

ASI Children's Center Menu Spring 2025  
May 19, June 16, July 14, August 11

Cycle 1

| MEAL      | COMPONENTS                   | AGES<br>1-2<br>(whole) | AGES<br>3-5<br>(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                                  | Bananas                                | Pineapple Tidbits                                   | Bananas                                     |
|           | Grain/Meat/meat<br>alternate | ½ oz                   | ½ oz                | WGR Cheerios (V)<br>(½ c or 14g)           | WGR Bagel (V)<br>(¼ or 14g)            | Breakfast Bread<br>(1 pc or 14g)       | Cottage Cheese                                      | WGR Oatmeal (V)<br>(¼ c. cooked or 14g dry) |
|           | (V) Substitute               |                        |                     |  |  | WGR Bagel (V)<br>(¼ or 14g)            | Rice Cake (V)<br>(1 ½ or 11g)                       |   |
| Lunch     |                              |                        |                     | <u>Teriyaki Chicken</u>                    | <u>Black Bean &amp; Corn<br/>Salad</u> | <u>Lentils</u>                         | <u>Turkey Picadillo</u>                             | <u>Turkey &amp; Cheese<br/>Sandwich</u>     |
|           | Milk                         | ½ cup                  | ¾ cup               | Unflavored Milk                            | Unflavored Milk                        | Unflavored Milk                        | Unflavored Milk                                     | Unflavored Milk                             |
|           | Fruit                        | ⅛ cup                  | ¼ cup               | Pineapple Tidbits                          | Watermelon                             | Apple Slices                           | Cantaloupe  | Bananas                                     |
|           | Vegetable                    | ⅛ cup                  | ¼ cup               | Green Beans                                | Corn                                   | Peas                                   | Corn  | Carrots                                     |
|           | Grain                        | ½ oz                   | ½ oz                | WGR Brown Rice<br>(¼ c cooked or 14g dry)  | WGR Rotini<br>(¼ c cooked or 14g dry)  | WGR Bread (V)<br>(½ slice or 14g)      | WGR Brown Rice<br>(¼ c. cooked or ½ oz)             | WGR Bread (V)<br>(½ slice or 14g)           |
|           | Meat                         | 1 oz                   | 1 ½ oz              | Teriyaki Chicken                           |  |  | Ground Turkey                                       | Turkey                                      |
|           | Meat Alternate               | ¼ cup                  | 3/8 cup             | Garbanzo Beans (V)                         | Black Beans (V)                        | Lentils (V)                            | Black Beans (V)                                     | Hummus (V)                                  |
| Snack     | Water                        |                        |                     | Water                                      | Water                                  | Water                                  | Water   | Water                                       |
|           | Fruit/Veggie                 | ½ cup                  | ½ cup               | Strawberry Puree<br><b>*SNACK PORTION*</b> | Dried Cranberries                      | Orange Wedges                          | Carrots Sticks<br>(Steamed Carrots)<br>(B1, B2, B3) | Watermelon                                  |
|           | Grain                        | ½ oz                   | ½ oz                | Graham Crackers (V)<br>(1 each or 14g)     | Cereal Trail Mix (V)<br>(½ c or 14g)   | WGR Wheat Thins (V)<br>(6 each or 11g) |   | WGR Rice Cake (V)<br>(1 ½ or 14g)           |
|           | Meat / Meat<br>Alternate     | ½ oz                   | ½ oz                |  |  |  | Hummus (V)<br><b>*SNACK PORTION*</b>                |   |
|           | (V) Substitute               |                        |                     |  |  |  |   |   |

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USDA Director Office of civil rights 1400 Independence avenue SW> Washington, D.C 20205-9410 or call 1-800-795-3272 or 202-720-6382. USDA is an equal opportunity provider a employer.

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

WGR is Whole grain rich

ASI Children's Center Menu Summer 2025  
May 26, June 2, July 21, August 18

Cycle 2

| MEAL      | COMPONENTS                                   | AGES<br>1-2<br>(whole) | AGES<br>3-5<br>(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   | Pineapple   | Strawberry Puree<br><b>*BREAKFAST PORTION*</b> | Peaches                                | Applesauce  |
|           | Grain/Meat/Meat<br>Alternative               | ½ oz                   | ½ oz                | WGR Cheerios (V)<br>(½ cup or 14g)                              | WGR Breakfast<br>Bread<br>(¼ piece or 28g.)<br>WGR Bagel (V)<br>(¼ piece or 14g.) | Vanilla Yogurt                                 | WGR Mini Waffles<br>(17g)              | WGR Oatmeal (V)<br>(¼ cup cook or 14g dry)                      |
|           | (V) Substitute                               |                        |                     |   |   | Rice Cake (V)<br>(1 ½ pieces or 11g.)          | WGR Bagel (V)<br>(¼ piece or 14g.)     |   |
| Lunch     |  |                        |                     | <u>Turkey Fried Rice</u>  | <u>Rotini &amp; Turkey<br/>Marinara</u>   | <u>Chickpeas &amp; Tomato<br/>(V)</u>          | <u>Pintos &amp; Cheese</u>             | <u>Charcuterie<br/>(Hummus &amp; Pita) (V)</u>                  |
|           | Milk   | ½ cup                  | ¾ cup               | Unflavored Milk   | Unflavored Milk   | Unflavored Milk                                | Unflavored Milk                        | Unflavored Milk   |
|           | Fruit  | ⅛ cup                  | ¼ cup               | Honeydew  | Watermelon  | Apple Slices                                   | Orange Wedges                          | Apple Slices  |
|           | Vegetables                                   | ⅛ cup                  | ¼ cup               | Peas  | Roasted Cauliflower   | Tomatoes                                       | Corn                                   | Cucumbers   |
|           | Grain  | ½ oz                   | ½ oz                | WGR Brown Rice<br>(¼ cup cook or ½ oz.)                         | WGR Rotini<br>(¼ cup cook or 14g)   | EWF Pita Bread<br>(½ slice or ½ oz.)           | WGR Tortilla<br>(¼ piece or 14g)       | EWF Pita Bread<br>(¼ piece or 14g)                              |
|           | Meat   | 1 oz                   | 1 ½ oz              | Ground Turkey   | Ground Turkey   |  |  |   |
|           | Meat Alternative                             | ¼ cup                  | 3/8 cup             | Garbanzo Beans (V)  | Garbanzo Beans (V)  | Garbanzo Beans (V)                             | Pinto Beans (V)                        | Hummus<br><b>*LUNCH PORTION*</b>                                |
| Snack     | Water  |                        |                     | Water   | Water   | Water  | Water                                  | Water   |
|           | Fruit/Veggie                                 | ½ cup                  | ½ cup               | Strawnana Smoothie<br>Bowl                                      | Cucumbers   | EWF Pita Bread<br>(¼ piece or 14g)             | Watermelon                             | Fruit Salad   |
|           | Grain  | ½ oz                   | ½ oz                |   | WGR Rice Cake (V)<br>(1 ½ or ½ oz.)   |  | Graham Crackers (V)<br>(1 each or 14g) |   |
|           | Meat / Meat<br>Alternative<br>(V) Substitute | ½ oz                   | ½ oz                | Vanilla Yogurt<br><br>Graham Crackers (V)<br>(1 cracker or 14g) |   | Hummus (V)<br><b>*SNACK PORTION*</b>           |  | Cottage Cheese<br><br>WGR Rice Cake (V)<br>(1 ½ pieces or 11g.) |

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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 Menu Summer 2025  
June 2, June 30, July 28

Cycle 3

| MEAL      | COMPONENTS                     | AGES<br>1-2<br>(whole) | AGES<br>3-5<br>(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                              | Banana                                     | Strawberry Puree<br><b>*BREAKFAST PORTION*</b> | Pineapple                              | Applesauce                                    |
|           | Grain/Meat/Meat<br>Alternative | ½ oz                   | ½ oz                | WGR Cheerios (V)<br>(½ cup or ½ oz)        | WGR Waffle<br>(½ oz.)                      | Vanilla Yogurt                                 | Cottage Cheese                         | WGR Oatmeal (V)<br>(¼ cup)                    |
|           | (V) Substitute                 |                        |                     |  | WGR Bagel (V)<br>(¼ piece or ½ oz.)        | WGR Cheerios (V)<br>(½ cup or ½ oz.)           | WGR Cheerios (V)<br>(½ cup or ½ oz)    |   |
| Lunch     |                                |                        |                     | <u>Black Bean &amp; Corn<br/>Salad (V)</u> | <u>Curry Chicken &amp; Apple<br/>Salad</u> | <u>Lemon Marinated<br/>Garbanzo Beans (V)</u>  | <u>Teriyaki Chicken</u>                | <u>Turkey &amp; Cheese<br/>Sandwich</u>       |
|           | Milk                           | ½ cup                  | ¾ cup               | Unflavored Milk                            | Unflavored Milk                            | Unflavored Milk                                | Unflavored Milk                        | Unflavored Milk                               |
|           | Fruit                          | ⅓ cup                  | ¼ cup               | Watermelon                                 | Apples                                     | Honeydew                                       | Orange Wedges                          | Bananas                                       |
|           | Vegetable                      | ⅓ cup                  | ¼ cup               | Corn                                       | Peas                                       | Cucumbers                                      | Green Beans                            | Carrot Sticks<br><b>(STEAMED: B1, B2, B3)</b> |
|           | Grain                          | ½ oz                   | ½ oz                | WGR Rotini<br>(¼ cook / 14g dry)           | WGR Wheat Thins<br>(6 each or 11g.)        | EWf Pita Bread<br>(¼ piece or 14g.)            | WGR Brown Rice                         | WGR Bread<br>(½ slice or 14g)                 |
|           | Meat                           | 1 oz                   | 1 ½ oz              |  |  |  | Chicken                                | Turkey  |
|           | Meat Alternative               | ¼ cup                  | 3/8 cup             | Black Beans (V)                            | Garbanzo Beans (V)                         | Garbanzo Beans (V)                             | Black Beans (V)                        | Hummus (V)<br><b>(LUNCH PORTION)</b>          |
| Snack     | Water                          |                        |                     | Water                                      | Water                                      | Water  | Water                                  | Water   |
|           | Fruit / Veggies                | ½ cup                  | ½ cup               | Strawberry Puree<br><b>*SNACK PORTION*</b> | Peaches                                    | Dried Cranberries<br>(¼ cup)                   |  | Mixed fruit Salad                             |
|           | Grain                          | ½ oz                   | ½ oz                | Graham Crackers<br>(2 each or ½ oz.) (V)   |  | Trail Mix (V)<br>(WGR cereal) (½ cup)          | WGR Wheat Thins (V)<br>(6 each or 11g) | WGR Rice cake (V)<br>(1 ½ or ½ oz.)           |
|           | Meat / Meat<br>Alternative     | ½ oz                   | ½ oz                |  | Vanilla Yogurt                             |  | Hummus (V)<br><b>*SNACK PORTION*</b>   |   |
|           | (V) Substitute                 |                        |                     |  | WGR Bagel (V)<br>(¼ piece or ½ oz)         |  |  |   |

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ASI Children’s Center Menu Summer 2025  
June 2, June 30, July 28

Cycle 3

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ASI Children's Center Menu Summer 2025  
June 9, July 7, August 4

Cycle 4

| MEAL      | COMPONENTS                                       | AGES<br>1-2<br>(whole) | AGES<br>3-5<br>(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                               | Banana   | Applesauce                                 | Pineapple Tidbits                             | Applesauce                                   |
|           | Grain/Meat/<br>Meat Alternate                    | ½ oz                   | ½ oz                  | WGR Cheerios (V)<br>(½ cup)                 | Vanilla Yogurt   | WGR Mini Waffles<br>(1 each or 17g)        | Cottage Cheese                                | WGR Oatmeal<br>(cooked ¼ cup)<br>(V)         |
|           | (V) Substitute                                   |                        |                       |   | WGR Bagel (V)<br>(¼ or 14 g.)                          | WGR Bagel (V)<br>(¼ or 14g.)               | WGR Cheerios (V)<br>(½ cup)                   |  |
| Lunch     |  |                        |                       | <u>Lentils</u> (V)                          | <u>Chickpeas &amp; Tomato</u><br>(V)                   | <u>Pintos &amp; Cheese</u>                 | <u>Rotini &amp; Turkey</u><br><u>Marinara</u> | <u>Charcuterie</u><br>(Hummus & Pita) (V)    |
|           | Milk   | ½ cup                  | ¾ cup                 | Unflavored Milk                             | Unflavored Milk  | Unflavored Milk                            | Unflavored Milk                               | Unflavored Milk                              |
|           | Fruit  | ⅛ cup                  | ¼ cup                 | Apples                                      | Watermelon   | Cantaloupe                                 | Honeydew                                      | Apples                                       |
|           | Vegetable  | ⅛ cup                  | ¼ cup                 | Roasted Cauliflower                         | Tomatoes   | Corn                                       | Green Beans                                   | Cucumbers                                    |
|           | Grain  | ½ oz                   | ½ oz                  | WGR Brown Rice<br>(¼ c. cooked or 14g. dry) | EWF Pita Bread<br>(¼ piece or 14g.)                    | WGR Brown Rice<br>(¼ cook or 14g dry)      | WGR Rotini<br>(¼ cook / 14g dry)              | EWF Pita Bread<br>(¼ piece or 14g.)          |
|           | Meat<br><br>Meat Alternative                     | 1 oz<br><br>¼ cup      | 1 ½ oz<br><br>3/8 cup | <br><br>Lentils (V)                         | <br><br>Chickpeas (V)                                  | <br><br>Pinto Beans (V)                    | <br><br>Garbanzo Beans (V)                    | <br><br>Hummus (V)<br><b>(LUNCH PORTION)</b> |
| Snack     | Water  |                        |                       | Water                                       | Water  | Water                                      | Water   | Water  |
|           | Fruit/Veggie                                     | ½ cup                  | ½ cup                 |   | Cucumbers  | Strawberry Puree<br><b>*SNACK PORTION*</b> | Dried Cranberries<br>(¼ cup)                  | Watermelon                                   |
|           | Grain  | ½ oz                   | ½ oz                  | EWF Pita Bread<br>(¼ piece or 14g)          |  | Graham Crackers (V)<br>(2 each or 14g)     | "Trail Mix" (V)<br>(WGR Cereal)<br>(1/2c)     | WGR Rice Cake (V)<br>(1½ or 11 g)            |
|           | Meat / Meat<br>Alternative<br><br>(V) Substitute | ½ oz                   | ½ oz                  | Hummus (V)<br><b>*SNACK PORTION*</b>        | Cottage Cheese<br>(1/8 cup)<br><br>WGR Wheat Thins (V) |  |   |  |

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ASI Children's Center Menu Summer 2025  
June 9, July 7, August 4

Cycle 4

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