

Siskin Early Learning Center Menu

Week of August 10th



| 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 | | | Blueberry Muffins | Cheerios | Bagel w/ Cr. Cheese |
| Fruit/ | 1/4 c. | 1/2 c. | | | Peaches | 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. | | | W.G. Rolls | Pita Bread | W.G. Bread |
| Meat/ Alternate | 1 oz. | 1-1/2 oz. | PROFESSIONAL | PROFESSIONAL | Chicken Nuggets | Italian Beef Meatballs | Turkey & Cheese |
| Vegetable | 1/4 c. total | 1/2 c. total | DEVELIPMENT | DEVELIPMENT | Mixed Vegetables | Corn | Carrot Sticks/ Dip |
| Fruit | | | DAY | DAY | Applesauce | 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 | 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 | | | Ritz Cheese Bits | Gold Fish | Teddy Grahams |
| Meat/ Alternate | 1/2 oz. | 1/2 oz. | | | | | |
| Fruit/ Vegetable | 1/4 c. | 1/2 c. | | | | Peaches | |

Siskin Early Learning Center Menu

Week of August 15th



| 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 | Cheerios | W.G. Pancakes | Kix | Jelly Biscuits | Bagel w. Cr. Cheese |
| Fruit/ Vegetable | 1/4 c. | 1/2 c. | Tropical Fruit | Applesauce | Peaches | Mandarin Oranges | Pineapples |
| 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 | W.G. Rolls | Cornbread | Crust | W.G. Tortilla | W.G. Crackers |
| Meat/ Alternate | 1 oz. | 1-1/2 oz. | Fish Shapes | Baked Chicken | Pizza | Beef Burritos | Chicken Salad |
| Vegetable | 1/8 c. total | 1/4 c. total | Broccoli | Chopped Carrots | Green Beans | Corn | Carrot Sticks/ Dip |
| Fruit | | | Peaches | Pears | Applesauce | 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 | 1% 4% Milk |
| Bread/Grains | 1/2 slice or 1/4 c. | 1/2 slice, 1/3 c. dry, or 1/4 | Animal Crackers | Chicken In A Biscuit | Graham Crackers | Club Crackers | Mixed Cereal |
| Meat/ Alternate | 1/2 oz. | 1/2 oz. | | | Yogurt | Ch. Cheese Sticks | |
| Fruit/ Vegetable | 1/2 c. | 1/2 c. | | Mixed Fruit | | | |

Siskin Early Learning Center Menu

Week of August 22nd



| 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. | Cheerio Cereal Bars | Fr. Toast Stix | Egg Biscuit | Cornflakes | Banana Muffin |
| Fruit/Vegetable | 1/4 c. | 1/2 c. | Mixed Fruit | Applesauce | Mandarin Oranges | Bananas | Pears |
| 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 | 1/2 slice, 1/3 c. | W.G. Buns | Cornbread | W.G. Rolls | W.G. Tortilla | W.G. Bread |
| Meat/Alternate | 1 oz. | 1-1/2 oz. | Cheeseburgers | BBQ Chicken | Chicken Nuggets | Beef Totchos | Ham & Cheese |
| Vegetable | 1/8 c. total | 1/4 c. total | French Fries | Corn | Mashed Potatoes | Tater Tots | Carrot Sticks/ Dip |
| Fruit | | | Sl. Oranges | Cole Slaw | Applesauce | Pineapples | Watermelon |
| PM Snack- Must contain 2 of the 4 component | | | | | | | |
| Milk | 1/2 c. (4 fl. | 3/4 c. (6 fl. Oz) | 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 c. | Cheese Its | Ritz Crackers | Strawberry Chex Mix | Graham Bug Bits | Veggie Sticks |
| Meat/Alternate | 1/2 oz. | 1/2 oz. | | Ch. Cheese Sticks | | | |
| Fruit/Vegetable | 1/2 c. | 1/2 c. | | | Pears | Applesauce | |

Siskin Early Learning Center Menu

Week of August 29th



| 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 | Bagel w/ Ch. Cheese | Sausage Burritos | Kix | W.G. Pancakes | Graham Cereal Bar |
| Fruit/Vegetable | 1/4 c. | 1/2 c. | Tropical Fruit | Pears | Mandarin Oranges | Peaches | 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. Rolls | Rice | W.G. Bread | Crust | W.G. Crackers |
| Meat/Alternate | 1 oz. | 1-1/2 oz. | Salisbury Steak | Baked Chicken | Fish Shapes | Pizza Calzone | Tuna Salad |
| Vegetable | 1/4 c. total | 1/2 c. total | Mashed Potatoes | Broccoli | Peas | Corn | Carrot Sticks/ Dip |
| Fruit | | | Applesauce | Pineapples | Peaches | Sl. Oranges | Cantaloupe |
| PM Snack- Must contain 2 of the 4 components | | | | | | | |
| Milk | 1/2 c. (4 fl. Oz.) | 3/4 c. (6 fl. Oz) | Water | 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 | Blueberry Muffins | Club Crackers | Gold Fish | Graham Bug Bits | Mixed Cereal |
| Meat/Alternate | 1/2 oz. | 1/2 oz. | | Mozzarella Cheese Sticks | | | |
| Fruit/Vegetable | 1/4 c. | 1/2 c. | Peaches | | Tropical Frute | Applesauce | |