Creative Early Learning Center Menu

Type	Component	Minimum Serving			9/14/20	9/15/20	9/16/20	9/17/20	9/18/20
Break-fast		**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	Berries	Banana	Plums	Grapes
	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.	Cheerio Cereal	Bagel w. Cream Cheese	French Toast Sticks	Cereal Bar	Cornflake Cereal
Lunch or Supper	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.					
	Grains/Breads Pasta/Noodles	1/2 slice ¼ cup	1/2 slice 1/4 cup	1 slice 1/2 cup					
	Fruit and/or vegetable and/or juice (2 servings to total)	1/4 cup total	1/2 cup total	3/4 cup total					
	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	Water
	Juice, fruit or vegetable	1/2 cup	1/2 cup	3/4 cup	Watermelon				Fruit Smoothie
	Grains/Breads/Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup	Pretzels	Ham & Cheese Cubes Crackers	Sweet & Sour Meatballs Rice	Chicken Taco's w. lettuce	Cinnamon Pita Wedge
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.					