

**The Children's Center JULY 2023 Menu**  
**One to Five Years Old - Chef's Choice Menu**

MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
	<b>All Centers Closed</b>	<b>EHS/HS CLOSED</b>	<b>EHS/HS CLOSED EHS Open House</b>	<b>EHS/HS CLOSED</b>
Breakfast: Hot Whole Grain Biscuit, peaches, Milk		Breakfast: Vanilla Yogurt, **chef's choice fruit**, Milk _____	Breakfast: Pancakes, Applesauce, Milk	Breakfast: Oatmeal, Mango/Peach/Pineapple Blend, Milk
Lunch: Chicken salad, Ritz crackers, Cantaloupe, Mixed Vegetable Blend*, 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: Apples and Cottage Cheese w/ water	Snack: String Cheese, Strawberry Yogurt Chex, Water	Snack: Tortilla Chips, Salsa, Milk
10	11	12	13	14
<b>HS CLOSED - EHS OPENING DAY</b>	<b>HS CLOSED</b>	<b>HS CLOSED - EHS OPENING DAY</b>	<b>HS CLOSED</b>	<b>HS CLOSED</b>
Breakfast pizza, mandarin Oranges, Milk	Breakfast: French Toast Sticks, Pineapple, Milk	Breakfast: Cheerios, peaches, Milk	Breakfast: Oatmeal, Mango/Peach/Pineapple Blend, Milk	 <b>National Be Nice to Bugs Day</b>
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	
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	
				Breakfast: Chicken Sausage Link and Hash brown, Milk
Lunch: Spring's chicken /broccoli*casserole peaches, w/wheat roll, Milk				Snack: Whole Wheat Tortilla Pizza and Water
17	18	19	20	21
<b>HS CLOSED</b>	<b>HS CLOSED</b>	<b>HS CLOSED</b>	<b>HS CLOSED</b>	<b>HS CLOSED</b>
Breakfast: Oatmeal, Mango/Peach/Pineapple Blend, 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
24	25	26	27	28
<b>HS CLOSED</b>	<b>HS CLOSED</b>	<b>HS CLOSED</b>	<b>HS CLOSED</b>	<b>HS CLOSED</b>
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
31				
<b>HS CLOSED</b>				
Breakfast: Oatmeal, Mango/Peach/Pineapple Blend, Milk	 	<div>Don't forget to protect your skin while having some fun in the sun!</div> 		
Lunch: Cheese Pizza (Whole Grain), Lettuce and Tomato Salad w/ranch dressing, Milk				
Snack: Vanilla Yogurt, Pineapple, 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.

"This institution is an equal opportunity provider and employer"

^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