

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 1 1/2 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
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 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 ¼ 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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