

# CHILDREN'S LEARNING CENTER MENU

## Week (1)

Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
Juice/Fruit/Vegetable	Canned Peaches Vitamin C	Bananas Vitamin A	Canned Applesauce Vitamin A	Fresh Blueberries Vitamin A	Canned Fruit Cocktail Vitamin C
Bread/Cereal or Equivalent	Cereal Iron	Cinnamon Toast Iron	Eggs Iron	Pancakes Iron	Muffins Iron
Milk	Milk	Milk	Milk	Milk	Milk
Other Foods				Syrup	

## Lunch

Meat or Alternative	Chicken and Rice Casserole Iron	Taco Salad Iron	Meatloaf Cupcakes Iron	Soup of the Week Iron	BBQ Chicken Sandwiches Iron
Vegetable	Mixed Veggies Vitamin A	Lettuce/ Corn Vitamin A/C	Mashed Potatoes Vitamin A	Onion, Carrot, Celery Vitamin A	Roasted Broccoli Vitamin C
Bread or Equivalent	Rice Iron	Tortilla/ Tortilla Chips Iron	Rice Iron	Noodles Iron	Whole Wheat Bun Iron
Fruit	Apples/ Applesauce Vitamin C	Canned Pears Vitamin C	Oranges Vitamin C	Canned Peaches Vitamin C	Grapes Vitamin A
Milk	Milk	Milk	Milk	Milk	Milk
Other		Shredded Cheese			

## Snack

Choice of 2 of these: Bread or Alternative Meat or Alternative Milk Vegetable or Fruit	Pumpkin Bread Iron Milk	Frozen Fruit Vitamin C Yogurt Iron	Fresh Veggies with Ranch Vitamin A/C Saltines Iron	Gingerbread Cookies Iron Peaches Vitamin A/C Milk	Trail Mix Iron Frozen Juice Cups Vitamin C
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# CHILDREN'S LEARNING CENTER MENU

## Week (2)

Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
Juice/Fruit/Vegetable	Canned Mixed Fruit Vitamin C	Applesauce/ Fresh Apples Vitamin A	Fresh Strawberries/ Blueberries Vitamin C	Canned Pears Vitamin A	Fresh Cantaloupe Vitamin A
Bread/Cereal or Equivalent	Cereal Iron	Biscuits Iron	French Toast Iron	Egg Bake Iron	Banana Bread Iron
Milk	Milk	Milk	Milk	Milk	Milk
Other Foods		Jelly	Syrup		

### Lunch

Meat or Alternative	Fish Tacos Iron	Cheese Pizza Iron	Shepherds Pie Iron	Soup of the Week Iron	Bean Quesadillas Iron
Vegetable	Carrots Vitamin C	Peas Vitamin A	Potatoes Vitamin A	Onion, Carrot, Celery Vitamin A/C	Beans Iron
Bread or Equivalent	Tortilla Iron	Pizza Crust Iron	Brown Rice Iron	Rice Iron	Tortilla Iron
Fruit	Fresh Pears Vitamin A	Canned Peaches Vitamin C	Canned Pears Vitamin A	Oranges Vitamin C	Applesauce Vitamin A
Milk	Milk	Milk	Milk	Milk	Milk
Other					

### Snack

Choice of 2 of these: Bread or Alternative Meat or Alternative Milk Vegetable or Fruit	Oatmeal Cake Iron Milk	Pitas Iron Hummus Iron	Banana Vitamin C Animal Crackers Iron	Cheese Stick Iron Saltines Iron	Goldfish Iron V8 Vitamin A/C
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# CHILDREN'S LEARNING CENTER MENU

### Week (3)

<b>Breakfast</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Juice/Fruit/Vegetable	Mixed Fruit Vitamin C	Bananas Vitamin C	Canned Peaches Vitamin C	Canned Pears Vitamin A	Strawberries/ Blueberries Vitamin C
Bread/Cereal or Equivalent	Cereal Iron	Waffles Iron	Bagels Iron	Eggs Iron	Pancakes Iron
Milk	Milk	Milk	Milk	Milk	Milk
Other Foods		Syrup	Cream Cheese		Syrup

### Lunch

Meat or Alternative	Chicken Nuggets Iron	Mac and Cheese Iron	Baby Lasagna (Cheese and Cottage Cheese) Iron	Soup of the Week Iron	Wonton Taco Salad Iron
Vegetable	Mashed Potatoes Vitamin A	Corn Vitamin C	Green Beans Vitamin A	Onion, Carrot, Celery Vitamin A/C	Salad/ Mixed Veggies Vitamin A/C
Bread or Equivalent	Rice Iron	Pasta Iron	Pasta Iron	Bread Iron	Wonton Iron
Fruit	Apples/ Applesauce Vitamin A	Canned Pears Vitamin A	Fresh Canteloup Vitamin C	Grapes Vitamin C	Canned Fruit Cocktail Vitamin C
Milk	Milk	Milk	Milk	Milk	Milk
Other					

### Snack

Choice of 2 of these: Bread or Alternative Meat or Alternative Milk Vegetable or Fruit	Cinnamon Sugar Pitas Iron Milk	Baked Apples Vitamin A Goldfish Iron	Frozen Fruit Vitamin C Yogurt Iron	Cottage Cheese Iron Ritz Crackers Iron	Graham Crackers Iron Milk
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## CHILDREN'S LEARNING CENTER MENU

### Week (4)

<b>Breakfast</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Juice/Fruit/Vegetable</b>	<b>Mandarin Oranges</b> Vitamin C	<b>Canned Peaches</b> Vitamin C	<b>Fresh Bananas</b> Vitamin C	<b>Fresh Pears</b> Vitamin A	<b>Canned Fruit Cocktail</b> Vitamin C
<b>Bread/Cereal or Equivalent</b>	<b>Cereal</b> Iron	<b>Eggs</b> Iron	<b>Muffins</b> Iron	<b>French Toast Sticks</b> Iron	<b>Cheesy Breakfast Potato Casserole</b> Iron
<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
<b>Other Foods</b>				<b>Syrup</b>	

### Lunch

<b>Meat or Alternative</b>	<b>White Chicken Chili</b> Iron	<b>Chicken Alfredo</b> Iron	<b>Tuna Salad</b> Iron	<b>Soup of the Week</b> Iron	<b>Turkey Enchilada Casserole</b> Iron
<b>Vegetable</b>	<b>Celery, Onion, Beans</b> Vitamin A/C	<b>Broccoli and Spinach</b> Vitamin C	<b>Peas</b> Vitamin C	<b>Onion, Carrot, Celery</b> Vitamin A/C	<b>Onion, Beans, Tomatoes</b> Vitamin A/C
<b>Bread or Equivalent</b>	<b>Saltines</b> Iron	<b>Pasta</b> Iron	<b>Pitas</b> Iron	<b>Rice</b> Iron	<b>Tortillas</b> Iron
<b>Fruit</b>	<b>Apples/ Applesauce</b> Vitamin A	<b>Fresh Blueberries</b> Vitamin C	<b>Canned Pears</b> Vitamin A	<b>Canned Peaches</b> Vitamin C	<b>Grapes</b> Vitamin C
<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
<b>Other</b>					

### Snack

<b>Choice of 2 of these: Bread or Alternative Meat or Alternative Milk Vegetable or Fruit</b>	<b>Cornmeal Cookies</b> Iron <b>Milk</b>	<b>Fresh Veggies with Ranch</b> Vitamin A/C <b>Saltines</b> Iron	<b>Animal Crackers</b> Iron <b>V8</b> Vitamin A/C	<b>Soy Butter and Jelly Sandwiches</b> Iron <b>Milk</b>	<b>Apple Slices</b> Vitamin A <b>Yogurt</b> Iron
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