

The Children's Center JULY 2017 Menu
Infant and Toddlers (Children from 1 year to under 3 years old) - Chef's Choice

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|
| 3 | 4 | 5 | 6 | 7 |
| EHS/HS CLOSED | ALL CENTERS CLOSED | EHS/HS CLOSED | EHS/HS CLOSED | EHS/HS CLOSED |
| Breakfast: Oatmeal pears, milk | Independence Day Holiday | Breakfast: Vanilla Yogurt , pineapple, milk | Breakfast: Whole Grain Waffles, bananas, milk | Breakfast: French toast sticks, **chef's choice fruit** and milk _____ |
| Lunch: Cheese Pizza (Whole Grain), *Lettuce and Tomato Salad w ranch dressing, milk | | Lunch: Cheesy Chicken Spaghetti Bake (Wheat Noodles), peas, **chef's choice veggie** and milk _____ | Lunch: Whole Grain Macaroni with cheese, green beans, yams* and milk | Lunch: Meatball sub (Whole Grain), pears, *kale, milk |
| Snack: Apple juice and saltines | | Snack: Cereal mix and milk | Snack gold fish and milk | Snack: Graham crackers, mandarin oranges and water |
| 10 | 11 | 12 | 13 | 14 |
| EHS/HS CLOSED | EHS/HS CLOSED | HS CLOSED | HS CLOSED | HS CLOSED |
| Breakfast: Cheese with wheat toast, applesauce, and milk | Breakfast: Whole Grain Waffles, pineapple and milk | Breakfast: Kix, **chef's choice fruit**, and milk _____ | Breakfast: Grits, pears and milk | Breakfast: Whole Grain Pancakes, Applesauce, milk |
| Lunch: Turkey Sausage, wheat biscuit, Mandarin Oranges, peas and milk | Lunch: Baked Potato Pizza w/marinara sauce and shredded cheese, w/wheat bread stick, broccoli* and milk | Lunch: Boneless Chicken wings *brussel sprouts, yams*, w/ wheat breadstick, milk | Lunch: Ground Turkey soft taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and milk | Lunch: Ham sub (Whole Grain)w/ lettuce and tomato*, cooked carrots* with ranch, milk |
| Snack: Pears and milk | Snack: Kix, Mandarin Oranges and water | Snack: Peaches, Whole Grain Cheez Its and water | Snack: Cereal mix and milk | Snack: Vanilla Yogurt, Pineapple, Water |
| 17 | 18 | 19 | 20 | 21 |
| HS CLOSED | HS CLOSED | HS CLOSED | HS CLOSED | HS CLOSED |
| Breakfast: Oatmeal, pears, milk | Breakfast: Cheerios, orange juice, milk | Breakfast: Blueberry muffins, mandarin oranges, milk | Breakfast: Breakfast Pizza, pears, milk | Breakfast: Kix, pineapple, milk |
| Lunch: Cheese Pizza (Whole Grain), *Lettuce and Tomato Salad w ranch dressing, milk | Lunch: Pulled Chicken BBQ w/ wheat breadstick, corn, kale*, milk | Lunch: Spaghetti w/meat sauce (Ground Turkey)and whole wheat noodles, tomato and lettuce salad and milk | Lunch: Three cheese potatoes, ^green beans, **chef's choice veggie** wheat breadstick, milk | Lunch: Cheese omelet, hash browns, banana, whole wheat toast, milk |
| Snack: Whole Grain Cheez - Its and apple juice | Snack: Cheese Sandwich on wheat bread and water | Snack: Goldfish, milk | Snack: Milk and cereal mix | Snack: graham crackers and milk |
| 24 | 25 | 26 | 27 | 28 |
| HS CLOSED | HS CLOSED | HS CLOSED | HS CLOSED | HS CLOSED |
| Breakfast: Hot Whole Grain Biscuit, peaches, milk | Breakfast: Kix, pineapple, milk | Breakfast: Vanilla Yogurt, **chef's choice fruit**, milk _____ | Pancakes, Applesauce, milk | Pancakes, Applesauce, milk |
| Lunch: Chicken salad, Ritz crackers, cooked carrot* **chef's choice veggie** , milk | Lunch: Meatball sub (Whole Grain), tropical fruit , ^green beans, milk | Lunch: Chef Salad, Wheat Breadstick and Milk | Lunch: Grilled chicken patty on wheat bun , garlic mashed cauliflower*, peas, milk | Lunch: Swai Fillet with lemon pepper, yams*, kale*, w/ wheat breadstick, milk |
| Snack: Whole Grain Cheez Its, milk | Snack: Saltine crackers, cheese, water | Snack: cooked carrots and milk | Snack: Orange juice & saltines | Snack: Cereal mix, milk |
| 31 | | | | |
| HS CLOSED | | | | |
| Breakfast pizza, mandarin oranges, milk | | | | |
| Lunch: Hamburger in gravy, mashed potatoes, ^green beans, wheat breadstick and milk | | | | |
| Snack: Ritz crackers, cheese, water | | | | |

* Foods High in Vitamin A

Toddler foods must be diced in pieces no larger that 1/2 inch

Infant foods must be diced in pieces no larger than 1/4 inch

Acceptable condiments with meals: ketchup, mustard, mayonnaise, salad dressing

All milk is low fat and 100% fruit juice is used.

^Canned green beans

Cereal must have a least 3 grams of fiber

Bread Must have at least 5 grams of fiber

Pastas must be whole grain

Sugar free syrup available for breakfast foods

"This institution is an equal opportunity provider and employer"