



Child Development Center
Mt. San Antonio College

Mt. San Antonio College Child Development Center Menu

October

	Monday 10/7	Tuesday 10/8	Wednesday 10/9	Thursday 10/10	Friday 10/11
Breakfast	WG Corn Flakes ½ c Diced Pears ½ c Whole/1% White Milk ¾ c	WG Biscuit ½ ea. Turkey Sausage 1 ea. Tropical Mixed Fruit ½ c Whole/1% White Milk ¾ c	WG Cheerios ½ c. Peaches ½ c Whole/1% White Milk ¾ c	Vanilla Yogurt ½ cup WG Kix Cereal ¾ cup Bananas ½ cup Whole/1% White Milk ¾ c	WG Eggo Waffles ½ ea. Oranges/Mandarins ½ c Whole/1% White Milk ¾ c
Lunch	WG Popcorn Chicken 1.5 oz. Soba Noodles ¼ cup Peas & Carrots ¼ cup Oranges ¼ cup Whole/1% White Milk ¾ c	Cheeseburger WG Wheat Buns ½ ea. Hamburger Patty ½ ea. Corn ¼ c. Melon Cubes ¼ c Whole/1% White Milk ¾ c	Quesadilla WG Wheat Tortilla ½ ea. Shredded Cheese 1.5 oz Carrots ¼ c Apples/Applesauce ¼ c. Whole/1% White Milk ¾ c	Spaghetti WG Wheat Noodles ¼ c Meat Sauce 1.5 oz. Zucchini ¼ cup Apples/Applesauce ¼ c Whole/1% White Milk ¾ c	Toasted Cheese Sandwich WG Wheat Bread ½ ea. Cheddar Cheese 1.5 oz. Carrots ¼ c Peaches ¼ c Whole/1% White Milk ¾ c
Snack	Low Fat Yogurt ¼ cup Crushed Crackers (granola) ½ tbsp Pineapple Tidbits ½ c	Hardboiled Egg ½ ea. CheX Cereal ¾ c.	Macaroni Salad ¼ c Diced Pears ½ c	Low Fat String Cheese 1 ea. Graham Crackers 1 sheet	Diced Peaches ½ c Ritz Crackers 4 crackers

*Menu subject to change

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

*** WG – Whole Grain Rich

This institution is an equal opportunity provider.

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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October

	Monday 10/14	Tuesday 10/15	Wednesday 10/16	Thursday 10/17	Friday 10/18
Breakfast	WG Cheerios ½ c Applesauce ½ c Whole/1% White Milk ¾ c	WG Wheat Bagels ½ ea. Cream Cheese 1 oz. Mandarins ½ c Whole/1% White Milk ¾ c	WG Rice Chex Cereal ¾ c. Peaches ½ c Whole/1% White Milk ¾ c	WG Cinnamon Toast ½ ea. Bananas ½ c Whole/1% White Milk ¾ c	WG Corn Muffins ½ ea. Oranges ½ c Whole/1% White Milk ¾ c
Lunch	Chicken & Bean Burrito Chicken & Bean Mix 1.5 oz. WG Tortilla ½ ea. Cucumber ¼ c. Pears ¼ c Whole/1% White Milk ¾ c	Meat Loaf 1.5 oz WG Dinner Roll ½ ea. Mashed Potatoes ½ c Peas & Carrots ¼ c Whole/1% White Milk ¾ c	BBQ Chicken Sandwich BBQ Chicken 1.5 oz. WG Wheat Buns ½ ea. Broccoli ¼ c. Melon Cubes ¼ c Whole/1% White Milk ¾ c	Breakfast for Lunch! Scrambled Eggs 1.5 oz. Pancakes 1 ea. Hashbrown ¼ c Tropical Fruit ¼ c Whole/1% White Milk ¾ c	Turkey & Cheese Sandwich Turkey 1.5 oz. Cheddar Cheese 1 slice WG Wheat Bread ½ ea. Cooked Carrots ¼ c Peaches ¼ c Whole/1% White Milk ¾ c
Snack	Hummus 2 tbsp. Ritz Crackers 4 crackers	Cheese Cubes 4 ea. Graham Crackers 1 sheet	Low Fat String Cheese 1 ea. Mandarins ½ c	Low Fat Yogurt ¼ cup Crushed Crackers (granola) ½ tbsp Pineapple Tidbits ½ c	Cucumber Slices ½ c Ranch Dressing 1 tbsp. Goldfish Crackers ¼ c

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October

	Monday 10/21	Tuesday 10/22	Wednesday 10/23	Thursday 10/24	Friday 10/25
Breakfast	Scrambled Eggs ¼ c Pears ½ c Whole/1% White Milk ¾ c	WG Rice Chex Cereal ¾ cup Peaches ½ c Whole/1% White Milk ¾ c	WG Biscuit ½ ea. Turkey Sausage 1 ea. Oranges/Mandarins ½ c Whole/1% White Milk ¾ c	WG Corn Flakes ½ c. Pears ½ c Whole/1% White Milk ¾ c	WG Pumpkin French Toast ½ ea. Oranges/Mandarins ½ c Whole/1% White Milk ¾ c
Lunch	WG Chicken Nuggets 4 ea. Potato Tots ¼ c Apples/Applesauce ¼ c Whole/1% White Milk ¾ c	Bean & Cheese Burrito Bean & Cheese mix 1.5 oz WG Wheat Tortilla ½ ea. Corn ¼ c. Banana ¼ c Whole/1% White Milk ¾ c	WG Mac & Cheese ½ cup Cali Veggie Mix ¼ c Mixed Fruit ¼ cup Whole/1% White Milk ¾ c	Chicken Quesadilla Chicken & Cheese Mix 1.5 oz. WG Tortilla ½ ea. Cooked Carrots ¼ c. Applesauce/Apples ¼ c Whole/1% White Milk ¾ c	WG Pollock Fish Sticks 3 ea. Cucumber ¼ c. Peaches ¼ c Whole/1% White Milk ¾ c
Snack	Low Fat String Cheese 1 ea. Ritz Crackers 4 ea.	Macaroni Salad ¼ c Diced Peaches ½ c	Low Fat Yogurt ¼ cup Crushed Crackers (granola) ½ tbsp Pineapple Tidbits ½ c	Cheese Cubes 4 ea. Diced Peaches ½ c	Rice Chex Cereal ¾ c. Tropical Mix ½ c.

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October/November

	Monday 10/28	Tuesday 10/29	Wednesday 10/30	Thursday 10/31	Friday 11/1
Breakfast	WG Cheerios ½ c Peaches ½ c Whole/1% White Milk ¾ c	Vanilla Yogurt ½ cup WG Kix Cereal ¾ cup Mandarins ½ cup Whole/1% White Milk ¾ c	WG Wheat Bagels ½ ea. Cream Cheese 1 oz. Tropical Fruit ½ c Whole/1% White Milk ¾ c	Pumpkin Muffins ½ ea. Pears ½ c Whole/1% White Milk ¾ c	WG Rice Chex Cereal ¾ c. Tropical Mix ½ cup Whole/1% White Milk ¾ c
Lunch	Chicken Alfredo ¾ c. WG Pasta Noodles Chicken & Alfredo Sauce 1.5 oz Carrots ¼ c Pears 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	Chicken Sandwich WG Chicken Patty ½ ea. WG Wheat Buns ½ ea. Cooked Carrots ¼ cup Pears ¼ cup Whole/1% White Milk ¾ c	Jack-O-Lantern Pizza WG Wheat Bagel ½ ea. Shredded Cheese 1.5 oz Cali Veggie Mix ¼ c. Diced Peaches ¼ c. Whole/1% White Milk ¾ c	WG Chicken Nuggets 4 ea. Tater Tots ¼ c. Apples/Applesauce ¼ c Whole/1% White Milk ¾ c
Snack	Hardboiled Egg ½ ea. Goldfish Crackers ¼ c	Cheese Cubes 4 ea. Zesta Crackers 4 ea.	Low Fat String Cheese 1 ea. Pineapple Tidbits ½ c	BOO Smoothies! ¾ c. Berry Medley (strawberry, blueberry, raspberry) ½ c. Yogurt ¼ c. 	Cheez-its 1 ea. Diced Peaches ½ c

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