

Siskin Early Learning Center Menu



Week of September 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.	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.	Cinnamon Toast	W.G. Blueberry	Honey Bunches	Oatmeal	Bagel w/ Cr.
Fruit/Vegetable	1/4 c.	1/2 c.	Applesauce	Pears	Banana	Mandarin Oranges	Mixed Fruit
Lunch							
Milk	1/2 c. (4 fl.	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.	W.G. Roll	W.G. Bread	W.G. bun	Rice	W.G. Bread
Meat/Alternate	1 oz.	1-1/2 oz.	Chicken	Grilled Cheese	Beef Sloppy	Baked Chicken	Turkey & Cheese
Vegetable	1/4 c. total	1/2 c. total	Green Beans	Tomato Soup	French Fries	Broccoli	Lettuce & Tomato
Fruit			Peaches	Pineapples	Sl. Oranges	Pears	Banana
PM Snack- Must contain 2 of the 4 components							
Milk	1/2 c. (4 fl.	3/4 c. (6 fl. Oz)	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.	Ritz Cheese Bits	Animal Crackers	Graham Crackers (Wow Butter)	Goldfish	Mixed Cereal
Meat/Alternate	1/2 oz.	1/2 oz.					
Fruit/Vegetable	1/4 c.	1/2 c.		Tropical Fruit		Applesauce	

Siskin Early Learning Center Menu

Week of October 7th



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.)	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	Cheerios	Egg Biscuit	Cornflakes	W.G. Pancakes	Rice Krispies
Fruit/	1/4 c.	1/2 c.	Peaches	Mixed Fruit	Banana	Applesauce	Pineapples
Lunch							
Milk	1/2 c. (4 fl. Oz.)	3/4 c. (6 fl.)	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	W.G. Roll	Garlic Bread	Cornbread	W.G. Roll	W.G. Crackers
Meat/	1 oz.	1-1/2 oz.	Fish Shapes	Beef	Macaroni &	Salisbury Steak	Chicken Salad
Vegetable	1/8 c. total	1/4 c. total	Mixed	Corn	Green Beans	Mashed	Carrot Sticks/Dip
Fruit			Pears	Sl. Oranges	Pineapples	Peaches	Banana
PM Snack- Must contain 2 of the 4 components							
Milk	1/2 c. (4 fl. Oz.)	3/4 c. (6 fl.)		1% 4% Milk		1% 4% Milk	
Bread/Grains	1/2 slice or 1/4	1/2 slice, 1/3	Ritz Crackers	Teddy	Ritz Cheese Bits	Strawberry Chex	Vanilla Wafers
Meat/	1/2 oz.	1/2 oz.	Cheddar Cheese				Yogurt
Fruit/	1/2 c.	1/2 c.			Mandarin		

Siskin Early Learning Center Menu

Week of October 14th



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.)	3/4 c. (6 fl.)	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.		Cheerios	Jelly Biscuit	Kix	Bagel w/Cr.
Fruit/Vegetable	1/4 c.	1/2 c.		Peaches	Pears	Mixed Fruit	Tropical Fruit
Lunch							
Milk	1/2 c. (4 fl.)	3/4 c. (6 fl.)	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.	CLOSED FOR	W.G. Bun	W.G. Roll	Rice	W.G. Bread
Meat/Alternate	1 oz.	1-1/2 oz.	PROFESSIONAL	BBQ Pork	Italian Beef	Baked Chicken	Ham & Cheese
Vegetable	1/8 c. total	1/4 c. total	DEVELOPMENT	French Fries	Mixed	Broccoli	Carrot Sticks/
Fruit				Cole Slaw	Applesauce	Pineapples	Banana
PM Snack- Must contain 2 of the 4 components							
Milk	1/2 c. (4 fl.)	3/4 c. (6 fl.)			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.		Club Crackers	Animal Crackers	Graham	Goldfish
Meat/Alternate	1/2 oz.	1/2 oz.		Cheese Slices		Yogurt	
Fruit/Vegetable	1/2 c.	1/2 c.					

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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	Special K	W.G. Pancakes	Bagels w/ Cr. Cheese	Buttered Grits	Cheerios
Fruit/Vegetable	1/4 c.	1/2 c.	Peaches	Pears	Tropical Fruit	Mixed Fruit	Applesauce
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	Tortilla	Biscuit	Cornbread	W.G. Roll	W.G. Cracker
Meat/Alternate	1 oz.	1-1/2 oz.	Beef & Bean Burrito	Chicken Pot Pie	Beef Meatloaf	Fish Shapes	Tuna Salad
Vegetable	1/4 c. total	1/2 c. total	Corn	Spinach	Mashed Potatoes	Green Beans	Carrot Sticks/ Dip
Fruit			Applesauce	Pineapples	Carrots	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)		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	Cheez Its	Teddy Grahams	Vanilla Wafers	Ritz Cheese Bits	Veggie Stix
Meat/Alternate	1/2 oz.	1/2 oz.			Yogurt		