

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 EHS/HS CLOSED
				Breakfast: Kix, pineapple, Milk
				Lunch: Cheese omelet, hash browns, banana, whole wheat toast, Milk
				Snack: Goldfish Crackers, Milk
4	5	6	7	8
All Centers Closed	EHS/HS CLOSED	EHS/HS CLOSED	EHS/HS CLOSED EHS Open House	EHS/HS CLOSED
	Breakfast: Kix, pineapple, Milk	Breakfast: Vanilla Yogurt, **chef's choice fruit**, Milk _____	Breakfast: Pancakes, Applesauce, Milk	Breakfast: Oatmeal, pineapple, Milk
July 4th Holiday	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: Saltine crackers, cheese, water	Snack: Apples and Cottage Cheese w/ water	Snack: String Cheese, Strawberry Yogurt Chex, Water	Snack: Tortilla Chips, Salsa, Milk
11	12	13	14	15
HS CLOSED - EHS OPENING DAY	HS CLOSED	HS CLOSED	HS CLOSED	HS CLOSED
Breakfast pizza, mandarin Oranges, Milk	Breakfast: French Toast Sticks, Pineapple, Milk	Breakfast: Cheerios, peaches, Milk	Breakfast: Oatmeal, pears, Milk	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
19	20	21	22	23
HS CLOSED	HS CLOSED	HS CLOSED	HS CLOSED	HS CLOSED
Breakfast: Oatmeal, pears, Milk	Breakfast: Kix, Mandarin Oranges, Milk	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: 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
25	26	27	28	29
HS CLOSED	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 with Syrup, Applesauce, 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	Lunch: Ground Turkey soft taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and Milk	Lunch: Swai Filet with Lemon Pepper, Sweet Potato Nuggets*, Chef's Choice Veggie, Roll and Milk _____
Snack: Tortilla Chips, Salsa, Milk	Snack: Peaches, Whole Grain Cheez Its and water	Snack: Apples and Milk	Snack: Vanilla Yogurt, Pineapple, Water	Snack: String Cheese, Strawberry Yogurt Chex, Water

* Foods High in Vitamin A

Toddler foods must be diced in pieces no larger than 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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