

ASI Children's Center Winter Spring 2026  
January 26, February 23, March 23 (SB), April 20, May 18

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	Apple Slices	Bananas	Orange Wedges	Peaches
	Grain/Meat/meat alternate	½ oz	½ oz	Cheerios (½ cup / 14g) (V) WGR	Snack Bread (1 piece / 28g) WGR	Vanilla Yogurt (¼ c. / 2 oz.)	Bagel (¼ or 14 grams) (V) WGR	Pancakes (1 each / 17g) WGR
	*Substitute*				*Bagel* (¼ piece / 14g.) (V) WGR	*Cheerios* (½ c. / 14g) (V) WGR		*Bagel* (¼ or 14g) (V) WGR
Lunch				<u>Pintos &amp; Cheese</u>	<u>Turkey Marinara &amp; Rotini</u>	<u>Lentils</u>	<u>Turkey Picadillo</u>	<u>Egg Salad Sandwich</u>
	Milk	½ cup	¾ cup	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
	Fruit	⅛ cup	¼ cup	Apples	Bananas	Honeydew	Cantaloupe	Orange Wedges
	Vegetable	⅛ cup	¼ cup	Corn	Roasted Broccoli	Carrots & Tomatoes	Tomato, Marinara & Bell Peppers	Steamed Carrots
	Grain	½ oz	½ oz	6" Tortilla (½ piece / 14 g) WGR	Rotini (¼ c. cook /14g. dry) WGR	Wheat Bread (½ piece / 14g) (V) WGR	Corn Bread (1 piece / 17g) WGR	Wheat Bread (½ piece / 14g) (V) WGR
Meat / Meat Alternative	1 oz	1 ½ oz	Pinto Beans (V)	Ground Turkey	Lentils (V)	Ground Turkey	Hard Boiled Eggs	
	*Substitute*				*Pinto Beans* (V)		*Lentils* (V)	*Hummus* (V)
Snack	Water			Water	Water	Water	Water	Water
	Fruit/Veggie	½ cup	½ cup	Applesauce		Apple Slices	Carrot Sticks (Bambini – STEAMED)	Mixed Fruit Salad
	Grain	½ oz	½ oz	Graham Crackers (1 each / 14 g.) (V) WGR	Seasoned Bagel (¼ or 14g) (V) WGR	Wheat Thins (6 each / 11g) (V) WGR		Pretzel Twists (7 each or 11 grams) (V) WGR
	Meat / Meat alternate	½ oz	½ oz		Ranch Dip (whipped cottage cheese) (1/8 c / ½ oz)		Ranch Dip (whipped cottage cheese) (1/8 c. / ½ oz.)	
	*Substitute*				*Applesauce* (V)		*Applesauce* (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 Winter Spring 2026

January 26, February 23, March 23 (SB), April 20, May 18

Cycle 1

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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	½ cup	¾ cup	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
	Fruit/Veggie	¼ cup	½ cup	Orange Wedges	Pineapple	Peaches	Mango (Smoothie Bowl)	Bananas
	Grain/Meat/Meat Alternate	½ oz	½ oz	Cheerios (½ cup or 14g) (V) WGR	Cottage Cheese (1oz / 1/8c. = ½ oz ma)	Oatmeal (¼ c. cook / 14g dry) (V) WGR	Vanilla Yogurt (¼ c / 2oz)	Pancakes (1 each / 17g) WGR
	*Substitute*				*Bagel* (¼ piece or 14g) (V) WGR		*Bagel* (¼ piece or 14g) (V) WGR	*Cheerios* (½ c. or 14g) (V) WGR
Lunch	Milk	½ cup	¾ cup	<u>Lemon Chickpeas &amp; Rotini (V)</u> Unflavored Milk	<u>Teriyaki Chicken</u> Unflavored Milk	<u>Minestrone Soup (V)</u> Unflavored Milk	<u>Pesto Chicken (NUT FREE)</u> Unflavored Milk	<u>Black Bean &amp; Corn Salad</u> Unflavored Milk
	Fruit	⅛ cup	¼ cup	Apple Slices	Mandarin Segments	Bananas	Cantaloupe	Orange Wedges
	Vegetables	⅛ cup	¼ cup	Peas	Roasted Broccoli	Zucchini, Tomato, Carrot	Sweet Peas	Corn
	Grain	½ oz	½ oz	Rotini (¼ cup cook / 14g dry) (V) WGR	Brown Rice (¼ c. cooked / 14g dry) (V) WGR	Rotini (¼ cup cook / 14g dry) WGR	Wheat Bread (½ piece / 14g) (V) WGR	Rotini (¼ c. cook / 14g dry) (V) WGR
	Meat / Meat Alternative	1 oz	1 ½ oz	Chickpeas		Kidney Beans	Chicken	Black Beans
	*Substitute*				*Lemon Chickpeas* (V)		*Minestrone Soup* (V)	
Snack	Water			Water	Water	Water	Water	Water
	Fruit/Veggie	½ cup	½ cup	Pears	Peaches	Dried Cranberries	Orange Wedges	Bananas
	Grain	½ oz	½ oz	Snack Bread (1 piece / 28g) WGR	Baked Oatmeal (¼ c. cooked / 14g dry) (V) WGR	"Trail Mix" (½ c. / 14g) (V) WGR	Rice Cakes (1 each / 14g) (V) WGR	Graham Crackers (1 each / 14g) (V) WGR
	Meat / Meat Alternate	½ oz	½ oz					
	*Substitute*			*Rice Cake* (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	Milk	½ cup	¾ cup	<u>Pintos &amp; Cheese</u> Unflavored Milk	<u>Turkey Marinara &amp; Rotini</u> Unflavored Milk	<u>Chicken Noodle Soup</u> Unflavored Milk	<u>Lentils</u> Unflavored Milk	<u>Egg Salad Sandwich</u> Unflavored Milk
	Fruit	⅛ cup	¼ cup	Cantaloupe	Apple Slices	Orange Wedges	Honeydew	Pears
	Vegetable	⅛ 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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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	⅛ cup	¼ cup	Apple Slices	Orange Wedges	Cantaloupe	Honeydew	Apple Slices
	Vegetable	⅛ 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.	½ oz	½ oz.			Vanilla Yogurt		
	*Substitute*			*Bagel*		*Applesauce*		

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February 16, March 16, April 13, May 11

Cycle 4

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