

MEAL	COMPONENTS	AGES 1-2 (whole)	AGES 3-5 (1%)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Milk  Fruit/Veggie  Grain/Meat/meat alternate  *Substitute*	½ cup  ¼ cup  ½ oz	¾ cup  ½ cup  ½ oz	Unflavored Milk  Orange Wedges  Cheerios (½ cup / 14g) (V) WGR	Unflavored Milk  Apple Slices  Snack Bread (1 piece / 28g) WGR  *Bagel* (¼ piece / 14g.) (V) WGR	Unflavored Milk  Bananas  Vanilla Yogurt (¼ c. / 2 oz.)  *Cheerios* (½ c. / 14g) (V) WGR	Unflavored Milk  Orange Wedges  Bagel (¼ or 14 grams) (V) WGR	Unflavored Milk  Peaches  Pancakes (1 each / 17g) WGR  *Bagel* (¼ or 14g) (V) WGR
Lunch	Milk  Fruit  Vegetable  Grain  Meat / Meat Alternative  *Substitute*	½ cup  ⅛ cup  ⅛ cup  ½ oz  1 oz	¾ cup  ¼ cup  ¼ cup  ½ oz  1 ½ oz	<u>Pintos &amp; Cheese</u>  Unflavored Milk  Apples  Corn  6" Tortilla (½ piece / 14 g) WGR  Pinto Beans (V)	<u>Turkey Marinara &amp; Rotini</u>  Unflavored Milk  Bananas  Roasted Broccoli  Rotini (¼ c. cook /14g. dry) WGR  Ground Turkey  *Pinto Beans* (V)	<u>Lentils</u>  Unflavored Milk  Honeydew  Carrots & Tomatoes  Wheat Bread (½ piece / 14g) (V) WGR  Lentils (V)	<u>Turkey Picadillo</u>  Unflavored Milk  Cantaloupe  Tomato, Marinara & Bell Peppers Corn Bread (1 piece / 17g) WGR  Ground Turkey  *Lentils* (V)	<u>Egg Salad Sandwich</u>  Unflavored Milk  Orange Wedges  Steamed Carrots  Wheat Bread (½ piece / 14g) (V) WGR  Hard Boiled Eggs  *Hummus* (V)
Snack	Water  Fruit/Veggie  Grain  Meat / Meat alternate  *Substitute*	½ cup  ½ oz  ½ oz	½ cup  ½ oz  ½ oz	Water  Applesauce  Graham Crackers (1 each / 14 g.) (V) WGR	Water  Seasoned Bagel (¼ or 14g) (V) WGR Ranch Dip (whipped cottage cheese) (1/8 c / ½ oz)  *Hummus* (V)	Water  Apple Slices  Wheat Thins (6 each / 11g) (V) WGR	Water  Carrot Sticks (Bambini – STEAMED)  Ranch Dip (whipped cottage cheese) (1/8 c. / ½ oz.)	Water  Mixed Fruit Salad  Pretzel Twists (7 each or 11 grams) (V) WGR

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

WGR is Whole grain rich

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ASI Children's Center Spring Menu 2026  
February 2, March 2, March 30, April 27

Cycle 2

MEAL	COMPONENTS	AGES 1-2 (whole)	AGES 3-5 (1%)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Milk  Fruit/Veggie  Grain/Meat/Meat Alternate  *Substitute*	½ cup  ¼ cup  ½ oz	¾ cup  ½ cup  ½ oz	Unflavored Milk  Orange Wedges  Cheerios (½ cup or 14g) (V) WGR	Unflavored Milk  Pineapple  Cottage Cheese (1oz / 1/8c. = ½ oz ma)  *Bagel* (¼ piece or 14g) (V) WGR	Unflavored Milk  Peaches  Oatmeal (¼ c. cook / 14g dry) (V) WGR	Unflavored Milk  Mango (Smoothie Bowl)  Vanilla Yogurt (¼ c / 2oz)  *Bagel* (¼ piece or 14g) (V) WGR	Unflavored Milk  Bananas  Pancakes (1 each / 17g) WGR  *Cheerios* (½ c. or 14g) (V) WGR
Lunch	Milk  Fruit  Vegetables  Grain  Meat / Meat Alternative  *Substitute*	½ cup  ⅓ cup  ⅓ cup  ½ oz  1 oz	¾ cup  ¼ cup  ¼ cup  ½ oz  1 ½ oz	<u>Lemon Chickpeas &amp; Rotini (V)</u> Unflavored Milk  Apple Slices  Peas  Rotini (¼ cup cook / 14g.dry) (V) WGR Chickpeas	<u>Teriyaki Chicken</u> Unflavored Milk  Mandarin Segments  Roasted Broccoli  Brown Rice (¼ c. cooked / 14g dry) (V) WGR  *Lemon Chickpeas* (V)	<u>Minestrone Soup (V)</u> Unflavored Milk  Bananas  Zucchini, Tomato, Carrot Rotini (¼ cup cook / 14g.dry) WGR Kidney Beans	<u>Pesto Chicken</u> (NUT FREE) Unflavored Milk  Cantaloupe  Sweet Peas  Wheat Bread (½ piece / 14g) (V) WGR  Chicken  *Minestrone Soup* (V)	<u>Black Bean &amp; Corn Salad</u> Unflavored Milk  Orange Wedges  Corn  Rotini (¼ c. cook / 14g dry) (V) WGR Black Beans
Snack	Water  Fruit/Veggie  Grain  Meat / Meat Alternate  *Substitute*	½ cup  ½ oz  ½ oz	½ cup  ½ oz  ½ oz	Water  Pears  Snack Bread (1 piece / 28g) WGR  *Rice Cake* (1 each / 14g) (V) WGR	Water  Peaches  Baked Oatmeal (¼ c. cooked / 14g dry) (V) WGR	Water  Dried Cranberries  "Trail Mix" (½ c. / 14g) (V) WGR	Water  Orange Wedges  Rice Cakes (1 each / 14g) (V) WGR	Water  Bananas  Graham Crackers (1 each / 14g) (V) WGR

ASI Children's Center Spring 2026  
February 9, March 9, April 6, May 4

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	Apple Slices	Bananas	Pears	Bananas
	Grain/Meat/ Meat Alternative	½ oz	½ oz	Cheerios (½ c. / 14g) (V) WGR	Snack Bread (1 piece / 28g.) WGR	Vanilla Yogurt (¼ c. / 2oz.)	WGR Bagel (¼ piece or 14g) (V) WGR	Pancakes (1 each / 17g) WGR
	*Substitute*				*Bagel* (¼ piece or 14g) (V) WGR	*Cheerios* (½ c / 14g) (V) WGR		*Cheerios* (½ c. / 14g) (V) WGR
Lunch				<u>Pintos &amp; Cheese</u>	<u>Turkey Marinara &amp; Rotini</u>	<u>Chicken Noodle Soup</u>	<u>Lentils</u>	<u>Egg Salad Sandwich</u>
	Milk	½ cup	¾ cup	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
	Fruit	⅙ cup	¼ cup	Cantaloupe	Apple Slices	Orange Wedges	Honeydew	Pears
	Vegetable	⅙ cup	¼ cup	Corn	Zucchini	Carrots	Tomatoes & Carrots	Roasted Cauliflower
	Grain	½ oz	½ oz	6" Tortilla (½ piece / 14g) (V) WGR	Rotini (¼ c / 14g dry) (V) WGR	Rotini (¼ c. cook or 14g. dry) (V) WGR	Wheat Bread (½ piece or 14g) (V) WGR	Wheat Bread (½ piece or 14g.) (V) WGR
	Meat / Meat Alternative	1 oz	1 ½ oz	Pinto Beans (V)		Chicken	Lentils (V)	Hard Boiled Eggs
	*Substitute*				*Pinto Beans* (V)	*Garbanzo Beans* (V)		*Hummus* (V)
Snack	Water			Water	Water	Water	Water	Water
	Fruit / Veggies	½ cup	½ cup			Peaches	Orange Wedges	Mixed Fruit Salad
	Grain	½ oz	½ oz	Wheat Thins (6 each or 11g) (V) WGR	Seasoned Bagel (¼ piece / 14g) (V) WGR	Graham Crackers (1 each / 14 g.) (V) WGR	Pretzel Twists (7 each / 11 g.) (V) WGR	Rice Cakes (1 each / 14g.) (V) WGR
	Meat/Meat Alternative	½ oz	½ oz	Hummus (V)	Ranch Dip (whipped cottage cheese) (1/8 c. / ½ oz.)			
	*Substitute*				*Applesauce* (V)			

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WGR is Whole grain rich

ASI Children's Center Menu Spring 2026  
February 16, March 16, April 13, May 11

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	Orange Wedges	Pineapple	Bananas	Peaches	Pears
	Grain/Meat/Meat Alternate	½ oz	½ oz	Cheerios (½ c. or 14g.) (V) WGR	Cottage Cheese (1oz / 1/8c. = ½ oz. ma)	Pancakes (1 each / 14g) WGR	Oatmeal (¼ c. cooked / 14g dry) (V) WGR	Snack Bread (1 piece / 28g) WGR
	*Substitute* (V)				*Bagel* (¼ piece / 14g) (V) WGR	*Bagel* (¼ piece / 14g) (V) WGR		*Cheerios* (V) WGR
Lunch	Milk	½ cup	¾ cup	<u>Lemon Chickpeas &amp; Rotini</u> (V) Unflavored Milk	<u>Black Beans</u> (V) Unflavored Milk	<u>Pesto Chicken</u> <b>*NUT FREE*</b> Unflavored Milk	<u>Turkey Picadillo</u> Unflavored Milk	<u>Black Bean &amp; Corn Salad</u> (V) Unflavored Milk
	Fruit	⅞ cup	¼ cup	Apple Slices	Orange Wedges	Cantaloupe	Honeydew	Apple Slices
	Vegetable	⅞ cup	¼ cup	Sweet Peas	Stewed Tomatoes	Roasted Cauliflower	Tomatoes, Marinara, Bell Peppers	Corn
	Grain	½ oz	½ oz	Rotini (¼ c. cook / 14g. dry) WGR	6" Tortilla (½ piece / 14g) (V) WGR	Brown Rice (¼ c. cooked / 14g. dry) (V) WGR	Cornbread (1 piece / 17g) WGR	Rotini (¼ c. cook / 14g dry) (V) WGR
	Meat / Meat Alternative	1 oz	1 ½ oz	Garbanzo Beans (V)	Black Beans (V)	Chicken	Ground Turkey	Black Beans
	*Substitute*					*Garbanzo Beans* (V)	*Black Beans* (V)	
Snack	Water			Water	Water	Water	Water	Water
	Fruit / Veggie	½ cup	½ cup	Bananas	Peaches		Dried Cranberries	Mandarin Segments
	Grain	½ oz	½ oz	Snack Bread (1 piece / 28g) WGR	Baked Oatmeal (¼ c. baked / 14g) (V) WGR	Graham Crackers (1 each / 14g) (V) WGR	"Trail Mix" (½ c. / 14g) (V) WGR	Rice Cake (1 ½ / 11g) (V) WGR
	Meat/Meat Alt.  *Substitute*	½ oz	½ oz.	  *Bagel*		Vanilla Yogurt  *Applesauce*		

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ASI Children's Center Menu Spring 2026  
February 16, March 16, April 13, May 11

Cycle 4

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