

**Early Learning Center
Month: July 2024**

- School Age children may be served cereal and fruit in substitution for hot breakfast in order to maintain their individual bus schedules
- Meals and Snacks are subject to change without notice
- As stated in the parent handbook, all requests for special foods and diets must be documented and recommended by your physician. Parents may be required to provide appropriate food substitutes for their child
- HM: This item is homemade, not a prepackaged food item

	Menu Item	1-2 age	3-5 age	6-12 age	July 1 Monday	July 2 Tuesday	July 3 Wednesday	July 4 Thursday	July 5 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk		
	Fruit Vegetable	¼ cup	½ cup	½ cup	Apple Slices	Strawberries	Mixed Fruit	CLOSED	CLOSED
	Grains (oz eq)	½ serving - ¼ cup or 1/3oz - ¼ cup	-½ s or ½ serving - 1/3 cup or ½ oz - ¼ cup	-1s or 1 serving - 3/4 cup or 1oz - ½ cup	Cheerios Cereal	Whole Grain Waffle Sticks	Corn Chex Cereal		
	Add. Food option								
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk		
	Vegetable	¼ cup	¼ cup	½ cup	Lima Beans	Green Beans	Peas		
	Fruit	¼ cup	¼ cup	¼ cup	Pears	Peaches	Sliced Honeydew	CLOSED	CLOSED
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Tuna Salad (tuna, mayo, dill)	Turkey Meatballs with Tomato Sauce	Diced Chicken and Gravy		
	Grains (oz eq)	½ s or ½ serving	½ s or ½ serving	1 s or serving	Whole Wheat Pita	Whole Grain Roll	Flatbread		
	Add. Food option								
Snack	Fluid	½ cup	½ cup	1 cup	White Grape Juice	Milk	Water		
	Fruit/ vegetable	½ cup	½ cup	¾ cup			Orange Slices	CLOSED	CLOSED
	Grains (oz eq)	½ s or ½ serving	½ s or ½ serving	1 s or serving	Animal Crackers	Cornbread	Triscuit Crackers		

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	Menu Item	1-2 age	3-5 age	6-12 age	July 8 Monday	July 9 Tuesday	July 10 Wednesday	July 11 Thursday	July 12 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Pineapple	Blueberries	Applesauce	Strawberries	Orange Slices
	Grains (oz eq)	½ serving - ¼ cup or 1/3oz - ¼ cup	-½ s or ½ serving - 1/3 cup or ½ oz - ¼ cup	-1s or 1 serving - 3/4 cup or 1 oz - ½ cup	Kix Cereal	Rice Chex Cereal	Life Cereal	Multi-Grain Cheerios Cereal	Corn Flakes Cereal
	Add. Food option								
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	¼ cup	1/4 cup	½ cup	Stewed Tomatoes	Broccoli	Lima Beans	Carrot Sticks (inf/tod-blanchd)	Cucumber Slices
	Fruit	¼ cup	¼ cup	¼ cup	Pears	Peaches	Sliced Cantaloupe	Apple Slices	Bananas
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Grilled Cheese (Whole wheat bread, cheddar cheese)	Tuna Noodle Casserole (tuna, cream of mushroom, whole wheat penne)	Chicken Salad (diced chicken, mayo, dill)	Soy Nut Butter and Mozzarella Cheese Sticks	Sliced Turkey
	Grains (oz eq)	½ s or ½ serving	½ s or ½ serving	1 s or serving	Whole Wheat Bread	Whole Wheat Penne	Whole Wheat Pita	Whole Grain Bread	Whole Wheat Tortilla
	Add. Food option								Mustard
Snack	Fluid	½ cup	½ cup	1 cup	Orange Juice	Milk	Water	Water	Apple Juice
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serving	½ s or ½ serving	1 s or serving	Wheat Thin Crackers	Animal Crackers	Whole Grain Bean and Veggie Crackers with Mild Cheddar Cheese Cubes	Townhouse Crackers and Cheddar Cheese Slices	Cheez-it Crackers

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	Menu Item	1-2 age	3-5 age	6-12 age	July 15 Monday	July 16 Tuesday	July 17 Wednesday	July 18 Thursday	July 19 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Mandarin Oranges	Blueberries	Mixed Fruit	Pineapple	Strawberries
	Grains (oz eq)	½ serving - ¼ cup or 1/3oz - ¼ cup	-½ s or ½ serving - 1/3 cup or ½ oz - ¼ cup	-1s or 1 serving - 3/4 cup or 1 oz - ½ cup	Life Cereal	Cheerios Cereal	Corn Chex Cereal	Bran Flakes Cereal	Whole Grain Pancakes
	Add. Food option								Light Syrup
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	¼ cup	1/4 cup	½ cup	Stewed Tomatoes	Beets	Carrot Sticks (infants/tods -blanched)	Broccoli	Peas
	Fruit	¼ cup	¼ cup	¼ cup	Mango	Pears	Sliced Honeydew	Peaches	Bananas
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Grilled Cheese (whole wheat bread, cheddar cheese)	Chicken Meatballs with Tomato Sauce	Egg Salad (diced hard-boiled egg, mayo, mustard, dill)	BBQ Chicken Breast	Tuna Salad (tuna, light mayo, dill) HM
	Grains (oz eq)	½ s or ½ serving	½ s or ½ serving	1 s or serving	Whole Wheat Bread	Whole Grain Slider Roll	Multi-Grain Bread	Whole Wheat Hamburger Bun	Whole Wheat Pita
	Add. Food option								
Snack	Fluid	½ cup	½ cup	1 cup	White Grape Juice	Milk	Orange Juice	Milk	Water
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serving	½ s or ½ serving	1 s or serving	Wheat Thins	Animal Crackers	Graham Crackers	Whole Grain Bean and Veggie Crackers	Baked Soft Pretzels and Mild Cheddar Cheese Slices

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	Menu Item	1-2 age	3-5 age	6-12 age	July 22 Monday	July 23 Tuesday	July 24 Wednesday	July 25 Thursday	July 26 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Blueberries	Pears	Pineapple	Strawberries	Bananas
	Grains (oz eq)	½ serving - ¼ cup or 1/3 oz - ¼ cup	½ s or ½ serving - 1/3 cup or ½ oz - ¼ cup	-1s or 1 serving - 3/4 cup or 1 oz - ½ cup	Kix Cereal	Rice Krispies Cereal	Multi-Grain Cheerios	Corn Chex Cereal	Whole Grain French Toast Sticks
	Add. Food option								
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	¼ cup	1/4 cup	½ cup	Beets	Cucumber Slices	Diced Potatoes with Olive Oil and Oregano	Lima Beans	Corn
	Fruit	¼ cup	¼ cup	¼ cup	Sliced Honeydew	Watermelon	Peaches	Apple Slices	Sliced Cantaloupe
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Baked Chicken Breast with Chicken Gravy	Chicken Salad (diced chicken, light mayo, dill)	BBQ Ground Turkey (ground turkey, BBQ sauce, ketchup)	Turkey Sausage Patty Melt (turkey sausage, cheddar cheese, English muffin)	Diced Chicken and Mild Salsa
	Grains (oz eq)	½ s or ½ serving	½ s or ½ serving	1 s or serving	Multi-Grain Dinner Roll	Multi-grain Bread	Whole Wheat Hamburger Bun	Whole Grain English Muffin	Whole Wheat Tortilla
	Add. Food option								
Snack	Fluid	½ cup	½ cup	1 cup	Milk	Apple Juice	Milk	White Grape Juice	Water
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serving	½ s or ½ serving	1 s or serving	Townhouse Crackers	Pretzels (infant/tods -saltines)	Whole Grain Cheddar Goldfish	Banana Multi-Grain Squares	Triscuit Crackers and Mild Cheddar Cheese Cubes

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	Menu Item	1-2 age	3-5 age	6-12 age	July 29 Monday	July 30 Tuesday	July 31 Wednesday		
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk		
	Fruit Vegetable	¼ cup	½ cup	½ cup	Pears	Mixed Fruit	Apple Slices		
	Grains (oz eq)	½ serving - ¼ cup or 1/3oz - ¼ cup	-½ s or ½ serving - 1/3 cup or ½ oz - ¼ cup	-1s or 1 serving - 3/4 cup or 1oz - ½ cup	Rice Chex Cereal	Cheerios Cereal	Kix Cereal		
	Add. Food option								
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk		
	Vegetable	¼ cup	1/4 cup	½ cup	Cucumber Slices	Peas	Yams		
	Fruit	¼ cup	¼ cup	¼ cup	Apple Slices	Pineapple	Peaches		
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Sliced Turkey	Tuna Salad (tuna, mayo, dill)	Turkey Burger		
	Grains (oz eq)	½ s or ½ serving	½ s or ½ serving	1 s or serving	Whole Wheat Bread	Whole Wheat Pita	Whole Wheat Hamburger Bun		
	Add. Food option				Mustard		Ketchup		
Snack	Fluid	½ cup	½ cup	1 cup	Milk	Water	Milk		
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serving	½ s or ½ serving	1 s or serving	Whole Grain Bean and Veggie Crackers	Townhouse Crackers and Sliced Cheddar Cheese	Animal Crackers		