



Mt. San Antonio College Child Development Center

Meal Menu for March 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1					
Breakfast					WG Corn Muffins (1 each) Bananas (1/2c) 1% Milk (3/4c)
Lunch					Cheeseburgers (1.5oz) WG Wheat Bun (1/2 serv) Corn Cobbette (1/4c) Sliced Apples (1/4c) 1% Milk (3/4c)
WEEK 2	3/4	3/5	3/6	3/7	3/8
Breakfast	WG Cinnamon Toast (1/2 serv) Tropical Fruit (1/2c) 1% Milk (3/4c)	WG Biscuits / GF Biscuits (1/2 serv) Turkey Sausage (1oz) Peaches (1/2c) 1% Milk (3/4c)	WG Cheerios (1/2c) Pears (1/2c) 1% Milk (3/4c)	WG Eggo Waffles (1/2 slice) WG Rice Chex Cereal (1/2c) Applesauce (1/2c) 1% Milk (3/4c)	WG Plain Bagels (1/2 slice) Cream Cheese / Jelly (1oz) Grapes (1/2c) 1% Milk (3/4c)
Lunch	Tuna Salad Sandwich (F-1) (1/2 serv) Cucumbers (1/4c) Fresh Mixed Fruit (1/4c) 1% Milk (3/4c)	BBQ Chicken Sandwiches (1.5oz) White Bun (1/2 serv) Mixed Veggies (1/4c) Pears (1/4c) 1% Milk (3/4c)	WG Macaroni & Cheese (D-260) / Beef Patty on GF Pasta (1.5oz) Corn (1/4c) Mixed Fruit (1/4c) 1% Milk (3/4c)	Turkey Chili & Beans (1.5oz/1/2c) California Veg Mix (1/4c) Brown Rice (1/4c) Mandarins (1/4c) 1% Milk (3/4c)	Chicken Nuggets (1/2 serv) Broccoli (1/4c) Bananas (1/4c) 1% Milk (3/4c)
WEEK 3	3/11	3/12	3/13	3/14	3/15
Breakfast	Egg & Cheese Quesadilla (1oz) WG Wheat / Corn Tortillas (1/2 serv) Pears (1/2c) 1% Milk (3/4c)	WG Rice Chex Cereal (1/2c) Cinnamon Pears (1/2c) 1% Milk (3/4c)	WG Wheat Bagels (1/2 slice) Cream Cheese / Jelly (1oz) Peaches (1/2c) 1% Milk (3/4c)	Vanilla Yogurt (1/2c) WG Kix Cereal (3/4c) Melon Cubes (1/2c) 1% Milk (3/4c)	WG Rice Chex Cereal (1/2c) Bananas (1/2c) 1% Milk (3/4c)
Lunch	Spaghetti Meat Sauce / GF Spaghetti D-350 (1.5oz) Cali Mixed Veggies (1/4c) Peaches (1/4c) 1% Milk (3/4c)	Chicken Soft Taco (1.5oz) Flour/Corn Tortillas (1ct) Black Beans (1/4c) Tropical Fruit (1/4c) 1% Milk (3/4c)	Turkey & Cheese Sandwich (1/2 serv) Cucumbers (1/4c) Tropical Mixed Fruit (1/4c) 1% Milk (3/4c)	WG Pollock Fish Sticks (1.5oz) Cucumbers (1/4c) Bananas (1/4c) 1% Milk (3/4c)	WG Cheese Pizza Bagels (1/2 serv) Watermelon (1/4c) Carrots (1/4c) 1% Milk (3/4c)
WEEK 4	3/18	3/19	3/20	3/21	3/22
Breakfast	WG Wheat Bagels (1/2 slice) Cream Cheese (1oz) Oranges (1/2c) 1% Milk (3/4c)	WG Corn Flakes (1/2c) Applesauce (1/2c) 1% Milk (3/4c)	Egg & Cheese Quesadilla (1oz) WG Wheat / Corn Tortillas (1/2 serv) Mandarins (1/2c) 1% Milk (3/4c)	WG Apple Cinnamon Muffins 2oz (1 each) Bananas (1/2c) 1% Milk (3/4c)	Eggo Waffles (1/2 serv) Canned Mangoes (1/2c) 1% Milk (3/4c)
Lunch	WG Popcorn Chicken (1.5oz) Soba Noodle (1/4c) Carrots (1/4c) Apples (1/4c) 1% Milk (3/4c)	Bean & Cheese Burrito / Bean Burrito Corn Tortilla (1.5oz) Corn (1/4c) Peaches (1/4c) 1% Milk (3/4c)	WG Chicken Sandwich / Grilled Chicken (1/2 serv) Potato Tots (1/4c) Fresh Mixed Fruit (1/4c) 1% Milk (3/4c)	Beef and Rice Casserole (D-07) (1.5oz) Cali Veggie Mix (1/4c) Mandarins (1/4c) 1% Milk (3/4c)	Chicken Quesadilla on WG Wheat Tortilla (1/2 serv) Carrots (1/4c) Apples (1/4c) 1% Milk (3/4c)
WEEK 5	3/25	3/26	3/27	3/28	3/29
Breakfast	Vanilla Yogurt (1/2c) WG Kix Cereal (3/4c) Peaches (1/2c) 1% Milk (3/4c)	Scrambled Egg with Cheese / Turkey Sausage (1/2) Potato Tots (1/2c) 1% Milk (3/4c)	WG Rice Chex (1/2c) Pears (1/2c) 1% Milk (3/4c)	WG Bagel Cheese Slice (1/2 serv) Melon Cubes (1/2c) 1% Milk (3/4c)	Croissant (1/2 serv) Cream Cheese/Jelly (1oz) Mandarins (1/2c) 1% Milk (3/4c)
Lunch	Spaghetti & Meat Sauce (D-350) (1.5oz) WG Wheat Noodle (1/4c) Peas & Carrots (1/4c) Papaya (1/4c) 1% Milk (3/4c)	WG Pollock Fish Sticks (1.5oz) Cucumbers (1/4c) Tropical Fruit (1/4c) 1% Milk (3/4c)	Teriyaki Chicken (1.5oz) (D-12) WG Brown Rice (1/4c) California Veg Mix (1/4c) Mandarins (1/4c) 1% Milk (3/4c)	WG Turkey & Cheese Sandwich / Turkey Roll in Corn Quesadilla / Cheese Quesadilla (1.5oz) (E-13) Cucumbers (1/4c) Bananas (1/4c) 1% Milk (3/4c)	Beef & Bean Burrito (D-21a) WG Tortillas (1/2) Green Beans (1/4c) Honey Dew (1/4) 1% Milk (3/4c)

***Menu subject to change **

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

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

Children Age 1 - 2 years are offered Whole Milk, Age 2 and up are offered 1% milk. *Rice and Soy milk available upon Doctor's request.

WG=Whole Grain

