




Mt. San Antonio College Child Development Center Menu

JULY



	Monday 7/1	Tuesday 7/2	Wednesday 7/3	Thursday 7/4
Breakfast	Rice Chex Cereal ½ cup Peaches ½ cup Whole/1% White Milk ¾ cup	Egg & Cheese Quesadilla 1 oz. WG Tortilla ½ ea. Pears ½ cup Whole/1% White Milk ¾ cup	WG Corn Flakes 1 oz. Tropical Mix ½ cup Whole/1% White Milk ¾ cup	 <i>holiday</i>
Lunch	Teriyaki Chicken 1.5 oz. Brown Rice ¼ cup Mixed Vegetables ¼ cup Mandarins ¼ cup Whole/1% White Milk ¾ cup	WG Pollock Fish Sticks 1.5 oz. Cucumber ¼ cup Applesauce ¼ cup Whole/1% White Milk ¾ cup	BBQ Chicken Sandwich 1.5 oz. Wheat Bun ½ ea. Cali Veggie Mix ¼ cup Peaches ¼ cup Whole/1% White Milk ¾ cup	
Snack	Low Fat String Cheese 1 each Scooby Doo Crackers 1 oz.	Low Fat Yogurt ¼ cup Crushed Cheerios ½ oz. Pineapple Tidbits ½ cup	Macaroni Salad ½ cup Mandarins ½ cup	

*Menu subject to change

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

*** WG – Whole Grain 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.



Mt. San Antonio College Child Development Center Menu

JULY



	Monday 7/8	Tuesday 7/9	Wednesday 7/10	Thursday 7/11
Breakfast	WG Cheerios ½ cup Applesauce ½ cup Whole/1% White Milk ¾ cup	WG French Toast ½ oz. Diced Pears ½ cup Whole/1% White Milk ¾ cup	WG Biscuits ½ ea. Turkey Sausage 1 oz. Applesauce ½ cup Whole/1% White Milk ¾ cup	Cinnamon Toast ½ slice Bananas ½ cup Whole/1% White Milk ¾ cup
Lunch	Chicken Patty 1.5 oz. WG Wheat Bun ½ serv. Carrots ¼ cup Peaches ¼ cup Whole/1% White Milk ¾ cup	Beef Chili & Beans 1.5 oz. Brown Rice ¼ cup Mandarins ¼ cup Whole/1% White Milk ¾ cup	Mac & Cheese 1.5 oz. Cali Veggie Mix ¼ cup Tropical Mix ¼ cup Whole/1% White Milk ¾ cup	WG Turkey & Cheese Sandwich 1.5 oz. Cucumbers ¼ c. Watermelon ¼ cup Whole/1% White Milk ¾ cup
Snack	Low Fat String Cheese 1 oz. Graham Crackers ½ oz.	Low Fat Yogurt ¼ cup Crushed Cheerios ½ oz. Pineapple Tidbits ½ cup	Cheerios ½ oz. Diced Pears ¼ cup	Hummus/Avocado Dip ½ oz. Ritz Crackers ½ oz.

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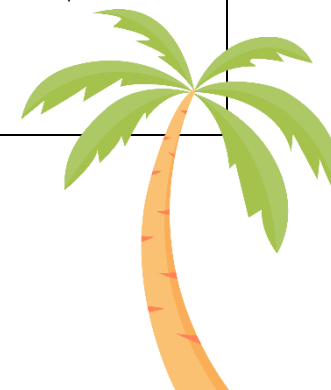


Mt. San Antonio College Child Development Center Menu

JULY



	Monday 7/15	Tuesday 7/16	Wednesday 7/17	Thursday 7/18
Breakfast	Blueberry Muffin ½ oz. Pears ½ cup Whole/1% White Milk ¾ cup	Rice Krispies ½ cup Applesauce ½ cup Whole/1% White Milk ¾ cup	Pancakes ½ oz. Turkey Sausage 1 oz. Mandarins ½ cup Whole/1% White Milk ¾ cup	Corn Muffins ½ oz. Bananas ½ cup Whole/1% White Milk ¾ cup
Lunch	WG Popcorn Chicken 1.5 oz. Soba Noodles ¼ cup Broccoli ¼ cup Peaches ¼ cup Whole/1% White Milk ¾ cup	Chicken & Bean Burrito 1.5 oz. WG Tortilla ½ ea. Cali Veggie Mix ¼ cup Tropical Fruit ¼ cup Whole/1% White Milk ¾ cup	Beef & Rice Casserole 1.5 oz. Green Beans ¼ c. Pears ¼ cup Whole/1% White Milk ¾ cup	Cheese Cubes 1.5 oz. Saltine Crackers ½ oz. Celery Sticks ¼ cup Mixed Fruit ¼ cup Whole/1% White Milk ¾ cup
Snack	Low Fat Yogurt ¼ cup Crushed Cheerios ½ oz. Pineapple Tidbits ½ cup	Cucumber Slices ½ cup Ranch Dressing 1 tbsp. Cheez-its ½ oz.	Hummus/Avocado Dip ½ oz. Ritz Crackers ½ oz.	Macaroni Salad ½ oz. Orange Slices ½ cup



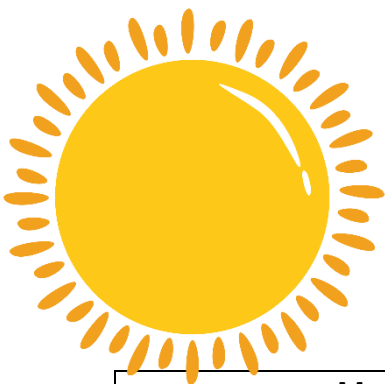
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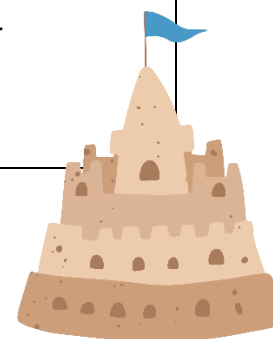


Mt. San Antonio College Child Development Center Menu

JULY



	Monday 7/22	Tuesday 7/23	Wednesday 7/24	Thursday 7/25
Breakfast	WG Corn Flakes ½ cup Peaches ½ cup Whole/1% White Milk ¾ cup	WG Eggo Waffles ½ oz. Applesauce ½ cup Whole/1% White Milk ¾ cup	Croissant ½ oz. Fruit Smoothies ½ cup Whole/1% White Milk ¾ cup	WG Biscuit ½ oz. Turkey Sausage 1 oz. Bananas ½ cup Whole/1% White Milk ¾ cup
Lunch	Spaghetti & Meat Sauce 1.5 oz. WG Wheat Noodles ¼ cup Zucchini ¼ cup Mandarins ¼ cup Whole/1% White Milk ¾ cup	Toasted Cheese Sandwich 1.5 oz. WG Wheat Bread 1/2 ea. Corn Cobs/Corn ¼ cup Tropical Fruit ¼ cup Whole/1% White Milk ¾ cup	Parmesan Chicken 1.5 oz. WG Wheat Noodles ½ oz. Carrots ¼ c. Pineapple ¼ cup Whole/1% White Milk ¾ cup	WG Cheese Pizza Bagels 1.5 oz. Carrots ¼ c. Fresh Mixed Fruit ¼ cup Whole/1% White Milk ¾ cup
Snack	Low Fat Yogurt ¼ cup Crushed Cheerios ½ oz. Pears ½ cup	Low Fat String Cheese 1 each Goldfish Pretzels ½ oz.	Cheese Cubes 4 each Zesta Crackers ½ oz.	Hummus/Avocado Dip ½ oz. Ritz Crackers ½ oz.



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Child Development Center
Mt. San Antonio College

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JULY

	Monday 7/29	Tuesday 7/30	Wednesday 7/31
Breakfast	Vanilla Yogurt ½ cup WG Kix Cereal ¾ cup Applesauce ½ cup Whole/1% White Milk ¾ cup	WG French Toast ½ oz. Oranges ½ cup Whole/1% White Milk ¾ cup	WG Cheerios ½ cup Diced Peaches ½ cup Whole/1% White Milk ¾ cup
Lunch	Baked Chicken 1.5 oz. Flour Tortillas 1 ea. Black Beans ¼ cup Bananas ¼ cup Whole/1% White Milk ¾ cup	Bean & Cheese Burrito 1.5 oz. WG Tortilla ½ ea. Corn ¼ cup Tropical Fruit ¼ cup Whole/1% White Milk ¾ cup	Lasagna 1.5 oz. Cali Blend ¼ c. Orange Slices ¼ cup Whole/1% White Milk ¾ cup
Snack	Low Fat String Cheese 1 oz. Goldfish Crackers ½ oz.	Macaroni Salad ½ oz. Diced Pears ½ cup	Cheerios ½ oz. Applesauce ½ cup



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