

Associated Students Children's Center
 Summer 2021 Menu 3-5 years
Cycle 1
May 31, June 28, July 26

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	(WGR)Cereal ½ cup Peaches ½ cup 1% milk 6 oz.	(WGR)Oatmeal ¼ cup Banana ½ 1% milk 6 oz.	(WGR)Pancake ½ or 14 grams Applesauce ½ cup 1% milk 6 oz.	(WGR)French Toast ½ slice or 14 grams Banana ½ cup 1% milk 6 oz.	(WGR)Baked Bread 1 slice or 28 grams Banana ½ cup 1% milk 6 oz.
Lunch	Black bean 3/8 cup & (WGR) Brown Rice ¼ cup Green Bean ¼ cup Oranges ¼ cup 1% milk 6 oz.	Asian Chicken 1 1/2 oz. (WGR) Tortilla ½ oz. Broccoli ¼ cup Cantaloupe 1/4 cup 1% milk 6 oz. Extras 1 tsp salad dressing	Lentil Soup 3/8 cup (WGR)Bread ½ oz. Peas 1/4 cup Apples 1/4 cup 1% milk 6 oz.	South Western Beans 3/8 cup (WGR) Pasta ¼ cup Cucumber 1/4 cup Watermelon 1/4 cup 1% milk 6 oz. Extras 1 tsp. salad dressing	(WGR)Bread ½ oz. Turkey 1 oz. & Cheese ½ oz. Carrots 1/4 cup Honeydew 1/4 cup 1% milk 6 oz.
Snack	Graham Crackers 1 cracker Melon ½ cup Water	(WGR)Bagels ¼ bagels or 14 grams Apple ½ cup Water	Cottage Cheese ¼ cup & Cucumber 1/2 cup Water	(WGR)Baked Bread 1 piece or 28 grams Cantaloupe ½ cup Water	Mixed Fruit Salad ½ cup 1% milk 4 oz.

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 Or Call 1-800-795-3272 or 202-720-6382. USDA is an equal opportunity provider and employer.

We do not serve peanut butter or any other nut products
 (WGR) Whole grain rich

**The Children's Center Serves Whole Milk 1% Milk and Soy Milk.

Associated Students Children's Center
 Summer 2021 Menu 3 – 5 years
Cycle 2
 June 7, July 5, August 12

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	(WGR)Cereal ½ cup Pears 1/2 cup 1% milk 6 oz.	(WGR)Oatmeal ¼ cup Banana 1/2 cup 1% milk 6 oz.	(WGR)Bagel ¼ piece Banana ½ cup 1% milk 6 oz.	Cottage cheese ¼ cup Peaches ½ cup 1% milk 6 oz.	(WGR) Baked Bread 1 piece or 28 grams Apples ½ cup 1% milk 6 oz.
Lunch	Egg Fried 1 ½ oz. (WGR) Brown rice ¼ cup Peas ¼ cup Melon ¼ cup 1% milk 6 oz.	Black bean patty 3/8 cup (WGR) biscuit ½ oz. Green bean 1/4 cup Pears 1/4 CUP 1% milk 6 oz.	(WGR) Tortilla ½ oz. Pinto Bean 3/8 cup Corn ¼ cup Cantaloupe ¼ cup 1% milk 6 oz.	Ground Turkey 11/2 oz. (WGR) Penne Pasta ¼ cup Tomato sauce ¼ cup Honeydew ¼ cup 1% milk 6 oz.	(WGR) Tortilla ½ Turkey 1/12 oz. Carrots ¼ cup Apples ¼ cup 1% milk 6 oz. Extra 1 tsp mayo
Snack	(WGR) Graham Crackers 1 cracker Oranges ½ cup Water.	Yogurt 2 oz. Apple ½ cup Water.	(WGR) crackers 6 each Cucumber ½ cup Water	(WGR) Baked Bread 1 piece or 28 oz. Apples ½ cup Water	Mixed Fruit Salad ½ cup 1% milk 4 oz.

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Associated Students Children's Center
 Summer 2021 Menu 3 – 5 years
Cycle 3
June 14, July 12, August 9

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	(WGR) Cereal ½ cup Peaches ½ cup 1% milk 6 oz.	(WGR) French Toast ½ slice or 14 grams Banana ½ cup 1% milk 6 oz.	(WGR) Baked Bread 1 piece or 28 grams Banana ½ cup 1% milk 6 oz.	(WGR)Pancake ½ or 17 grams Applesauce ½ cup 1% milk 6 oz.	(WGR) Oatmeal ¼ cup Banana ½ cup 1% milk 6 oz.
Lunch	(WGR) bread ½ oz. Chicken Salad 1 1/2 oz. Carrots ¼ cup Melon ¼ cup 1% milk 6 oz. Extras 1 tsp mayo	3 Bean Chili 3/8 cup (WGR) Corn Bread 1 piece or 17 grams Zucchini ¼ cup Watermelon ¼ cup 1% milk 6 oz.	Ground Turkey 1 ½ oz. (WGR) Spanish Brown Rice ¼ cup Broccoli ¼ cup Cantaloupe ¼ cup 1% milk 6 oz.	(WGR) Pasta ¼ cup Cheese 1 ½ oz. Corn ¼ cup Pears ¼ cup 1% milk 6 oz.	(WGR) tortilla ½ oz. Turkey 1oz cheese 1/2 oz. Cucumber ¼ cup Apple ¼ cup 1% milk 6 oz.
Snack	Garbanzo Beans 1/8 cup (WGR)Crackers 6 each Water	(WGR) Baked Bread 1 piece or 28 oz. 1% milk 4 oz.	(WGR)Trail Mix whole grain cereal ½ cup Raisins ¼ cup Water	(WGR) Bagels ¼ piece or 14 grams Honeydew ½ cup Water	Yogurt ¼ cup Cantaloupe ½ cup Water

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Associated Students Children's Center
 Summer 2021 Menu 3 -5 years
Cycle 4
June 21, July 19, August 24

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	(WGR) Cereal ½ cup Pears ½ cup .1% milk 6 oz.	(WGR) Oatmeal 1/4 cup Banana ½ cup 1% milk 6 oz.	(WGR) Pancakes ½ or 17 grams Applesauce ½ cup 1% milk 6 oz.	(WGR) French Toast ½ slice or 14 grams Banana ½ cup 1% milk 6 oz.	Yogurt ¼ cup Banana ½ cup 1% milk 6 oz.
Lunch	Ground Turkey 1 1/2oz (WGR) Pasta ¼ cup Tomato sauce ¼ cup Watermelon ¼ cup 1% milk 6 oz.	(WGR) Tortilla ½ oz. Chicken 1 ½ oz. Cucumber ¼ cup orange ¼ cup 1% milk 6 oz. Extras 1 tsp salad dressing	Lentil Soup 3/8 cup (WGR) Bread ½ oz. Broccoli ¼ cup Cantaloupe ¼ cup 1% milk 6 oz.	Pinto Bean 3/8 cup (WGR) Tortilla ½ oz. Corn ¼ cup Pears ¼ cup 1% milk 6 oz.	Egg Salad 1 ½ oz. (WGR) bread ½ oz. Carrots ¼ cup Watermelon ¼ cup 1% milk 6 oz. Extras 1 tsp. mayo.
Snack	(WGR) Graham Cracker 1 cracker 1% milk 4 oz.	Yogurt ¼ cup Honeydew ½ cup Water	(WGR) Bagel ¼ or 14 grams Apple ½ cup Water	(WGR) Trail mix (whole grain cereal ½ cup and raisin ¼ cup) Water	(WGR) Tortilla Chips 6 Bean dip 1/8 cup Water

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