

Mt. San Antonio College Child Development Center Menu

August 



| | Thursday 8/1 |
|-----------|---|
| Breakfast | Corn Muffin ½ ea. Strawberries ½ c Whole/1% White Milk ¾ c |
| Lunch | Bean & Cheese Burrito Bean & Cheese Mix 1.5 oz WG Tortilla ½ ea. Corn ¼ c Banana ¼ c Whole/1% White Milk ¾ c |
| Snack | Hardboiled Egg ½ ea. Goldfish Pretzels 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.



Child Development Center
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August 

| | Monday 8/5 | Tuesday 8/6 | Wednesday 8/7 | Thursday 8/8 |
|------------------|---|--|---|--|
| Breakfast | WG Corn Flakes ½ c Pears ½ c Whole/1% White Milk ¾ c | WG Wheat Bagel ½ ea. Cream Cheese 1 oz. Tropical Fruit ½ c Whole/1% White Milk ¾ c | WG Rice Chex Cereal ½ c Blueberries ½ c Whole/1% White Milk ¾ c | WG Biscuits ½ slice Skillet Peaches ½ c Whole/1% White Milk ¾ c |
| Lunch | Chicken Sandwich WG Chicken Patty 1.5 oz. Wheat Bun ½ ea. Sweet Potato Fries ¼ c Mandarins ¼ c Whole/1% White Milk ¾ c | WG Pollock Fish Sticks 1.5 oz. Cucumber Slices ¼ c Banana ¼ c Whole/1% White Milk ¾ c | Chicken Quesadilla Chicken & Cheese 1.5 oz WG Wheat Tortilla ½ ea. Carrots ¼ c Apples/Applesauce ¼ c Whole/1% White Milk ¾ c | WG Macaroni & Cheese 1.5 oz. California Veggie Mix ¼ c Tropical Mix ¼ c Whole/1% White Milk ¾ c |
| Snack | Hummus ½ oz. Ritz Crackers ½ oz. | Low Fat String Cheese 1 ea. Goldfish Pretzels ¼ c. | Low Fat Yogurt ¼ cup Crushed Cheerios ½ tbsp. Pineapple Tidbits ½ cup | Cereal ½ oz. Diced Pears ½ cup |

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August 

| | Monday 8/12 | Tuesday 8/13 | Wednesday 8/14 | Thursday 8/15 | Friday 8/16 |
|------------------|--|---|---|---|--|
| Breakfast | Apple Cinnamon Muffin ½ ea. Pears ½ c Whole/1% White Milk ¾ c | Croissant ½ ea. Applesauce ½ c Whole/1% White Milk ¾ c | Scrambled Eggs w Cheese ½ c Mandarins ½ c Whole/1% White Milk ¾ c | WG Cinnamon Toast ½ ea Bananas ½ cup Whole/1% White Milk ¾ c | WG Cheerios ½ c Peaches ½ c Whole/1% White Milk ¾ c |
| Lunch | Cheese Pizza Bagel WG Bagel ½ ea. Mozzarella Cheese 1.5 oz Carrots ¼ c Tropical Mixed Fruit ¼ c Whole/1% White Milk ¾ c | Beef & Rice Casserole Ground Beef 1.5 oz. WG Brown Rice ¼ 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 c. Tropical Mixed Fruit ¼ c Whole/1% White Milk ¾ c | BBQ Chicken Sandwich BBQ Chicken 1.5 oz. WG Wheat Buns ½ serv. Mixed Veggies ¼ c Diced Pears ¼ c Whole/1% White Milk ¾ c | Southwest Bowl Diced Chicken 1.5 oz. Brown Rice ¼ c Black Beans ¼ c Corn Kernels ¼ c Sour Cream Whole/1% White Milk ¾ c |
| Snack | Cucumber Slices ½ c Ranch 1 oz. Cheez Its ½ oz | Macaroni Salad ¼ c Cheese Cubes 4 ea. | Low Fat String Cheese 1 ea. Graham Crackers ¼ c | Low Fat Yogurt ¼ cup Crushed Cheerios ½ tbsp Pineapple Tidbits ½ c | Goldfish Crackers ¼ c Diced Pears ½ c |

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August 



| | Monday 8/19 | Tuesday 8/20 | Wednesday 8/21 | Thursday 8/22 | Friday 8/23 |
|------------------|---|--|--|--|--|
| Breakfast | Vanilla Yogurt ½ c Peaches ½ c Whole/1% White Milk ¾ c | WG Eggo Waffles ½ ea. Applesauce ½ c Whole/1% White Milk ¾ c | Egg & Cheese Quesadilla ½ ea. Bell Pepper Mix ½ c Whole/1% White Milk ¾ c | Blueberry Muffin ½ ea. Pears ½ c Whole/1% White Milk ¾ c | WG Rice Chex Cereal ½ c Applesauce ½ c 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 Caesar Wrap Chicken 1.5 oz. WG Tortilla ½ ea. Shredded Lettuce ½ c Diced Tomatoes ¼ c Oranges ¼ c Whole/1% White Milk ¾ c | Beef & Bean Burrito Beef and Bean Mix 1.5 oz. WG Tortilla ½ ea. Cali Veggie Mix ¼ c. Tropical Fruit 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 | Beef Chili & Beans 1.5 oz. WG Brown Rice ¼ c. Mandarins ¼ c Whole/1% White Milk ¾ c |
| Snack | Low Fat String Cheese 1 ea. Cheez Its ¼ c. | Low Fat Yogurt ¼ cup Crushed Cheerios ½ tbsp. Pineapple Tidbits ½ cup | Cereal ½ c Diced Pears ¼ cup | Hardboiled Egg ½ ea. Goldfish Pretzels ¼ c | Diced Peaches ½ c Ritz Crackers ½ oz. |

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August 



| | Monday 8/26 | Tuesday 8/27 | Wednesday 8/28 | Thursday 8/29 | Friday 8/30 |
|------------------|--|---|--|--|--|
| Breakfast | WG Cinnamon Toast ½ ea. Peaches ½ c Whole/1% White Milk ¾ c | WG Cheerios ½ c Applesauce ½ c Whole/1% White Milk ¾ c | WG Biscuits ½ ea. Turkey Sausage 1 ea. Pineapple ½ c Whole/1% White Milk ¾ c | Corn Muffins ½ ea. Bananas ½ c Whole/1% White Milk ¾ c | Scrambled Eggs ½ c. Mandarins ½ cup Whole/1% White Milk ¾ c |
| Lunch | Chicken Soft Taco Diced Chicken 1.5 oz. WG Tortillas ½ ea. Black Beans ¼ c Watermelon ¼ c Whole/1% White Milk ¾ c | Meat Loaf 1.5 oz. WG Roll ½ ea. Peas & Carrots ¼ c Mandarins ¼ c Whole/1% White Milk ¾ c | Chicken Alfredo Chicken 1.5 oz WG Penne Noodles ¼ c Broccoli ¼ cup Tropical Mix ¼ cup Whole/1% White Milk ¾ c | Sloppy Joes Ground Beef 1.5 oz. WG Wheat Buns ½ ea. Tater Tots ¼ c. Melon Cubes ¼ c Whole/1% White Milk ¾ c | Cheese Cubes 7 ea. Saltine Crackers 4 ea. Celery Sticks ¼ cup Mixed Fruit ¼ cup Whole/1% White Milk ¾ c |
| Snack | Cheese Cubes 4 ea. Mixed Berries ½ c | Macaroni Salad ¼ c Diced Pears ½ c | Low Fat String Cheese 1 ea. Graham Crackers ¼ c | Cereal ½ c. Tropical Mix ½ c. | Low Fat Yogurt ¼ c Crushed Cheerios ½ tbsp. Pineapple Tidbits ½ c |

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