

hello
May

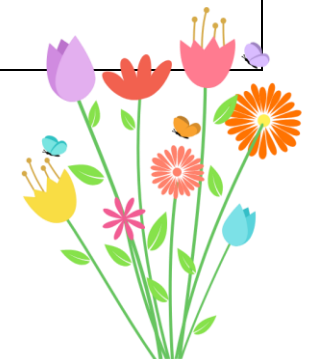
Mt. San Antonio College Child Development Center Menu

May 2024



Child Development Center
Mt. San Antonio College

			Wednesday 5/1	Thursday 5/2	Friday 5/3
Breakfast			Scrambled Eggs w/ Cheese 1.5 ounces Potato Tots ½ cup 1% White Milk ¾ cup	Vanilla Yogurt ½ cup WG Kix Cereal ¾ cup Mixed Fruit ½ c 1% White Milk ¾ cup	WG Corn Muffins 1 ea. Bananas ½ c 1% White Milk ¾ cup
Lunch			Bean & Cheese Burrito ½ c. Tortilla ½ serving Corn ¼ cup Pears ¼ cup 1% White Milk ¾ cup	Taco Salad 1.5oz Tortilla Strips ¼ cup Beans & Cheese ¼ cup Apples/Applesauce ¼ cup 1% White Milk ¾ cup	WG Chicken Patties 1.5 oz. Wheat Buns ½ serving Tater Tots ¼ cup Melon Cubes ¼ cup 1% White Milk ¾ cup
Snack			Graham Crackers 2 ea. Sliced Cheese ½ oz. Water ½ cup	Cheerios ½ cup Fruit/Applesauce ½ cup Water ½ cup	Goldfish Crackers ¼ cup Raisins/Cranberries ½ c 100% Juice ½ cup



*Menu subject to change

**Modifications will be made for children requiring food allergy substitutions

***WG – Whole Grain

This facility is operated in accordance with US Department of Agriculture policy, which prohibits discrimination based on race, color, sex, age, handicap, religion or national origin

Children age 1-2 years are served unflavored whole milk. Age 2 and up are offered 1% unflavored white milk. Rice and soy milk available upon Doctor's request.



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	Monday 5/6	Tuesday 5/7	Wednesday 5/8	Thursday 5/9	Friday 5/10
Breakfast	WG Corn Flakes ½ cup Apples/Applesauce ½ cup 1% White Milk ¾ cup	WG Cheerios ½ slice Blueberries & Pears ½ cup 1% White Milk ¾ cup	String Cheese 1 oz. WG Wheat Toast ½ slice Bananas ½ cup 1% White Milk ¾ cup	WG French Toast ½ slice Apples/Applesauce ½ cup 1% White Milk ¾ cup	WG Apple Cinnamon Muffins 1 ea. Bananas ½ cup 1% White Milk ¾ cup
Lunch	Baked Chicken 1.5 oz. Soba Noodles ¼ c. Broccoli ¼ cup Peaches ¼ cup 1% White Milk ¾ cup	Turkey Chili & Beans ½ cup Brown Rice ¼ cup Oranges/Mandarins ¼ cup 1% White Milk ¾ cup	WG Macaroni & Cheese 1.5 oz. Cali Veggie Mix ¼ c. Mixed Fruit ¼ cup 1% White Milk ¾ cup	Pulled Chicken Sandwich 1.5 oz. WG Wheat Bun ½ serving Green Salad/Mixed Veggies ¼ cup Oranges/Mandarins ¼ cup 1% White Milk ¾ cup	Beef & Bean Burritos ½ cup WG Tortilla ½ serving Corn ¼ cup Tropical Fruit ¼ cup 1% White Milk ¾ cup
Snack	Low Fat String Cheese 1 each WG Crackers 4 each 100% Juice ½ cup	Low Fat Yogurt ¼ cup Fruit ½ cup Water ½ cup	Cheese Cubes 4 each WG Crackers 4 each 100% Juice ½ cup	Cheerios ½ cup Fruit/Applesauce ½ cup Water ½ cup	Goldfish Crackers ¼ cup Raisins/Cranberries ½ c. 100% Juice ½ cup



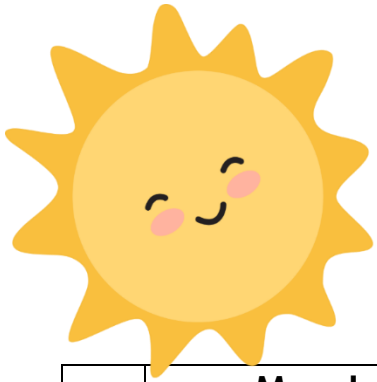
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	Monday 5/13	Tuesday 5/14	Wednesday 5/15	Thursday 5/16	Friday 5/17
Breakfast	Egg & Cheese 1 oz. WG Wheat Tortillas ½ ea. 1% White Milk ¾ cup	WG Rice Chex Cereal ½ cup Cinnamon Pears ½ cup 1% White Milk ¾ cup	WG Wheat Bagels ½ slice Cream Cheese 1 oz. Peaches ½ cup 1% White Milk ¾ cup	Vanilla Yogurt ½ cup WG Kix Cereal ¾ cup Melon Cubes ½ c 1% White Milk ¾ cup	WG Cheerios ½ cup Canned Peaches ½ cup 1% White Milk ¾ cup
Lunch	Cheese Cubes 1.5 oz. Saltine Crackers ¼ c. Celery Sticks ¼ cup Mixed Fruit ¼ cup 1% White Milk ¾ cup	Baked Chicken 1.5 oz. Flour Tortillas 1 ea. Black Beans ¼ cup Bananas ¼ cup 1% White Milk ¾ cup	Beef & Rice Casserole 1.5 oz. Green Beans ¼ c. Oranges/Mandarins ¼ cup 1% White Milk ¾ cup	Spaghetti & Meat Sauce 1.5 oz. WG Wheat Noodles ¼ c. Salad Mix ¼ cup Peaches ¼ cup 1% White Milk ¾ cup	Lasagna 1.5 oz. Cali Blend ¼ c. Orange ¼ cup 1% White Milk ¾ cup
Snack	Low Fat String Cheese 1 each WG Crackers 4 each 100% Juice ½ cup	Low Fat Yogurt ¼ cup Fruit ½ cup Water ½ cup	Cheese Cubes 4 each WG Crackers 4 each 100% Juice ½ cup	Cheerios ½ cup Fruit/Applesauce ½ cup Water ½ cup	Goldfish Crackers ¼ cup Raisins/Cranberries ½ c. 100% Juice ½ cup

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	Monday 5/20	Tuesday 5/21	Wednesday 5/22	Thursday 5/23	Friday 5/24
Breakfast	WG Biscuit ½ serving Turkey Sausage 1 oz. Pears ½ cup 1% White Milk ¾ cup	WG Corn Flakes ½ slice Apples/Applesauce ½ cup 1% White Milk ¾ cup	WG Cinnamon Toast ½ slice Diced Pears ½ cup 1% White Milk ¾ cup	WG Wheat Bagels ½ slice Cream Cheese 1 oz. Bananas ½ cup 1% White Milk ¾ cup	WG French Toast ½ slice Pears ½ cup 1% White Milk ¾ cup
Lunch	Teriyaki Chicken 1.5 oz. Brown Rice ¼ c. Mixed Vegetables ¼ cup Oranges/Mandarins ¼ cup 1% White Milk ¾ cup	Turkey Sandwich ½ serv. WG Wheat Bread ¼ cup Celery Sticks ¼ cup Orange Wedges ¼ cup 1% White Milk ¾ cup	WG Macaroni & Cheese 1.5 oz. Cali Veggie Mix ¼ c. Mixed Fruit ¼ cup 1% White Milk ¾ cup	WG Pollock Fish Sticks 1.5 oz. Tots ¼ c. Tropical Fruit ¼ cup 1% White Milk ¾ cup	Chicken Nuggets 1.5 oz Sweet Potato Fries ¼ c. Applesauce ¼ cup 1% White Milk ¾ cup
Snack	Low Fat String Cheese 1 each WG Crackers 4 each 100% Juice ½ cup	Low Fat Yogurt ¼ cup Fruit ½ cup Water ½ cup	Cheese Cubes 4 each WG Crackers 4 each 100% Juice ½ cup	Cheerios ½ cup Fruit/Applesauce ½ cup Water ½ cup	Goldfish Crackers ¼ cup Raisins/Cranberries ½ c. 100% Juice ½ cup

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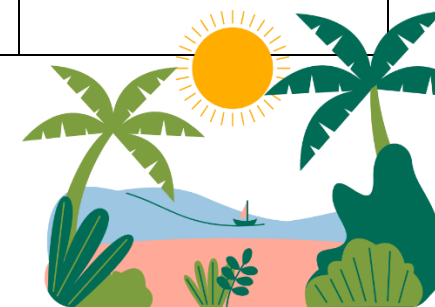


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	Monday 5/27	Tuesday 5/28	Wednesday 5/29	Thursday 5/30	Friday 5/31
Breakfast		Rice Krispies Cereal ½ c Applesauce ½ cup 1% White Milk ¾ cup	WG Biscuits ½ serving Turkey Sausage 1 oz. Pears ½ cup 1% White Milk ¾ cup	WG Blueberry Muffin ½ oz. Bananas ½ cup 1% White Milk ¾ cup	Vanilla Yogurt ½ cup WG Kix Cereal ¾ cup Tropical Mixed Fruits ½ c 1% White Milk ¾ cup
Lunch		Tuna Salad Sandwich ½ serv. Cucumbers ¼ cup Bananas ¼ cup 1% White Milk ¾ cup	Bean & Cheese Burrito ½ cup Corn ¼ c. Pears ¼ cup 1% White Milk ¾ cup	WG Cheese Pizza Bagel ½ serving Carrots ¼ cup Pineapple ¼ cup 1% White Milk ¾ cup	Chicken Quesadilla ½ serving Wheat Tortilla ½ serving Broccoli ¼ cup Bananas ¼ cup 1% White Milk ¾ cup
Snack		Low Fat Yogurt ¼ cup Fruit ½ cup Water ½ cup	Graham Crackers 2 each Sliced Cheese ½ oz. Water ½ cup	Cheerios ½ cup Fruit/Applesauce ½ cup Water ½ cup	Goldfish Crackers ¼ cup Raisins/Cranberries ½ c. 100% Juice ½ cup



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