

ASI Children's Center Summer Menu 2024
June 3, July1, July 29

Cycle 1

MEAL	COMPONENTS	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Milk Fruit/Veggie Grain/Meat/meat alternate	½ cup whole milk ¼ cup ½ oz	¾ cup 1% milk ½ cup ½ oz	Unflavored milk Peaches WGR Cheerios ½ cup	Unflavored milk Banana WGR Pancake ½ or 17 grams Vegan Bagel ¼ or 14 grams	Unflavored milk Banana WGR Baked Bread 1 piece or 14 grams Vegan Bagel ¼ or 14 grams	Unflavored milk Banana WGR French Toast ½ slice or 14 grams Vegan Cereal ½ cup	Unflavored milk Applesauce WGR Oatmeal cooked ¼ cup
Lunch & Supper	Milk Vegetable Fruit Grain Meat Meat Alternative	½ cup whole milk ⅛ cup ⅛ cup ½ oz 1 oz ¼ cup	¾ cup 1% milk ¼ cup ¼ cup ½ oz 1 ½ oz 3/8 cup	Black Beans & Brown Rice Unflavored milk Green Bean Oranges WGR brown rice ¼ cup cooked = 14 grams dry Black bean	Sesame Chicken & Pasta Unflavored milk Broccoli Cantaloupe WGR Pasta ¼ cup cooked = 14 grams dry chicken Vegan Black Bean	Lentil Soup Unflavored milk Peas Apples WGR Bread ½ slice or 14 grams Lentils	Southwest Pasta Salad Unflavored milk Cucumber Watermelon WGR Rotini Pasta ¼ cup cooked – 14 grams dry South west flavored Garbanzo bean & black Bean Extras 1/4 teaspoon Salad dressing	Turkey & Cheese Sandwich Unflavored milk Carrots Honeydew WGR Bread ½ slice or 14 grams Turkey & Cheese Vegan Garbanzo bean
Snack	Milk Vegetable/Fruit Grain/ Meat/Meat Alternative	½ cup whole milk ½ cup ½ oz ½ oz	½ cup 1% milk ½ cup ½ oz ½ oz	Water Watermelon WGR Rice Cake 11/2 each or 11 grams	Water Honeydew Yogurt ¼ cup Vegan WGR Cereal ½ cup	Water Peaches Cottage Cheese ¼ cup Vegan WGR Cracker 6 each or 11 grams	Water Cantaloupe WGR Baked Bread 14 grams vegan WGR Bagel ¼ or 14 grams	Water Mixed fruit Salad WGR Bagel ¼ or 14 grams

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

WGR is Whole grain rich

ASI Children's Center Summer Menu 2024
June 10, July 8, August 5

Cycle 2

MEAL	COMPONENTS	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Milk Fruit/Veggie Grain/Meat/meat alternate	½ cup whole milk ¼ cup ½ oz	¾ cup 1% milk ½ cup ½ oz	Unflavored milk Pears WGR Cheerios ½ cup	Unflavored milk Banana WGR Bagel ¼ slice or 14 grams	Unflavored milk Banana WGR Baked Bread 1 piece or 14 grams Vegan Bagel ¼ or 14 grams	Unflavored milk Peaches Cottage cheese Vegan Bagel ¼ or 14 grams	Unflavored milk Applesauce WGR Oatmeal cooked ¼ cup
Lunch & Supper	Milk Vegetable Fruit Grain Meat Meat Alternative	½ cup whole milk ⅛ cup ⅛ cup ½ oz 1 oz ¼ cup	¾ cup 1% milk ¼ cup ¼ cup ½ oz 1 ½ oz 3/8 cup	Egg Fried Rice Unflavored milk Green peas Melon WGR brown rice ¼ cup cooked = 14 grams dry Egg Vegan Garbanzo bean	Black Beans Unflavored milk Green Bean Pears WGR Corn Bread 1 piece or 14 grams Black Bean	Southwest Pasta Salad Unflavored milk Corn Cantaloupe WGR Pasta ¼ cup or 14 grams Black Bean Garbanzo Bean	Turkey Spaghetti Unflavored milk Zucchini Cantaloupe WGR Spaghetti Pasta ¼ cup cooked = 14 grams dry Ground Turkey Vegan Black Bean	Egg Salad Sandwich Unflavored milk Carrots Apples WGR Bread ½ slice or 14 grams Hardboiled Egg Vegan Garbanzo Bean Extras ¼ teaspoon Mayonnaise
Snack	Milk Vegetable/Fruit Grain/ Meat/Meat Alternative	½ cup whole milk ½ cup ½ oz ½ oz	½ cup 1% milk ½ cup ½ oz ½ oz	Water Orange Graham Cracker 1 each or 14 grams	Water Apple Yogurt ¼ cup Vegan WGR rice cake	Water Cucumber WGR Rice Cake 11/2 or 11 grams	Water Apples WGR Baked Bread 1 piece or 14 grams vegan bagel ¼ or 14 grams	Water Fruit salad WGR WGR Cracker 6 each or 11 grams

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ASI Children's Center Summer Menu 2024
June 17 July 15, August 12

Cycle 3

MEAL	COMPONENTS	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Milk Fruit/Veggie Grain/Meat/meat alternate	½ cup whole milk ¼ cup ½ oz	¾ cup 1% milk ½ cup ½ oz	Unflavored milk Peaches WGR Cheerios ½ cup	Unflavored milk Banana WGR French Toast ½ slice bread or 14 grams Vegan bagel ¼ or 14 grams	Unflavored milk Banana WGR Baked Bread 1 piece or 14 grams Vegan Cereal ½ cup	Unflavored milk Banana WGR Bagel ¼ or 14 grams	Unflavored milk Applesauce WGR Oatmeal cooked ¼ cup
Lunch & Supper	Milk Vegetable Fruit Grain Meat Meat Alternative	½ cup whole milk ⅛ cup ⅛ cup ½ oz 1 oz ¼ cup	¾ cup 1% milk ¼ cup ¼ cup ½ oz 1 ½ oz ⅜ cup	Chicken Pasta Salad Unflavored milk Cucumber Honeydew WGR Pasta ¼ cup or 14 grams Chicken Vegan Black Bean Dressing ¼ teaspoon	3 Bean Chili Unflavored milk Zucchini Watermelon WGR Corn Bread 1 piece or 14 grams Black, Pinto, Kidney Bean Chili	Turkey Spaghetti Unflavored milk Corn Cantaloupe WGR Pasta ¼ cup cooked = 14 grams dry Ground Turkey Vegan Beans and Rice	Red beans & Brown Rice Unflavored milk Broccoli Pears WGR Brown Rice ¼ cup cooked = 14 gams dry Red Bean	Turkey & Cheese Wrap Unflavored milk Cucumber Apple WGR Tortilla 1/6 or 14 grams Turkey & Cheese Vegan Garbanzo Bean
Snack	Milk Vegetable/Fruit Grain/ Meat/Meat Alternative	½ cup whole milk ½ cup ½ oz ½ oz	½ cup 1% milk ½ cup ½ oz ½ oz	Water WGR Cracker 6 each or 11 grams Garbanzo Bean 1/8 cup	Water Pears WGR Rice cake 1 1/2 or 11 grams	Water Honeydew Yogurt ¼ cup Vegan WGR Crackers 6 each or 11 grams	Water Apple WGR Baked Bread 1 piece or 14 grams Vegan WGR Bagel ¼ or 14 grams	Water Raisin ¼ cup Trail mix (WGR Cereal) ½ cup Water Cantaloupe

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ASI Children's Center Summer Menu 2024
June 24, July 22, August 19

Cycle 4

MEAL	COMPONENTS	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Milk Fruit/Veggie Grain/Meat/meat alternate	½ cup whole milk ¼ cup ½ oz	¾ cup 1% milk ½ cup ½ oz	Unflavored milk Pears WGR Cheerios ½ cup	Unflavored milk Banana Yogurt ¼ cup Vegan Cereal ½ cup	Unflavored milk Banana WGR Pancake ½ or 17 grams Vegan Cereal ½ cup	Unflavored milk Banana WGR French Toast ½ slice Bread Vegan Bagel ¼ or 14 grams	Unflavored milk Applesauce WGR Oatmeal cooked ¼ cup
Lunch & Supper	Milk Vegetable Fruit Grain Meat Meat Alternative	½ cup whole milk ⅛ cup ⅛ cup ½ oz 1 oz ¼ cup	¾ cup 1% milk ¼ cup ¼ cup ½ oz 1 ½ oz 3/8 cup	Turkey Spaghetti Unflavored milk Tomato Sauce Honeydew WGR Spaghetti Pasta ¼ cup cooked = 14 grams dry Ground Turkey Vegan Chili Bean	Chicken Salad Roll up Unflavored milk Cucumber Orange WGR Tortilla 1/6 or 14 grams Chicken Vegan Garbanzo Beans Extras 1 teaspoon Salad dressing	Lentil Unflavored milk Broccoli Cantaloupe WGR Bread ½ slice or 14 grams Lentils	Bean Burrito Unflavored milk Corn Pears WGR Tortilla 1/6 or 14 grams Refried Pinto Beans	Egg Salad Sandwich Unflavored milk Carrots Watermelon WGR Bread ½ slice or 14 grams Hardboiled Egg Vegan Garbanzo beans Extras 1/4 teaspoon Mayonnaise
Snack	Milk Vegetable/Fruit Grain/ Meat/Meat Alternative	½ cup whole milk ½ cup ½ oz ½ oz	½ cup 1% milk ½ cup ½ oz ½ oz	Water Watermelon Graham Cracker 1 each or 14 grams	Water Apple WGR Bagel 1/4 or 14 grams	Water Peaches Cottage Cheese ¼ cup Vegan WGR cracker 6 each or 11 grams	Water Raisin Trail mix (WGR Cereal) ½ cup=1/2 oz	Water Fruit Salad WGR Rice cake 1½ or 11 grams

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