

ASI Children's Center Summer 2026

May 25, June 22, July 1, August 27

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	Bananas	Peaches	Applesauce	Bananas
	Grain/Meat/meat alternate	½ oz	½ oz	Cheerios (½ cup / 14g) (V) WGR	Banana Bread (1 piece / 28g) WGR	Vanilla Yogurt (¼ c. / 2 oz.)	Oatmeal (¼ c. cooked / 14 grams) (V) WGR	Banana 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; Penne Pasta</u>	<u>Lentils</u>	<u>Teriyaki Chicken</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	Watermelon	Cantaloupe	Honeydew	Orange Wedges	Apple Slices
	Vegetable	⅛ cup	¼ cup	Corn	Zucchini	Carrots & Tomatoes	Sweet Peas	Baby Carrots
	Grain	½ oz	½ oz	6" Tortilla (½ piece / 14g) WGR (V) WGR	Penne Pasta (¼ c. cook / 14g. dry) WGR	Wheat Bread (½ piece / 14g) (V) WGR	Brown Rice (¼ c. cooked / 14g dry) (V) WGR	Wheat Bread (½ piece / 14g) (V) WGR
Meat / Meat Alternative	1 oz	1 ½ oz	Pinto Beans (V)	Ground Turkey	Lentils (V)	Chicken	Hard Boiled Eggs	
*Substitute*				*Pinto Beans* (V)		*Kidney Beans* (V)	*Pinto Beans* (V)	
Snack	Water			Water	Water	Water	Water	Water
	Fruit/Veggie	½ cup	½ cup	Applesauce	Baby Carrots (Bambini – steamed)	Apple Slices	Cucumbers	Fruit Salad
	Grain	½ oz	½ oz	Graham Crackers (1 each / 14 g.) (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)	

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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 2026

May 25, June 22, July 1, August 27

Cycle 1

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ASI Children's Center Summer 2026

June 1, June 29, July 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 Kix (½ cup or 14g) (V) WGR	Unflavored Milk Pears Bagel (¼ piece or 14g) (V) WGR	Unflavored Milk Peaches Oatmeal (¼ c. cook / 14g dry) (V) WGR	Unflavored Milk Apple Slices Vanilla Yogurt (¼ c / 2oz) *Bagel* (¼ piece or 14g) (V) WGR	Unflavored Milk Bananas Banana Pancakes (1 each / 17g) WGR *Cheerios* (½ c. or 14g) (V) WGR
Lunch	Milk Fruit Vegetables 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>Chickpea Curry</u> Unflavored Milk Apple Slices Sweet Peas 6" Tortilla (½ piece / 14g) WGR (V) WGR Chickpeas	<u>Chicken Fried Rice</u> Unflavored Milk Orange Wedges Peas & Carrots Brown Rice (¼ c. cooked / 14g dry) (V) WGR Chicken	<u>Lemon Chickpeas &amp; Penne Pasta (V)</u> Unflavored Milk Honeydew Cucumbers Penne Pasta (¼ c. cook / 14g. dry) WGR Chickpeas	<u>Turkey &amp; Cheese Sandwich</u> Unflavored Milk Bananas Corn Wheat Bread (½ piece / 14g) WGR (V) WGR Turkey *Chickpea Curry* (V)	<u>Black Bean &amp; Corn Salad</u> Unflavored Milk Watermelon Corn Penne Pasta (¼ c. cook / 14g dry) (V) WGR Black Beans
Snack	Water Fruit/Veggie Grain Meat / Meat Alternate *Substitute*	½ cup ½ cup ½ oz ½ oz	½ cup ½ oz ½ oz	Water Bananas Vanilla Yogurt (¼ c. / 2 oz.) *Trail mix*	Water Cucumbers Wheat Thins (6 each / 11g) (V) WGR	Water Dried Cranberries "Trail Mix" (Cereal) (½ c. / 14g) (V) WGR	Water Watermelon Rice Cakes (1 each / 14g) (V) WGR	Water Fruit Salad Graham Crackers (1 each / 14g) (V) WGR

ASI Children's Center Summer 2026

June 8, July 6, August 3, 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	Bananas	Peaches	Applesauce	Bananas
	Grain/Meat/ Meat Alternative	½ oz	½ oz	Shredded Wheat (½ c. / 14g) (V) WGR	Banana Bread (1 piece / 28g.) WGR	Vanilla Yogurt (¼ c. / 2oz.)	Oatmeal (¼ c. / 14g) (V) WGR	Banana 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; Penne Pasta</u> Unflavored Milk	<u>Lentils</u> Unflavored Milk	<u>Teriyaki Chicken</u> Unflavored Milk	<u>Egg Salad Sandwich</u> Unflavored Milk
	Fruit	⅛ cup	¼ cup	Watermelon	Cantaloupe	Honeydew	Orange Wedges	Apple Slices
	Vegetable	⅛ cup	¼ cup	Corn	Sweet Peas	Carrots & Tomatoes	Sweet Peas	Baby Carrots
	Grain	½ oz	½ oz	6" Tortilla (½ piece / 14g) WGR (V) WGR	Penne Pasta (¼ c / 14g dry) (V) WGR	Wheat Bread (½ piece or 14g) (V) WGR	Brown Rice (¼ c. cooked / 14g dry) (V) WGR	Wheat Bread (½ piece or 14g.) (V) WGR
	Meat / Meat Alternative	1 oz	1 ½ oz	Pinto Beans (V)	Ground Turkey	Lentils (V)	Chicken	Hard Boiled Eggs
	*Substitute*				*Pintos*		*Kidney Beans* (V)	*Lentils* (V)
Snack	Water			Water	Water	Water	Water	Water
	Fruit / Veggies	½ cup	½ cup	Applesauce	Baby Carrots (Bambini – steamed)	Apple Slices	Cucumbers	Fruit Salad
	Grain	½ oz	½ oz	Graham Crackers (1 each / 14 g.) (V) WGR	Ranch Dip (whipped cottage cheese) (1/8 c. / ½ oz.)	Wheat Thins (6 each / 11g) (V) WGR	Ranch Dip (whipped cottage cheese) (1/8 c. / ½ oz.)	Pretzel Twists (7 each / 11g) (V) WGR
	Meat/Meat Alternative	½ oz	½ oz		*Applesauce* (V)		*Applesauce*	

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ASI Children's Center Summer 2026

June 15, July 13, August 10

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	Pears	Peaches	Mandarin Segments	Bananas
	Grain/Meat/Meat Alternate	½ oz	½ oz	Cheerios (½ c. or 14g.) (V) WGR	Bagels (¼ piece / 14g) (V) WGR	Oatmeal (¼ c. cooked / 14g dry) (V) WGR	Vanilla Yogurt (¼ c / 2oz)	Banana Pancakes (1 each / 17g) WGR
	*Substitute* (V)						*Bagel (V)	*Cheerios* (V)
Lunch				<u>Chickpea Curry</u>	<u>Chicken Fried Rice</u>	<u>Lemon Chickpeas &amp; Penne Pasta (V)</u>	<u>Turkey &amp; Cheese Sandwich</u>	<u>Black Bean &amp; Corn Salad (V)</u>
	Milk	½ cup	¾ cup	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
	Fruit	⅛ cup	¼ cup	Apple Slices	Orange Wedges	Honeydew	Bananas	Watermelon
	Vegetable	⅛ cup	¼ cup	Sweet Peas	Peas & Carrots	Cucumbers	Corn	Corn
	Grain	½ oz	½ oz	6" Tortilla (½ piece / 14g) WGR (V)	Brown Rice (¼ c. cooked / 14g dry) (V) WGR	Penne Pasta (¼ c. cook / 14g. dry) WGR	Wheat Bread (½ piece / 14g) WGR (V)	Penne Pasta (¼ c. cook / 14g dry) (V) WGR
	Meat / Meat Alternative	1 oz	1 ½ oz	Chickpeas	Chicken	Chickpeas	Turkey	Black Beans
	*Substitute*						*Chickpea Curry* (V)	
Snack	Water			Water	Water	Water	Water	Water
	Fruit / Veggie	½ cup	½ cup	Bananas	Cucumbers	Dried Cranberries	Watermelon	Fruit Salad
	Grain	½ oz	½ oz		Wheat Thins (6 each / 11g) (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 Alt.	½ oz	½ oz.	Vanilla Yogurt (¼ c. / 2oz.)				

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Cycle 4

	*Substitute*			*Bagel* (V)				
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