





The Children's Center JULY 2024 Menu
One to Five Years Old - Chef's Choice Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
EHS/HS Closed	EHS/HS Closed	EHS/HS Closed	All Centers Closed	EHS/HS Closed
Breakfast: Hot Whole Grain Biscuit, peaches, Milk	Breakfast: Kix, pineapple, Milk	Breakfast: Vanilla Yogurt, **chef's choice fruit**, Milk _____		Breakfast: Oatmeal, Mango/Peach/Pineapple Blend, 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: 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: Tortilla Chips, Salsa, Milk
8	9	10	11	12
HS Closed - EHS Opening Day	HS Closed	HS Closed	HS Closed	HS Closed
	Breakfast: French Toast Sticks, Pineapple, Milk	Breakfast: Cheerios, peaches, Milk	Breakfast: Oatmeal, Mango/Peach/Pineapple Blend, Milk	Breakfast: Chicken Sausage Link and Hash brown, Milk
Breakfast: Breakfast pizza, mandarin Oranges, and Milk	Lunch: Cheese omelet, hash browns, peaches, wheat biscuit and Milk	Lunch: Meatballs with Gravy, Mixed Vegetables, Mashed Potatoes, Roll and Milk	Lunch: Hamburger w/cheese on a bun (Whole Grain) w/ lettuce and tomato*, corn, and Milk	Lunch: Spring's chicken /broccoli*casserole peaches, w/wheat roll, Milk
Lunch: Chicken Nuggets, *Brussels sprouts, sweet potato tots*, w/ wheat roll, Milk Snack: Ritz crackers, cheese, water	Snack: Tuna Salad on Whole Grain Bread, 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
15	16	17	18	19
HS Closed	HS Closed	HS Closed	HS Closed	HS Closed
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	
Snack: Vanilla Yogurt, pineapple and water	Snack: Cantaloupe and Cottage Cheese with water	Snack: Mandarin Oranges and Milk	Snack gold fish crackers and Milk	Lunch: Meatball on a bun (Whole Grain), pears, *spinach, Milk Snack: Shredded Wheat Bites, Milk
22	23	24	25	26
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 Veggie 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: Shredded Wheat Bites, Milk
29	30	31	Don't forget to protect your skin while having fun in the sun! Using a broad-spectrum UV protection of at least SPF 30 is recommended.	
HS Closed	HS Closed	HS Closed		
Breakfast: Oatmeal, Mango/Peach/Pineapple Blend, Milk	Breakfast: Cheerios, Mandarin Oranges, Milk	Breakfast: Chicken Sausage Link, Hashbrowns and 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		
Snack: Vanilla Yogurt, Pineapple, Water	Snack: Whole Wheat Tortilla Pizza and Water	Snack: Cheese Sandwich on wheat bread and 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.

"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