

**The Children's Center AUGUST 2022 Menu
One to Five Years Old - Chef's Choice Menu**

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
HS CLOSED Breakfast: Oatmeal, Apples, Milk	HS CLOSED Breakfast: Cheerios, Mandarin Oranges, Milk	HS CLOSED Breakfast: Chicken Sausage Link, Hashbrowns and Milk	HS CLOSED Breakfast: Breakfast Pizza, pears, Milk	HS CLOSED Breakfast: Kix, pineapple, Milk
Lunch: Cheese Pizza (Whole Grain), *Lettuce and Tomato Salad w ranch dressing, Milk	Lunch: Pulled Chicken BBQ w/ wheat roll, corn, spinach*, Milk	Lunch: Spaghetti w/meat sauce (Ground Turkey)and whole wheat noodles, Yellow Squash, **chef's choice fruit** and Milk	Lunch: Three cheese potatoes, ^green beans, **chef's choice veggie** wheat roll, Milk	Lunch: Cheese omelet, hash browns, banana, whole wheat toast, Milk
Snack: Vanilla Yogurt, Pineapple, Water	Snack: Whole Wheat Tortilla Pizza and Water	Snack: Cheese Sandwich on wheat bread and water	Snack: Whole Grain Cheez - Its, Cantaloupe and Water	Snack: Goldfish Crackers, Milk
8	9	10	11	12
EHS/HS CLOSED Breakfast: Hot Whole Grain Biscuit, peaches, Milk	HS CLOSED Breakfast: Kix, pineapple, Milk	HS CLOSED Breakfast: Vanilla Yogurt, **chef's choice fruit**, Milk	HS CLOSED Breakfast: Pancakes, Applesauce, Milk	HS CLOSED Breakfast: Oatmeal, pineapple , Milk
Lunch: Chicken salad, Ritz crackers, Cantaloupe, Mixed Vegetable Blend*, Milk	Lunch: Meatball on a bun (Whole Grain), Baked Potato with Sour Cream , ^green beans, Milk	Lunch: Chef Salad with ranch dressing, chef's choice fruit, wheat roll and Milk	Lunch: Grilled chicken patty on wheat bun , garlic mashed cauliflower*, peas, Milk	Lunch: Swai Filet with Lemon Pepper, Mashed Potatoes, spinach*, w/ wheat roll, Milk
Snack: Honey Dew Melon, Milk	Snack: Saltine crackers, cheese, water	Snack: Apples and Cottage Cheese w/ water	Snack: String Cheese, Strawberry Yogurt Chex, Water	Snack: Tortilla Chips, Salsa, Milk
15	16	17	18	19
HS CLOSED Breakfast pizza, mandarin Oranges, Milk	HS CLOSED Breakfast: French Toast Sticks, Pineapple, Milk	HS CLOSED Breakfast: Cheerios, peaches, Milk	HS CLOSED Breakfast: Oatmeal, pears, Milk	HS CLOSED Breakfast: Chicken Sausage Link and Hash brown, Milk
Lunch: Chicken Nuggets *Brussels sprouts, sweet potato tots*, w/ wheat roll, Milk	Lunch: Cheese omelet, hash browns, peaches, wheat biscuit and Milk	Lunch: Meatballs with Gravy, Mixed Vegetables, Mashed Potatoes, Roll and Milk	Lunch: Ham on a bun (Whole Grain) w/ lettuce and tomato*, corn, and Milk	Lunch: Spring's chicken /broccoli*casserole peaches, w/wheat roll, Milk
Snack: Ritz crackers, cheese, water	Snack: String Cheese, Strawberry Yogurt Chex, Water	Snack: Warm wheat biscuit, **chef's choice fruit** and water	Snack: Whole Grain Cheez - Its, Cantaloupe and Water	Snack: Whole Wheat Tortilla Pizza and Water
22	23	24	25	26
HS CLOSED Breakfast: Oatmeal, pears, Milk	HS CLOSED Breakfast: Kix, Mandarin Oranges, Milk	HS CLOSED Breakfast: Vanilla Yogurt , pineapple, Milk	HS CLOSED Breakfast: Whole Grain Waffles, bananas, Milk	HS CLOSED Breakfast: French toast sticks, **chef's choice fruit** and Milk
Lunch: Cheese Pizza (Whole Grain), *Lettuce and Tomato Salad w ranch dressing, Milk	Lunch: Turkey on a bun (Whole Grain), w/ lettuce and *tomato, tater tots w/ketchup and 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 on a bun (Whole Grain), pears, *spinach, Milk
Snack: Vanilla Yogurt, pineapple and water	Snack: Cantaloupe and Cottage Cheese with water	Snack: Mandarin Oranges and Milk	Snack gold fish crackers and Milk	Snack: String Cheese, Strawberry Yogurt Chex, Water
29	30	31		
HS CLOSED Breakfast: Cheese with wheat toast, applesauce, and Milk	HS CLOSED Breakfast: Whole Grain Waffles, pineapple and Milk	HS CLOSED Breakfast: Kix, **chef's choice fruit**, and Milk		
Lunch: Turkey Sausage, wheat biscuit, Mandarin Oranges, peas and Milk	Lunch: Cheese Ravioli with Marinara, Mozz Cheese, Broccoli, Chef's Choice Vegetable and Milk	Lunch: Chicken Nuggets *Brussels sprouts, yams*, w/ wheat roll, Milk		
Snack: Tortilla Chips, Salsa, Milk	Snack: Peaches, Whole Grain Cheez Its and water	Snack: Apples and Milk		

* 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

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