

# Creative Early Learning Center Menu

Site/Center Name: Creative Early Learning Center									
Type	Component	Minimum Serving			7/9/18	7/10/18	7/11/18	7/12/18	7/13/18
Breakfast		1 & 2 years	3 - 5 years	6 - 12 years	Monday	Tuesday	Wednesday	Thursday	Friday
	Milk, fluid	1/2 cup	3/4 cup	1 cup	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk
	Juice, fruit Or vegetable	1/4 cup	1/2 cup	1/2 cup	Oranges	Strawberries	Banana	Pineapple	Honey Dew Melon
	Grains/Breads Dry cereal	1/2 slice 1/4 cup or 1/3 oz.	1/2 slice 1/3 cup or 1/2 oz.	1 slice 3/4 cup or 1 oz.	Rice Krispie Cereal	French Toast Sticks	Cheerio Cereal	Bagel w/Cream Cheese	Cornflakes Cereal
Lunch or Supper	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Meatball and Cheese Sub	Baked Ham	Turkey and Cheese Sandwich	Chicken Fajitas	Beef Burgers
	Grains/Breads Pasta/Noodles	1/2 slice ¼ cup	1/2 slice 1/4 cup	1 slice 1/2 cup	Bun	Macaroni and Cheese	Whole Wheat Wraps	Rice	Hawaiian Roll
	Fruit and/or vegetable and/or juice (2 servings to total)	1/4 cup total	1/2 cup total	3/4 cup total	Green Beans	Broccoli	Carrots & Dip	Kale, Peppers, Onions	Cucumbers
					Apples	Nectarines	Grapes	Cantaloupe	Watermelon
Milk, fluid	1/2 cup	3/4 cup	1 cup	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	
Snack (select 2)	Milk, fluid	1/2 cup	1/2 cup	1 cup	Water	Water	Water	Water	Milk
	Juice, fruit or vegetable	1/2 cup	1/2 cup	3/4 cup		Berries w/		Fruit Smoothie	
	Grains/Breads/ Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup	Whole Wheat Crackers and Cheese	Pepperoni Pita Pizza	Under the Sea Pasta Salad	Frozen Fruit & Yogurt Ice Cream Cones	Black Bean and
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.					Mickey Mouse Cut Out/ Wow Butter and Jelly on Whole Wheat Bread