


Mt. San Antonio College Child Development Center Menu



Child Development Center
Mt. San Antonio College

September

	Monday 9/2	Tuesday 9/3	Wednesday 9/4	Thursday 9/5	Friday 9/6
Breakfast	 <i>Holiday</i>	Breakfast Quesadilla Egg & Cheese 1 oz. WG Wheat Tortilla ½ ea. Oranges/Mandarins ½ c Whole/1% White Milk ¾ c	Blueberry Muffins ½ ea. Applesauce ½ c Whole/1% White Milk ¾ c	WG French Toast ½ ea Strawberries ½ cup Whole/1% White Milk ¾ c	WG Wheat Bagels ½ ea Cream Cheese 1 oz. Tropical Mix Fruit ½ c Whole/1% White Milk ¾ c
Lunch		BBQ Chicken Sandwich BBQ Chicken 1.5 oz. WG Wheat Buns ½ ea. Sweet Potato Fries ¼ c. Peaches ¼ c Whole/1% White Milk ¾ c	Taco Bowl Ground Beef ¼ c. Brown Rice ¼ c. Black Beans ¼ c Corn ¼ c. Sour Cream 1 tbsp. Whole/1% White Milk ¾ c	Turkey & Cheese Sandwich Turkey 1.5 oz. Cheddar Cheese 1 slice WG Wheat Bread ½ serv. Cooked Carrots ¼ c Honeydew Melon ¼ c Whole/1% White Milk ¾ c	WG Chicken Nuggets 4 ea. Potato Tots ¼ c Apples/Applesauce ¼ c Whole/1% White Milk ¾ c
Snack		Hardboiled Egg ½ ea. CheX Cereal 4 ea.	Diced Peaches ¼ c Cheez-its 1 ea.	Low Fat Yogurt ¼ cup Crushed Crackers ½ tbsp Pineapple Tidbits ½ c	Low Fat String Cheese 1 ea. Graham Crackers ¼ c

*Menu subject to change

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

*** WG – Whole Grain Rich

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 aged 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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September

	Monday 9/9	Tuesday 9/10	Wednesday 9/11	Thursday 9/12	Friday 9/13
Breakfast	WG Corn Flakes ½ c Pears ½ c Whole/1% White Milk ¾ c	Vanilla Yogurt ½ c Kix Cereal ¼ c. Tropical Fruit ½ c Whole/1% White Milk ¾ c	WG Rice Chex Cereal ½ c. Peaches ½ c Whole/1% White Milk ¾ c	WG Biscuits ½ ea. Skillet Peaches ½ c Whole/1% White Milk ¾ c	WG Apple Cinnamon Muffins ½ ea. Applesauce ½ c Whole/1% White Milk ¾ c
Lunch	Chicken Sandwich WG Chicken Patty 1.5 oz. WG Wheat Buns ½ ea. Cooked Carrots ¼ c Mandarins ¼ c Whole/1% White Milk ¾ c	WG Pollock Fish Sticks 3 ea. Cucumber ¼ c Bananas ¼ c Whole/1% White Milk ¾ c	Chicken Quesadilla Chicken & Cheddar Cheese 1.5 oz. WG Tortilla ½ ea. Carrots ¼ c. Applesauce ¼ c Whole/1% White Milk ¾ c	WG Popcorn Chicken 1.5 oz. Soba Noodles ¼ c. Broccoli ¼ c Oranges ¼ c Whole/1% White Milk ¾ c	Cheeseburgers ½ ea. Ground Beef Patty ½ ea. WG Wheat Bun ½ ea. Broccoli ¼ c Oranges ¼ c Whole/1% White Milk ¾ c
Snack	Diced Peaches ½ c Ritz Crackers 6 crackers	Cheese Cubes 4 ea. Macaroni Salad ½ cup	Macaroni Salad ¼ c Diced Pears ½ c	Low Fat Yogurt ¼ c Crushed Cheerios ½ tbsp. Pineapple Tidbits ½ c	Low Fat String Cheese 1 ea. Graham Crackers ¼ c

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	Monday 9/16	Tuesday 9/17	Wednesday 9/18	Thursday 9/19	Friday 9/20
Breakfast	Scrambled Eggs ½ c Pears ½ c Whole/1% White Milk ¾ c	WG Eggo Waffles ½ ea. Applesauce ½ c Whole/1% White Milk ¾ c	WG Wheat Bagels ½ ea. Cream Cheese 1 ea. Mandarins ½ c Whole/1% White Milk ¾ c	WG Cinnamon Toast ½ ea. Bananas ½ c Whole/1% White Milk ¾ c	Staff Development Day
Lunch	Cheese Pizza Bagel Mozzarella Cheese 1.5 oz. WG Wheat Bagel ½ ea. Carrots ¼ c Mandarins ¼ c Whole/1% White Milk ¾ c	Beef and Rice Casserole ½ c. Green Beans ¼ c. Oranges/Mandarins ¼ c Whole/1% White Milk ¾ c	Teriyaki Chicken 1.5 oz WG Brown Rice ¼ c Broccoli ¼ cup Tropical Mix ¼ cup Whole/1% White Milk ¾ c	Baked Chicken 1.5 oz. Flour Tortillas 1 ea. Black Beans ¼ c. Applesauce ¼ c Whole/1% White Milk ¾ c	
Snack	Cheerios ½ c. Cheese Cubes 4 ea.	Hummus .5 oz. Zesta Crackers 4 crackers	Low Fat Yogurt ¼ c Crushed Cheerios ½ tbsp. Pineapple Tidbits ½ c	Cucumber Slices ½ c Ranch Dressing 1 tbsp. Goldfish Crackers ¼ c	

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September

	Monday 9/23	Tuesday 9/24	Wednesday 9/25	Thursday 9/26	Friday 9/27
Breakfast	Pancakes 1 ea. Bananas ½ c Whole/1% White Milk ¾ c	WG Ego Waffles ½ ea. Applesauce ½ c Whole/1% White Milk ¾ c	WG Biscuits ½ ea. Turkey Sausage 1 ea. Applesauce ½ c Whole/1% White Milk ¾ c	Corn Muffins ½ ea. Pears ½ c Whole/1% White Milk ¾ c	WG Rice Chex Cereal ½ c. Applesauce ½ cup Whole/1% White Milk ¾ c
Lunch	Spaghetti Meat Sauce 1.5 oz. WG Wheat Noodles ¼ c. Zucchini ¼ c Pears ¼ c Whole/1% White Milk ¾ c	Chicken Ceasar Wrap Chicken 1.5 oz. WG Tortilla ½ ea. Ceasar Salad ½ c. Oranges ¼ c Whole/1% White Milk ¾ c	WG Macaroni & Cheese 1 cup Cali Veggie Mix ¼ c Melon Cubes ¼ cup Whole/1% White Milk ¾ c	Beef Chili & Beans ¼ c Brown Rice ¼ c Mandarins ¼ c Whole/1% White Milk ¾ c	Chicken Salad Sandwich Chicken Salad ½ c WG Wheat Buns ½ ea. Mixed Fruit ¼ cup Cooked Carrots ¼ c. Whole/1% White Milk ¾ c
Snack	Low Fat String Cheese 1 ea. Graham Crackers ¼ c	Hardboiled Egg ½ ea. Goldfish Pretzels ¼ c	Corn Flakes ½ c Pineapple Tidbits ½ c	Cheese Cubes ½ c. Zesta Crackers 4 crackers	Crepe ½ ea. Mixed Berries ½ c

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September/October

	Monday 9/30	Tuesday 10/1	Wednesday 10/2	Thursday 10/3	Friday 10/4
Breakfast	Breakfast Quesadilla Egg & Cheese 1 oz. WG Wheat Tortilla ½ ea. Mandarins ½ c Whole/1% White Milk ¾ c	WG Eggo Waffles ½ ea Peaches ½ c Whole/1% White Milk ¾ c	WG Corn Flakes ½ ea. Applesauce ½ c Whole/1% White Milk ¾ c	WG Biscuits ½ ea. Turkey Sausage ½ c. Diced Peaches ½ c Whole/1% White Milk ¾ c	Blueberry Muffin ½ ea Pears ½ cup Whole/1% White Milk ¾ c
Lunch	Sloppy Joes Ground Beef 1.5 oz WG Wheat Buns ½ ea. Tater Tots ¼ c Orange Wedges ¼ c Whole/1% White Milk ¾ c	Beef & Bean Burrito ½ ea. WG Tortilla ½ ea. Corn ¼ c Bananas ¼ c Whole/1% White Milk ¾ c	Baked Chicken 1.5 oz Soba Noodles ¼ c Broccoli ¼ cup Oranges ¼ cup Whole/1% White Milk ¾ c	Beef Taquitos 2 ea. Spanish Rice ¼ c. Peas ¼ c Apples/Applesauce ¼ c. Whole/1% White Milk ¾ c	Shepherd's Pie Ground Beef 1.5 oz. Peas & Carrots ¼ c. Mashed Potatoes ¼ c. WG Wheat Roll 1 ea. Whole/1% White Milk ¾ c
Snack	Low Fat String Cheese 1 ea. Pears ¼ c	Macaroni Salad ¼ c Diced Peaches ½ c	Low Fat Yogurt ¼ c Crushed Cheerios ½ tbsp. Pineapple Tidbits ½ c	Chex Cereal ½ c. Tropical Mix ½ c.	Cheese Cubes 4 ea. Diced Peaches ½ c

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