycle 4

| MEAL             | COMPONENTS       | AGES 1-2 (whole) | AGES 3-5 (1%) | MONDAY                                 | TUESDAY                                      | WEDNESDAY                              | THURSDAY                                   | FRIDAY                               |
|------------------|------------------|------------------|---------------|--|--|--|--|--------------------------------------|
| Breakfast        | Milk             | ½ cup            | ¾ cup         | Unflavored Milk                        | Unflavored Milk                              | Unflavored Milk                        | Unflavored Milk                            | Unflavored Milk                      |
|                  | Fruit/Veggie     | ¼ cup            | ½ cup         | Pears                                  | Banana                                       | Applesauce                             | Banana                                     | Applesauce                           |
|                  | Grain/Meat       | ½ oz             | ½ oz          | WGR Cheerios (V)<br>(½ cup)            | Yogurt & Honey<br>(¼ c) <b>*NO HONEY B1*</b> | Bfast Bread<br>(1 piece or 14g)        | WGR French Toast<br>Casserole (1pc or 14g) | WGR Oatmeal<br>(cooked ¼ cup)<br>(V) |
|                  | Meat Alternate   |                  |               |  | WGR Bagel (V)<br>(¼ or 14 grams)             | WGR Rice Cake<br>(1 ½ or 11g)          | WGR Bagel (V)<br>(¼ or 11g)                |                                      |
| Lunch            |                  |                  |               | <u>Lentils of the South</u>            | <u>Sesame Chicken &amp; Broccoli</u>         | <u>Spanish Rice &amp; Beans</u>        | <u>Lemon Pasta &amp; Beans</u>             | <u>Turkey &amp; Cheese Sandwich</u>  |
|                  | Milk             | ½ cup            | ¾ cup         | Unflavored Milk                        | Unflavored Milk                              | Unflavored Milk                        | Unflavored Milk                            | Unflavored Milk                      |
|                  | Fruit            | ⅛ cup            | ¼ cup         | Apples                                 | Oranges                                      | Cantaloupe                             | Honeydew                                   | Pears                                |
|                  | Vegetable        | ⅛ cup            | ¼ cup         | Yams                                   | Broccoli                                     | Corn                                   | Steamed Carrots                            | Yams                                 |
|                  | Grain            | ½ oz             | ½ oz          | WGR Bread<br>(½ slice or 11g)          | WGR Brown Rice<br>(¼ cook / 14g dry)         | WGR Brown Rice<br>(¼ cook / 14g dry)   | WGR Rotini<br>(¼ cook / 14g dry)           | WGR Bread<br>(½ slice or 11g)        |
|                  | Meat             | 1 oz             | 1 ½ oz        |  | Sesame Chicken                               |  |  | Turkey                               |
| Meat Alternative | ¼ cup            | 3/8 cup          | Lentils (V)   | Lentils (V)                            | Pinto Beans (V)                              | Garbanzo Beans (V)                     | Hummus (V)                                 |                                      |
| Snack            | Water            |                  |               | Water                                  | Water  | Water                                  | Water                                      | Water                                |
|                  | Fruit/Veggie     | ½ cup<br>½ oz    | ½ cup<br>½ oz | Applesauce                             | Jicama w /Honey Lime                         | Strawberries                           | Dried Cranberries<br>(¼ cup)               | Fruit Salad                          |
|                  | Grain/Meat       |                  |               | Graham Cracker (V)<br>(2 each or 14 g) | WGR Crackers (V)<br>(6 each or 11g)          | Graham Crackers (V)<br>(2 each or 14g) | "Trail Mix" (V)<br>(WGR Cereal)<br>(1/2c)  | WGR Rice Cake (V)<br>(1½ or 11 g)    |
|                  | Meat Alternative | ½ oz             | ½ oz          |  |  |  |  |                                      |

The US Department of Agriculture prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender religion, age, disability, political belief sexual orientation or marriage and 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 a employer.

The Children's center does not serve peanut butter or other nut products.

WGR is Whole grain rich