







**SISKIN EARLY LEARNIG CENTER-DOWNTOWN MENU 2011-2012 For the Month: DECEMBER**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>Date:</b>	<b>Date:</b>	<b>Date:</b>	<b>Date: 12-1-11</b>	<b>Date: 12-2-11</b>
<b>AM SNACK</b>				1% 4% Milk Cornflakes	1% 4% Milk Nutri Grain Bar
<b>LUNCH</b>				1% 4% Milk Soft Beef Taco Black Beans Lettuce/Tomato or Applesauce Tortilla	1% 4% Milk Chicken Salad Garden Peas Mandarin Oranges Saltine Crackers
<b>PM SNACK</b>				Pear Cup Teddy Grahams	Apple Juice Cheez Its
	<b>Date: 12-5-11</b>	<b>Date: 12-6-11</b>	<b>Date: 12-7-11</b>	<b>Date: 12-8-11</b>	<b>Date: 12-9-11</b>
<b>AM SNACK</b>	1% 4% Milk Cheerios	1% 4% Milk Blueberry Muffins	1% 4% Milk Cheese Toast	1% 4% Milk Cornflakes	1% 4% Milk Nutri Grain Bar
<b>LUNCH</b>	1% 4% Milk Grilled Cheese Sandwich Potato Soup Orange Slices White Bread	1% 4% Milk Baked Chicken Green Beans Peaches Rice	1% 4% Milk Fish Shapes Baked Beans Banana Roll	1% 4% Milk Soft Beef Tacos Black Beans Lettuce/Tomato or Applesauce Tortilla	1% 4% Milk Chicken Salad Garden Peas Mandarin Oranges Saltine Crackers
<b>PM SNACK</b>	Applesauce Animal Crackers	Banana Graham Crackers	Yogurt Vanilla Wafers	Pear Cup Teddy Grahams	Apple Juice Cheez Its
	<b>Date: 12-12-11</b>	<b>Date: 12-13-11</b>	<b>Date: 12-14-11</b>	<b>Date: 12-15-11</b>	<b>Date: 12-16-11</b>
<b>AM SNACK</b>	1% 4% Milk Cornflakes	1% 4% Milk Cinnamon Toast	1% 4% Milk Oatmeal	1% 4% Milk Orange Cranberry Muffins	1% 4% Milk Nutri Grain Bar
<b>LUNCH</b>	1% 4% Milk Homemade Beef Spaghetti Tossed Salad/Applesauce Green Beans Garlic Bread	1% 4% Milk BBQ Chicken Au Gratin Potatoes Turnip Greens Cornbread	1% 4% Milk Ham Slices Yams Pineapple Tidbits Roll	1% 4% Milk Hamburgers Hashbrown Casserole Garden Peas Bun	1% 4% Milk Tuna Salad Wrap Tomato Soup Banana Tortilla
<b>PM SNACK</b>	Orange Juice Teddy Grahams	Pear Cup Vanilla Wafers	Applesauce Cup Animal Crackers	Mandarin Oranges Ritz Crackers	Cheese Saltine Crackers

	Date: 12-19-11	Date: 12-20-11	Date: 12-21-11	Date: 12-22-11	Date:
<b>AM SNACK</b>	Yogurt Banana	1% 4% Milk Rice Krispy Cereal	1% 4% Milk Total Cereal	<b>CLOSED FOR PROFESSIONAL DEVELOPMENT DAY</b>	 <b>CLOSED FOR THE HOLIDAYS</b>
<b>LUNCH</b>	1% 4% Milk Soft Beef Tacos Black Beans or Corn Tossed Salad or Pears Tortilla	1% 4% Milk Chicken Pot Pie Turnip Greens Mandarin Oranges Wheat Bread	1% 4% Milk Beef Sloppy Joes Hashbrowns Green Peas Bun		
<b>PM SNACK</b>	1% 4% Milk Rice Krispy Treat	Pear Cup Nutri Grain Bar	Cheese Ritz Crackers		
	Date:	Date:	Date:	Date:	Date:
<b>AM SNACK</b>	<b>HAPPY HOLIDAYS</b> 				
<b>LUNCH</b>					
<b>PM SNACK</b>					

**MEAL COMPONENTS**

**BREAKFAST**

MILK, fluid  
JUICE or FRUIT or VEGETABLE  
BREAD or BREAD ALTERNATE

**\*RECIPE ON FILE**

**LUNCH or SUPPER**

MILK, fluid  
MEAT or MEAT ALTERNATE  
VEGETABLE  
FRUIT  
BREAD

**Age 1-5**

8 ounce  
½ cup  
½ serving, 1/3 cup, or  
½ ounce

**Age 1-5**

8 ounce  
1 ½ ounce  
¼ cup  
¼ cup  
½ serving, 1/3 cup, or  
½ ounce

**Portion Sizes**

**Age 6-12**

8 ounce  
½ cup  
1 serving, ¾ cup, or  
1 ounce

**Age 6-12**

8 ounce  
2 ounce  
¼ cup  
¼ cup  
1 serving, ¾ cup, or  
1 ounce

**AM or PM SNACK**

**(Serve 2 of 4 components)**

MILK, fluid  
MEAT or MEAT ALTERNATE  
JUICE OR FRUIT or VEGETABLE

BREAD or BREAD ALTERNATE

- 4% milk ages 1-2; 2% milk over 2 years  
- Menu changes will be announced by 8 am

- Menu modifications provided by food service staff and classroom staff to meet individual developmental needs.

**Age 1-5**

8 ounce  
½ ounce  
½ cup  
  
½ serving, 1/3 cup or  
½ ounce

**Portion Sizes**

**Age 6-12**

8 ounce  
1 ounce  
¾ cup  
  
1 serving, ¾ cup or  
1 ounce