

ASI Children's Center Summer Menu 2023
 May 22, June 19, July 17, August 14

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 Cheerios ½ cup	Unflavored Milk Banana Pancake ½ or 17 grams	Unflavored Milk Banana Baked Bread 1 piece or 14 grams Vegan Bagel ¼ or 14 grams	Unflavored Milk Banana French Toast ½ slice or 14 grams Vegan Bagel ¼ or 14 grams	Unflavored Milk Applesauce 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 Salad 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 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 Black and 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 Rice Cake 11/2 each or 11 grams	Water Honeydew WGR Bagel ¼ or 14 grams	Water Peaches Cottage Cheese ¼ cup Vegan Cracker 6 each or 11 grams	Water Cantaloupe Baked Bread 1 piece or 14 grams Vegan Bagel ¼ or 14 grams	Water Mixed Fruit Salad Yogurt ¼ cup Vegan Rice Cake 1 ½ or 11 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 2023
 May 29, June 26, July 24, July 21

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 Cheerios ½ cup	Unflavored Milk Banana Bagel ¼ slice or 14 grams	Unflavored Milk Banana Baked Bread 1 piece or 14 grams Vegan Bagel ¼ or 14 grams	Unflavored Milk Peaches Cottage cheese ¼ cup Vegan bagel ¼ or 14 grams	Unflavored Milk Applesauce Oatmeal cooked ¼ cup
Lunch & Supper	Milk Vegetable Fruit Grain Meat Meat Alternative	½ cup Whole Milk ⅓ cup ⅓ cup ½ oz 1 oz ¼ cup	¾ cup 1% Milk ¼ cup ¼ cup ½ oz 1 ½ oz ¾ cup	Egg Fried Rice Unflavored Milk Green peas Apple WGR Brown Rice ¼ cup cooked = 14 grams dry Egg Vegan Garbanzo Bean	Black Beans & Cornbread Unflavored Milk Green Bean Honeydew WGR Corn Bread 1 piece or 14 grams Black Bean	Southwest Pasta Salad Unflavored Milk Corn Watermelon WGR Pasta ¼ cup = 14 grams dry 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 Honeydew WGR Bread ½ slice or 14 grams Hardboiled Egg Salad Extras ¼ teaspoon Mayonnaise Vegan Black 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 Oranges Graham Cracker 1 each or 14 grams	Water Apple Yogurt ¼ cup Vegan Rice cake 1 ½ or 11 grams	Water Cucumber WGR Rice Cake 11/2 or 11 grams	Water Apple WGR Baked Bread 1 piece or 14 grams Vegan Bagel ¼ or 14 grams	Water Mixed Fruit Salad Yogurt ½ cup Vegan Rice Cake 1 ½ or 11 grams

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ASI Children's Center Summer Menu 2023
June 5, July 3, July 31

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 Cheerios ½ cup	Unflavored Milk Banana French Toast ½ slice bread or 14 grams Vegan Bagel ¼ or 14 grams	Unflavored Milk Banana Baked Bread 1 piece or 14 grams Vegan Bagel ¼ or 14 grams	Unflavored Milk Banana Bagel ¼ or 14 grams	Unflavored Milk Applesauce Oatmeal cooked ¼ cup
Lunch & Super	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	Chicken Sandwich Unflavored Milk Cucumber Cantaloupe WGR Bread ½ slice or 14 grams Chicken Vegan Garbanzo Bean	3 Bean Chili Unflavored Milk Zucchini Watermelon WGR Corn Bread 1 piece or 14 grams Black, Pinto, Kidney Bean Chili	Spanish Rice with Ground Turkey Unflavored Milk Corn Cantaloupe WGR Brown rice ¼ cup cooked = 14 grams dry Ground Turkey Vegan Beans and Rice	Pintos & Pasta Unflavored Milk Broccoli Apple WGR Rotini Pasta ¼ cup cooked = 14 gams dry Pinto Bean	Turkey & Cheese Wrap Unflavored Milk Carrots Honeydew WGR Tortilla 1/6 or 14 grams Turkey & Cheese Vegan Pinto 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 or 11 grams Garbanzo Bean 1/8 cup	Water Honeydew WGR Rice Cake 11/2 or 11 grams	Water Raisin ¼ cup Trail Mix (WRG cereal) ½ cup	Water Watermelon Baked Bread 1 piece or 14 grams Vegan Bagel ¼ or 14 grams	Water Mixed fruit Salad Yogurt ¼ cup Vegan Crackers 6 each or 11 grams

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ASI Children's Center Summer Menu 2023
June 12, July 10, August 7

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 Cheerios ½ cup	Unflavored Milk Banana Yogurt ¼ cup Vegan Bagel ¼ or 14 grams	Unflavored Milk Banana Pancake ½ or 17 grams Vegan Cheerios ½ cup	Unflavored Milk Banana French Toast ½ slice Bread Vegan Bagel ¼ or 14 grams	Unflavored Milk Applesauce 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 Green Bean Honeydew WGR Spaghetti Pasta ¼ cup cooked = 14 grams dry Ground Turkey Vegan Chili Bean	Chicken salad rollup Unflavored Milk Cucumbers Oranges WGR Tortilla 1/6 or 14 grams Chicken Vegan Garbanzo Beans	Lentil Soup Unflavored Milk Broccoli Cantaloupe WGR Bread ½ slice or 14 grams Lentils	Bean Burrito Unflavored Milk Corn Honeydew WGR Tortilla 1/6 or 14 grams Pinto Beans	Egg Salad Sandwich Unflavored Milk Carrots Watermelon WGR Bread ½ slice or 14 grams Hardboiled Egg Salad Extras 1/4 teaspoon Mayonnaise Vegan Refried Beans
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=14 grams	Water Fruit Salad WGR Rice Cake 1½ or 11 grams

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