

Siskin Early Learning Center Menu

Week of January 2nd



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	Egg Biscuit
Fruit/Vegetable	1/4 c.	1/2 c.					Tropical Fruit	Peaches
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.					W.G. Roll	W.G. Bread
Meat/Alternate	1 oz.	1-1/2 oz.					Chicken Nuggets	Ham & Cheese Sandwich
Vegetable	1/4 c. total	1/4 c. total					Broccoli	Carrot Sticks/Dip
Fruit	1/4 c. total	1/4 c. total					Pineapples	Banana
Milk	1/2 c. (4 fl.)	3/4 c. (6 fl.)					Water	Water
Bread/Grains	1/2 slice or 1/4 c.	1/2 slice, 1/3 c. dry, or 1/4 c.					Goldfish	Bagel W/ Cr. Cheese
Meat/Alternate	1/2 oz.	1/2 oz.						
Fruit/Vegetable	1/4 c.	1/2 c.	Mandarin Oranges	Applesauce				

Siskin Early Learning Center Menu



Week of January 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.)	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	Cornflakes	Bagel w/Cr. Cheese	Fr. Toast Sticks	Special K	Jelly Biscuit
Fruit/	1/4 c.	1/2 c.	Tropical Fruit	Peaches	Applesauce	Pineapples	Mixed Fruit
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 c.	1/2 slice, 1/3 c. dry, or 1/4	W.G. Pita Bread	W.G. Roll	Biscuit	W.G. Bun	W.G. Crackers
Meat/	1 oz.	1-1/2 oz.	Italian Beef	Fish Shapes	Chicken Pot Pie	BBQ Pork	Tuna Salad
Vegetable	1/4 c. total	1/4 c. total	Corn	Mixed	Spinach	French Fries	Carrot Sticks/Dip
Fruit	1/4 c. total	1/4 c. total	Pineapples	Mandarin	Peaches	Cole Slaw	Banana
PM Snack- Must contain 2 of the 4 components							
Milk	1/2 c. (4 fl. Oz.)	3/4 c. (6 fl.)	Water	1% 4% Milk	Water	Water	1% 4% Milk
Bread/Grains	1/2 slice or 1/4	1/2 slice, 1/3	Animal Crackers	Ritz Cheese		Teddy Grahams	Goldfish
Meat/	1/2 oz.	1/2 oz.	Pears		Yogurt		
Fruit/	1/2 c.	1/2 c.			Banana	Mandarin	

Siskin Early Learning Center Menu

Week of January 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.)	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	Rice Krispies	Blueberry	Oatmeal	Cinnamon Toast	Bagel w/ Cr.
Fruit/Vegetable	1/4 c.	1/2 c.	Peaches	Applesauce	Banana	Pears	Mandarin Oranges
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	1/2 slice, 1/3	Tortilla	W.G. Bread	W.G. Roll	Tortilla	W.G. Bread
Meat/Alternate	1 oz.	1-1/2 oz.	Chicken	Grilled Cheese	Salisbury Steak	Salsa Chicken	Turkey & Cheese
Vegetable	1/4 c. total	1/4 c. total	Green Beans	Tomato Soup	Mashed	Corn	Carrot Sticks/Dip
Fruit	1/4 c. total	1/4 c. total	Mandarin	Broccoli	Carrots	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	Water	1% 4% Milk	Water	1% 4% Milk
Bread/Grains	1/2 slice or 1/4 c.	1/2 slice, 1/3 c. dry, or 1/4	Strawberry	Ritz Crackers	Graham	Cheez Its	Veggie Sticks
Meat/Alternate	1/2 oz.	1/2 oz.		Colby Jack			
Fruit/Vegetable	1/2 c.	1/2 c.				Mixed Fruit	

Siskin Early Learning Center Menu

Week of January 20th



Meal Component	Minimum Serving Size by Age		Day of the Week				
	Group		Monday	Tuesday	Wednesday	Thursday	Friday
	Ages 1-2	Ages 3-5					
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
Bread/Grains	1/2 slice or 1/4 c.	1/2 slice, 1/3 c. dry, or 1/4 c.		Bagel w/ Cr. Cheese	Buttered Grits	Jelly Biscuit	Cornflakes
Fruit/Vegetable	1/4 c.	1/2 c.		Mixed Fruit	Banana	Mandarin Oranges	Peaches
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
Bread/Grains	1/2 slice or 1/4 c.	1/2 slice, 1/3 c. dry, or 1/4 c. cooked		W.G. Roll	Cornbread	W.G. Roll	W.G. Bread
Meat/Alternate	1 oz.	1-1/2 oz.		Mac & Cheese w/Beef	BBQ Chicken	B. Meatballs & Gravy	Ham & Cheese Sandwich
Vegetable	1/4 c. total	1/4 c. total		Green Peas	Baked Beans	Mashed Potatoes	Carrot Sticks / Dip
Fruit	1/4 c. total	1/4 c. total		Peaches	Pears	Applesauce	Banana
PM Snacks							
Milk	1/2 c. (4 fl. Oz.)	3/4 c. (6 fl. Oz.)	Minimum 2 of the 4 components				
Bread/Grains	1/2 slice or 1/4 c.	1/2 slice, 1/3 c. dry, or 1/4 c. cooked	Teddy Grahams	Ritz Cheese Bits	Saltine Crackers	Mixed Cereal	