







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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		HS Closed	1 HS Closed Breakfast: Breakfast Pizza, pears, Milk	2 HS Closed Breakfast: Kix, pineapple, 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: Whole Grain Cheez - Its, Cantaloupe and Water	Snack: Goldfish Crackers, Milk
5 HS Closed	6 HS Closed	7 HS Closed	8 HS Closed	9 HS Closed
Breakfast: Hot Whole Grain Biscuit, peaches, Milk	Breakfast: Kix, pineapple, Milk Lunch: Meatball on a bun (Whole Grain), Baked Potato with Sour Cream , ^green	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	beans, Milk Snack: Saltine crackers, cheese, water	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: Shredded Wheat Bites, Milk	Snack: Tortilla Chips, Salsa, Milk
12 HS Closed	13 HS Closed	14 HS Closed	15 HS Closed	16 HS Closed
Breakfast pizza, mandarin Oranges, Milk	Breakfast: French Toast Sticks, Pineapple, Milk	Breakfast: Cheerios, peaches, Milk	Breakfast: Oatmeal, Mango/Peach/Pineapple Blend, 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: Hamburger w/cheese on a bun (Whole Grain) w/ lettuce and tomato*, corn, and 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	
19 HS Closed	20 HS Closed	21 HS Closed	22 HS Closed	23 HS Closed
Breakfast: Oatmeal, Mango/Peach/Pineapple Blend, 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 whole grain bun, 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: Shredded Wheat Bites, Milk
26 HS Closed	27 HS Closed	28 HS Closed	29 HS Closed	30 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: Shredded Wheat Bites, 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.

"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