

The Childrens Learning Center  
Menu C March 21  
25 2022

	Monday 21			Tuesday 22			Wednesday 23			Thursday 24			Friday 25				
	Food Item	Age 1-2	Age 3-5	Age 6+	Food Item	Age 1-2	Age 3-5	Age 6+	Food Item	Age 1-2	Age 3-5	Age 6+	Food Item	Age 1-2	Age 3-5	Age 6+	
<b>AM Snack</b>	Beverage	Water	1/2 cup	1/2 cup	3/4 cup	Water	1/2 cup	1/2 cup	3/4 cup	Water	1/2 cup	1/2 cup	3/4 cup	Water	4 oz	6oz	8oz
	Snack	Saltine Crackers	2 crackers	3 crackers	Ritz Crackers	2 crackers	3 crackers	4 crackers	Graham Crackers	2 crackers	3 crackers	4 crackers	Saltine Crackers	2 crackers	3 crackers	4 crackers	
	Beverage	Milk	4 oz	6oz	Milk	4 oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4 oz	6oz	8oz	
	Meat/Meat Alt.	WG Cheerios	1/2 cup	1/2 cup	Sausage Links 1oz	2 links	3 links	4links	EGG Party 2oz CN	1 party	1 party	1 party	WG French Toast Slices CN	2 sticks	3 sticks	4sticks	
	Fruit	Peaches	1/4 cup	1/2 cup	Blueberries	1/4 cup	1/2 cup	1/2 cup	Banana	1/2 each	1/2 each	1	Mangos	1/4 cup	1/2 cup	1/2 cup	
	Extra				WG Toast	extra	extra	extra	WG English Muffin	1/2 slice	1/2 slice	1 slice					
	Beverage	Milk	4 oz	6oz	Milk	4 oz	6oz	8oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6oz	8oz	
<b>Breakfast</b>	Meat/Meat Alt.	Chicken Patty 2 oz CN	1/2 patty	1/2 patty	Peanut Butter & Grape Jelly WG Bread	1/2 sandwich	1/2 sandwich	1 sandwich	Hamburger 1.5 oz CN	1/2 patty	1 party	1 party	Cheese Breadsticks 1oz CN	1/2 each	1 each	1 each	
	Vegetable	Fruit	1/4 cup	1/2 cup	Green Beans	1/4 cup	1/2 cup	1/2 cup	Mixed Vegetables	1/4 cup	1/2 cup	1/2 cup	Carrots	1/4 cup	1/2 cup	1/2 cup	
	Extra / Grain	Apple sauce	1/4 cup	1/2 cup	Grapes	1/4 cup	1/2 cup	1/2 cup	Mixed Fruit	1/4 cup	1/2 cup	1/2 cup	Applesauce	1/4 cup	1/2 cup	1/2 cup	
	Beverage	100% Fruit Punch Juice	4 oz	6 oz	100% Apple Juice	4 oz	6 oz	8oz	100% pineapple Orange Juice	4 oz	6 oz	8 oz	100% Fruit Punch	4 oz	6 oz	8 oz	
	Snack	EffGrahams	12 each	12 each	Cheer Mik 1oz	1/2 package	1/2 package	1 package	Gold Fish Crackers	21 crackers	21 crackers	41 crackers	Cheer Its	21 crackers	21 crackers	41 crackers	
	Extra																

One year olds are served whole milk, children age 2+ are served 1% milk

All grains and breads are Whole Grain

Fruit Juices are 100% Fruit Juice from Concentrate

This institution is an equal opportunity provider Menu Planning Guide Incorporating 3 age groups

Key: CN-Child Nutrition Label, WG- Whole Grain, HM- Homemade