

ASI Children's Center Winter Menu 2026

MEAL	COMPONENTS	AGES 1-2 (whole)	AGES 3-5 (1%)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Milk Fruit/Veggie Grain/Meat/meat alternate *Substitute*	$\frac{1}{2}$ cup $\frac{1}{4}$ cup $\frac{1}{2}$ oz	$\frac{3}{4}$ cup $\frac{1}{2}$ cup $\frac{1}{2}$ oz					
Lunch	Milk Fruit Vegetable Grain Meat / Meat Alternative *Substitute*	$\frac{1}{2}$ cup $\frac{1}{8}$ cup $\frac{1}{8}$ cup $\frac{1}{2}$ oz 1 oz	$\frac{3}{4}$ cup $\frac{1}{4}$ cup $\frac{1}{4}$ cup $\frac{1}{2}$ oz $1 \frac{1}{2}$ oz					
Snack	Water Fruit/Veggie Grain Meat / Meat alternate *Substitute*							

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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 Fall Menu 2026
January 5 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	Pineapple	Peaches	Pineapple	Spiced Pears (cinnamon & pears)
	Grain/Meat/Meat Alternate	½ oz	½ oz	WGR Cheerios (½ cup or 14g) (V)	WGR Snack Bread (1 piece or 28g)	WGR Baked Oatmeal (¼ c baked or 14g) (V)	Cottage Cheese (1 oz. cc. = ½ oz.ma)	WGR Oatmeal (¼ c. cooked or 14g) (V)
	Substitute				*WGR Bagel* (¼ piece or 14g) (V)		*WGR Bagel* (¼ piece or 14g) (V)	
Lunch	Milk	½ cup	¾ cup	<u>Teriyaki Chicken</u>	<u>Black Beans (V)</u>	<u>Lemon Chicken</u>	<u>Black Bean & Corn Salad (V)</u>	<u>Hummus & Pita (V)</u>
	Fruit	⅛ cup	¼ cup	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
	Vegetables	⅛ cup	¼ cup	Apple Slices	Honeydew	Cantaloupe	Orange Wedges	Cantaloupe
	Grain	½ oz	½ oz	Broccoli	Tomatoes	Roasted Cauliflower	Corn	Cucumbers
	Meat	1 oz	1 ½ oz	WGR Brown Rice (¼ cup cook / 14g.)	WGR Tortilla (½ piece or 14g)	WGR Brown Rice (¼ cup cook or 14g.)	WGR Rotini (¼ c. cook or 14g. dry)	EWF Pita Bread (¼ piece or 14g)
	Meat Alternate	¼ cup	3/8 cup	Chicken *Garbanzo (V)*	Black Beans (V)	Chicken *Garbanzo (V)*	Black Beans (V)	Hummus (V)
Snack	Water			Water	Water	Water	Water	Water
	Fruit/Veggie	½ cup	½ cup	Pears	Cucumbers	Applesauce		Bananas
	Meat/Meat alternate/Grain	½ oz	½ oz	WGR Rice Cakes (1 each or 14g) (V)	Ranch Dip (whipped cottage cheese) *Hummus* (V) *SNACK P.*	EWF Pretzel Twists (7 each or 14g) (V)	Hummus *Snack Portion* WGR Seasoned Bagel (¼ piece or 14g) (V)	WGR Graham Crackers (2 each or 14g) (V)
	Substitute	½ oz	½ oz					

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ASI Children's Center Winter 2026
January 12

Cycle 2

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	Pineapple	Applesauce	Bananas	Spiced Pears (cinnamon & pears)
	Grain/Meat/Meat Alternative	½ oz	½ oz	WGR Cheerios (½ c. or 14g) (V)	WGR Breakfast Bread (1 piece or 14g.)	WGR Pancakes (½ piece or 17g.)	Vanilla Yogurt	WGR Oatmeal (V) (¼ c. cooked or 14g dry)
	Substitute (V)				*WGR Bagel* (V) (¼ piece or 14g)	*WGR Bagel* (V) (¼ piece or 14g)	*WGR Bagel (V)* (¼ piece or 14g)	
Lunch	Milk	½ cup	¾ cup	<u>Turkey Picadillo</u>	<u>Pintos & Cheese</u>	<u>Chicken Noodle Soup</u>	<u>Lentils</u>	<u>Turkey Melt</u>
	Fruit	½ cup	¼ cup	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
	Vegetable	½ cup	¼ cup	Cantaloupe	Orange Wedges	Apple Slices	Orange Wedges	Peaches
	Grain	½ oz	½ oz	Tomato & Marinara	Corn	Carrots	Tomatoes & Carrots	Peas
	Meat	1 oz	1 ½ oz	WGR Cornbread (1 each or 14g dry) Ground Turkey	WGR Tortilla (½ piece or 14g.)	WGR Rotini (¼ c. cooked or 14g. dry) Chicken	EWF Pita Bread (¼ piece or 14g)	EWF Pita Bread (¼ piece or 14g.) Turkey
	Meat Alternative	¼ cup	3/8 cup	*Garbanzo Beans* (V)	Pinto Beans (V)	*Garbanzo Beans* (V)	Lentils (V)	Hummus (V) *LUNCH PORTION*
Snack	Water			Water	Water	Water	Water	Water
	Fruit / Veggies	½ cup	½ cup		Applesauce	Dried Cranberries	Peaches	Cantaloupe
	Grain	½ oz	½ oz	WGR Crackers (6 each or 11g) (V)	EWF Pretzel Twist (7 each or 11g) (V)	“Trail Mix” (WGR Cereal) (½ c. or 14g) (V)	WGR Baked Oatmeal (¼ c. baked or 14g) (V)	Graham Crackers (1 each or 14g) (V)
	Meat/Meat Alternative	½ oz	½ oz	Chickpeas (V)				
	Substitute							

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ASI Children's Center Menu Winter 2026
January 19 Cycle 3

MEAL	COMPONENTS	AGES 1-2 (whole)	AGES 3-5 (1%)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Milk Fruit/Veggie Grain/Meat/Meat Alternate *SUBSTITUTE* (V)	½ cup ¼ cup ½ oz ½ oz	¾ cup ½ cup ½ oz ½ oz	Unflavored Milk Orange Wedges WGR Cheerios (½ c. or 14g.) (V)	Unflavored Milk Spiced Pears (cinnamon & pears) Vanilla Yogurt *WGR Bagel* (¼ piece or 14g.) (V)	Unflavored Milk Bananas WGR Pancakes (1 each or 14g) *WGR Bagel* (¼ piece or 14g.) (V)	Unflavored Milk Pineapple Cottage Cheese (1oz cc. = 1/2 oz. ma) *WGR Cheerios* (V) (½ c. or 14g.)	Unflavored Milk Bananas Breakfast Bread (1 piece or 14g.) *WGR Bagel* (V) (¼ piece or 14g.)
Lunch	Milk Fruit Vegetable Grain Meat Meat Alternative	½ cup ½ cup ½ cup ½ oz 1 oz ¼ cup	¾ cup ¼ cup ¼ cup ½ oz 1 ½ oz 3/8 cup	<u>Chicken Teriyaki</u> Unflavored Milk Pineapple Broccoli WGR Brown Rice (¼ c. or 14g. dry) Chicken *Black Beans (V)*	<u>Black Bean & Corn Salad</u> (V) Unflavored Milk Orange Wedges Corn WGR Rotini (¼ c. cooked or 14g. dry) Black Beans (V)	<u>Lemon Chicken</u> Unflavored Milk Cantaloupe Roasted Cauliflower WGR Brown Rice (¼ c. or 14g. dry) Chicken *Garbanzo Beans (V)*	<u>Black Beans</u> (V) Unflavored Milk Honeydew Stewed Tomatoes WGR Tortilla (½ piece or 14g.) Black Beans (V)	<u>Hummus & Pita</u> (V) Unflavored Milk Cantaloupe Cucumbers EWF Pita Bread (½ piece or 14g.) Hummus (V)
Snack	Water Fruit / Veggie Grain Meat/Meat Alt.	½ cup ½ cup ½ oz ½ oz	½ cup ½ oz ½ oz ½ oz.	Water Cantaloupe Bagel (¼ piece or 14g) (V) WGR	Water Apple Slices EWF Pretzel Twists (7each or 11g) (V)	Water Peaches WGR Baked Oatmeal (¼ c. baked or 14g) (V)	Water Dried Cranberries "Trail Mix" (WGR CEREAL) (V) (½ c. or 14g)	Water Pears WGR Rice Cake (1½ or 11 g) (V)

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January 19 Cycle 3

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