

Siskin Early Learning Center Menu

Week of August 30th



| Meal Component | Minimum Serving Size by Age Group | | Day of the Week | | | | |
|---|-----------------------------------|---|----------------------|------------------|---------------------------|-------------------------|----------------------|
| | Ages 1-2 | Ages 3-5 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | | | | | | | |
| Milk | 1/2 c. (4 fl. Oz.) | 3/4 c. (6 fl. Oz.) | 1% 4% Milk | 1% 4% Milk | 1% 4% Milk | 1% 4% Milk | 1% 4% Milk |
| Bread/Grains | 1/2 slice or 1/4 c. | 1/2 slice, 1/3 c. dry, or 1/4 c. cooked | Cheerios | Cinnamon Rolls | Golden Graham Cereal Bars | W.G. Blueberry Pancakes | Bagels w/ Cr. Cheese |
| Fruit/ Vegetable | 1/4 c. | 1/2 c. | Applesauce | Banana | Pears | Mixed Fruit | Tropical Fruit |
| Lunch | | | | | | | |
| Milk | 1/2 c. (4 fl. Oz.) | 3/4 c. (6 fl. Oz.) | 1% 4% Milk | 1% 4% Milk | 1% 4% Milk | 1% 4% Milk | 1% 4% Milk |
| Bread/Grains | 1/2 slice or 1/4 | 1/2 slice, 1/3 c. dry, or 1/4 c. | W.G. Roll | W.G. Bun | Biscuit | W.G. Roll | Tortilla |
| Meat/ Alternate | 1 oz. | 1-1/2 oz. | Chicken Nuggets | Beef Sloppy Joes | Chicken Pot Pie | Beef Johnny Marzetta | Tuna Salad |
| Vegetable | 1/4 c. total | 1/2 c. total | Mixed Vegetables | French Fries | Spinach | Corn | Carrots/ Dip |
| Fruit | | | Pineapples | Sl. Oranges | Peaches | Mandarin Oranges | Banana |
| PM Snack- Must contain 2 of the 4 components | | | | | | | |
| Milk | 1/2 c. (4 fl. Oz.) | 3/4 c. (6 fl. Oz.) | Water | Strawberry Milk | Water | 1% 4% Milk | Water |
| Bread/Grains | 1/2 slice or 1/4 c. | 1/2 slice, 1/3 c. dry, or 1/4 c. | Bagels w/ Cr. Cheese | Teddy Grahams | Animal Crackers | Goldfish | Cinnamon Muffins |
| Meat/ Alternate | 1/2 oz. | 1/2 oz. | | | Yogurt | | |
| Fruit/ Vegetable | 1/4 c. | 1/2 c. | Mandarin Oranges | | | | Applesauce |

Siskin Early Learning Center Menu

Week of September 6th



| Meal Component | Minimum Serving Size by Age | | Day of the Week | | | | |
|---|-----------------------------|---|-----------------------------|---|------------------------|-----------------|-----------------------|
| | Ages 1-2 | Ages 3-5 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | | | | | | | |
| Milk | 1/2 c. (4 fl. Oz.) | 3/4 c. (6 fl. Oz.) | 1% 4% Milk | 1% 4% Milk | 1% 4% Milk | 1% 4% Milk | 1% 4% Milk |
| Bread/Grains | 1/2 slice or 1/4 c. | 1/2 slice, 1/3 c. dry, or 1/4 c. | | Cheerio Cereal Bar | French Toast | Kix | Bagel w/ Cr. Cheese |
| Fruit/ Vegetable | 1/4 c. | 1/2 c. | | Mandarin Oranges | Peaches | Applesauce | Mixed Fruit |
| Lunch | | | | | | | |
| Milk | 1/2 c. (4 fl. Oz.) | 3/4 c. (6 fl. Oz.) | 1% 4% Milk | 1% 4% Milk | 1% 4% Milk | 1% 4% Milk | 1% 4% Milk |
| Bread/Grains | 1/2 slice or 1/4 c. | 1/2 slice, 1/3 c. dry, or 1/4 c. | | W.G. Bun | W.G. Roll | W.G. Bun | W.G. Cracker |
| Meat/ Alternate | 1 oz. | 1-1/2 oz. | CLOSED FOR LABOR DAY | Grilled Chicken Sandwich | Cheeseburger Casserole | BBQ Pork | Chicken Salad |
| Vegetable | 1/8 c. total | 1/4 c. total | | French Fries | Baked Beans | Potato Salad | Carrot Sticks/ Dip |
| Fruit | | | | Applesauce | Mandarin Oranges | Watermelon | Banana |
| PM Snack- Must contain 2 of the 4 components | | | | | | | |
| Milk | 1/2 c. (4 fl. Oz.) | 3/4 c. (6 fl. Oz.) | | Chocolate Milk | Water | 1% 4% Milk | Water |
| Bread/Grains | 1/2 slice or 1/4 c. | 1/2 slice, 1/3 c. dry, or 1/4 c. cooked | | Crunch Mania (cinnamon Bun) (Graham Cracker) | Chicken In A Biscuit | Ritz Cheese Bit | Animal Crackers |
| Meat/ Alternate | 1/2 oz. | 1/2 oz. | | | | | Yogurt |
| Fruit/ Vegetable | 1/2 c. | 1/2 c. | | | Tropical Fruit | | |

Siskin Early Learning Center Menu

Week of September 13th



| Meal Component | Minimum Serving Size by Age | | Day of the Week | | | | |
|--|-----------------------------|---|-----------------|-------------------|------------------|-------------------------|-----------------------|
| | Ages 1-2 | Ages 3-5 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | | | | | | | |
| Milk | 1/2 c. (4 fl. Oz.) | 3/4 c. (6 fl. Oz.) | 1% 4% Milk | 1% 4% Milk | 1% 4% Milk | 1% 4% Milk | 1% 4% Milk |
| Bread/Grains | 1/2 slice or 1/4 c. | 1/2 slice, 1/3 c. dry, or 1/4 c. | Cornflakes | Sausage Biscuit | Cheerios | W.G. Blueberry Pancakes | Bagel W. Cr. Cheese |
| Fruit/Vegetable | 1/4 c. | 1/2 c. | Mixed Fruit | Applesauce | Banana | Pears | Mandarin Oranges |
| Lunch | | | | | | | |
| Milk | 1/2 c. (4 fl. Oz.) | 3/4 c. (6 fl. Oz.) | 1% 4% Milk | 1% 4% Milk | 1% 4% Milk | 1% 4% Milk | 1% 4% Milk |
| Bread/Grains | 1/2 slice or 1/4 | 1/2 slice, 1/3 c. dry, or 1/4 c. | W.G. Roll | W.G. Tortilla | W.G. Rice | W.G. Roll | W.G. Bread |
| Meat/Alternate | 1 oz. | 1-1/2 oz. | Fish Shapes | Cheese Quesadilla | Baked Chicken | Beef Totchas | Ham & Cheese |
| Vegetable | 1/8 c. total | 1/4 c. total | Broccoli | Corn | Green Peas | Black Beans | Carrot Sticks/ Dip |
| Fruit | | | Pineapples | Peaches | Mandarin Oranges | Peaches | Banana |
| PM Snack- Must contain 2 of the 4 component | | | | | | | |
| Milk | 1/2 c. (4 fl. Oz.) | 3/4 c. (6 fl. Oz.) | 1% 4% Milk | Water | Water | Water | 1% 4% Milk |
| Bread/Grains | 1/2 slice or 1/4 c. | 1/2 slice, 1/3 c. dry, or 1/4 c. cooked | Cheez Its | Graham Crackers | Animal Crackers | Ritz Crackers | Blueberry Muffins |
| Meat/Alternate | 1/2 oz. | 1/2 oz. | | | Yogurt | Mozzarella | |
| Fruit/Vegetable | 1/2 c. | 1/2 c. | | Tropical Fruit | | | |

Siskin Early Learning Center Menu

Week of September 20th



| Meal Component | Minimum Serving Size by Age Group | | Day of the Week | | | | |
|---|-----------------------------------|---|--------------------------|-----------------|---------------------|----------------------|----------------------|
| | Ages 1-2 | Ages 3-5 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | | | | | | | |
| Milk | 1/2 c. (4 fl. Oz.) | 3/4 c. (6 fl. Oz.) | 1% 4% Milk | 1% 4% Milk | 1% 4% Milk | 1% 4% Milk | 1% 4% Milk |
| Bread/Grains | 1/2 slice or 1/4 c. | 1/2 slice, 1/3 c. dry, or 1/4 c. cooked | Golden Graham Cereal Bar | Jelly Biscuit | Rice Krispies | W.G. Cinnamon Muffin | Bagel w/ Cr., Cheese |
| Fruit/Vegetable | 1/4 c. | 1/2 c. | Applesauce | Pineapples | Mixed Fruit | Pears | Tropical Fruit |
| Lunch | | | | | | | |
| Milk | 1/2 c. (4 fl. Oz.) | 3/4 c. (6 fl. Oz.) | 1% 4% Milk | 1% 4% Milk | 1% 4% Milk | 1% 4% Milk | 1% 4% Milk |
| Bread/Grains | 1/2 slice or 1/4 c. | 1/2 slice, 1/3 c. dry, or 1/4 c. cooked | W.G. Roll | Crust | W.G. Bun | W.G. Rice | W.G. Bread |
| Meat/Alternate | 1 oz. | 1-1/2 oz. | Chicken Nuggets | Calzone Pizza | Cheeseburger | Baked Chicken | Turkey & Cheese |
| Vegetable | 1/4 c. total | 1/2 c. total | Mixed Vegetables | Corn | French Fries | Peas | Carrot Sticks/ Dip |
| Fruit | | | Mandarin Oranges | Applesauce | Banana | Pineapples | Watermelon |
| PM Snack- Must contain 2 of the 4 components | | | | | | | |
| Milk | 1/2 c. (4 fl. Oz.) | 3/4 c. (6 fl. Oz.) | 1% 4% Milk | Water | 1% 4% Milk | Water | Chocolate Milk |
| Bread/Grains | 1/2 slice or 1/4 c. | 1/2 slice, 1/3 c. dry, or 1/4 c. cooked | Teddy Grahams | Animal Crackers | Strawberry Chex Mix | Club Crackers | Mixed Cereal |
| Meat/Alternate | 1/2 oz. | 1/2 oz. | | Yogurt | | Ch. Cheese Stick | |
| Fruit/Vegetable | 1/4 c. | 1/2 c. | | | | | |