

Siskin Early Learning Center Menu

Week of January 31st



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 sl. or 1/4 c.	1/2 sl, 1/3 c. dry, or 1/4 c. cooked	Cheerios	Jelly Biscuit	Blueberry Waffles	Golden Graham Cereal Bar	Bagel w/ Cr. Cheese
Fruit/ Vegetable	1/4 c.	1/2 c.	Peaches	Mandarin Oranges	Applesauce	Pineapples	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. cooked	W.G. Roll	W.G. Pita Bread	Riced	W.G. Bun	W.G. Cracker
Meat/ Alternate	1 oz.	1-1/2 oz.	Chicken Nuggets	Italian Beef Meatballs	Baked Chicken	Cheeseburger	Chicken Salad
Vegetable	1/4 c. total	1/2 c. total	Mashed Potatoes	Peas	Broccoli	Tater Tots	Carrot Sticks/ Dip
Fruit			Applesauce	Pears	Peaches	Sl. 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	Chocolate Milk	Water	Water	1% 4% Milk
Bread/Grains	1/2 slice or 1/4 c.	1/2 sl, 1/3 c. dry, or 1/4 c. cooked	Goldfish	Animal Crackers	Graham Crackers	Club Crackers	Mixed Cereal
Meat/ Alternate	1/2 oz.	1/2 oz.			Yogurt	Ch. Cheese Stick	
Fruit/ Vegetable	1/4 c.	1/2 c.	Pears				

Siskin Early Learning Center Menu

Week of February 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. 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	Kix	W.G. Waffle	Sausage Biscuit	Blueberry Muffins	Bagel w/ Cr. Cheese
Fruit/ Vegetable	1/4 c.	1/2 c.	Peaches	Applesauce	Pears	Pineapples	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	Crust	W.G. Roll	W.G. Bun	Tortilla	W.G. Bread
Meat/ Alternate	1 oz.	1-1/2 oz.	Cheese Pizza	Fish Shapes	BBQ Pork	Beef & Bean Burrito	Ham & Cheese
Vegetable	1/8 c. total	1/4 c. total	Green Beans	Mixed Vegetables	Baked Beans	Corn	Carrot Sticks w/ Dip
Fruit			Tangerines	Pears	Cole Slaw	Applesauce	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	Water	Water	Water	Strawberry Milk
Bread/Grains	1/2 slice or 1/4 c.	1/2 slice, 1/3 c. dry, or 1/4	Ritz Cheese Bits	Animal Crackers		Ritz Crackers	Strawberry Chex Mix
Meat/ Alternate	1/2 oz.	1/2 oz.			Yogurt	Ch. Cheese Stick	
Fruit/ Vegetable	1/2 c.	1/2 c.		Mixed Fruit	Banana		

Siskin Early Learning Center Menu

Week of February 14th



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.	Cornflakes	Jelly Biscuit	Banana Muffin	Cheerios Cereal Bar	Bagel w/ Cr. Cheese
Fruit/Vegetable	1/4 c.	1/2 c.	Tropical Fruit	Pineapples	Peaches	Mixed Fruit	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. Bread	Garlic Bread	Biscuit	Crust	W.G. Crackers
Meat/Alternate	1 oz.	1-1/2 oz.	Chicken Nuggets	Beef Spaghetti	Chicken Pot Pie	Calzone Pizza	Tuna Salad
Vegetable	1/8 c. total	1/4 c. total	Peas	Corn	Spinach	Green Beans	Carrot Sticks/ Dip
Fruit			Strawberry Applesauce	Sl. Oranges	Pineapples	Pears	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	Chocolate 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	Chicken In A Biscuit	Veggie Sticks	Graham Crackers	Animal Crackers
Meat/Alternate	1/2 oz.	1/2 oz.		Colby Jack Cheese Stick		(Wow Butter)	
Fruit/Vegetable	1/2 c.	1/2 c.			Pears	Applesauce	

Siskin Early Learning Center Menu

Week of February 21st



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		French Toast Stix	Golden Graham Cereal Bar	Jelly Biscuit	Bagel w/ Cr. Cheese
Fruit/Vegetable	1/4 c.	1/2 c.		Applesauce	Pears	Mixed Fruit	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 c.	1/2 slice, 1/3 c. dry, or 1/4 c. cooked		W.G. Roll	W.G. Bread	W.G. Rice	W.G. Bread
Meat/Alternate	1 oz.	1-1/2 oz.	IN-SERVICE DAY	Fish Shapes	Cheeseburger Casserole	Baked Chicken	Turkey & Cheese
Vegetable	1/4 c. total	1/2 c. total		Spinach	French Fries	Broccoli	Carrot Sticks/ Dip
Fruit				Peaches	Sl. Oranges	Pears	Clementines
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	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	Club Crackers		Mixed Cereal
Meat/Alternate	1/2 oz.	1/2 oz.			Mozzarella Cheese Stick	Yogurt	
Fruit/Vegetable	1/4 c.	1/2 c.				Banana	