


Mt. San Antonio College Child Development Center

Meal Menu for January 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	1/1	1/2	1/3	1/4	1/5
Breakfast	In observance of the New Year's Day Holiday, the CDC will be closed. HAPPY NEW YEAR'S TO ALL!	WG Rice Chex Cereal (1/2c) Peaches (1/2c) 1% Milk (3/4c)	WG Wheat Bagels (1/2 slice) Cream Cheese (1oz) Honeydew Melon (1/2c) 1% Milk (3/4c)	Vanilla Yogurt (1/2c) WG Kix Cereal (3/4c) Bananas (1/2c) 1% Milk (3/4c)	WG Corn Muffins (1/2 serv) Apples (1/2c) 1% Milk (3/4c)
Lunch		Spaghetti & Meat Sauce (D-350) (1.5oz) WG Wheat Noodles (1/4c) Peas & Carrots (1/4c) Oranges (1/4c) 1% Milk (3/4c)	WG Breaded Chicken Patties (1.5oz) on Wheat Bun (1/2 serv) Carrots (1/4c) Pears (1/4c) 1% Milk (3/4c)	WG Pollock Fish Sticks (1.5oz) Cucumbers (1/4c) Applesauce (1/4c) 1% Milk (3/4c)	Chicken Quesadilla on WG Wheat Tortilla (1/2 serv) Carrots (1/4c) Oranges (1/4c) 1% Milk (3/4c)
WEEK 2	1/8	1/9	1/10	1/11	1/12
Breakfast	WG Cheerios (1/2c) Applesauce (1/2c) 1% Milk (3/4c)	Corn Flakes (1/2c) Mandarins (1/2c) 1% Milk (3/4c)	WG Biscuits & Gravy (1/2 serv) Tropical Mixed Fruit (1/2c) 1% Milk (3/4c)	Vanilla Yogurt (1/2c) WG Kix Cereal (3/4c) Bananas (1/2c) 1% Milk (3/4c)	WG French Toast (1/2 serv) Oranges (1/2c) 1% Milk (3/4c)
Lunch	Chicken Alfredo (C-7) (1.5oz) WG Penne (1/4c) Carrots (1/4c) Pears (1/4c) 1% Milk (3/4c)	Beef & Bean Burrito (D-21a) WG Tortilla (1/2 serv) Cali Veggie Mix (1/4) Canned Mangoes (1/4) 1% Milk (3/4c)	Teriyaki Chicken (1.5oz) (D-12) WG Brown Rice (1/4c) Broccoli (1/4c) Cantaloupe (1/4c) 1% Milk (3/4c)	WG Mac & Cheese (D-260) (1.5oz) Broccoli (1/4c) Peaches (1/4c) 1% Milk (3/4c)	WG BBQ Chicken (1.5oz) on Bun (1/2 serv) Corn (1/4c) Honeydew (1/4c) 1% Milk (3/4c)
WEEK 3	1/15	1/16	1/17	1/18	1/19
Breakfast	In observance of the Martin Luther King Jr. Holiday, the CDC will be closed.	WG Rice Chex Cereal (1/2c) Canned Peaches (1/2c) 1% Milk (3/4c)	WG French Toast (1/2 serv) Oranges (1/2c) 1% Milk (3/4c)	WG Eggo Waffles (1/2 slice) Applesauce (1/2c) 1% Milk (3/4c)	WG Blueberry Muffins (A-03) (1/2 serv) Apples (1/2c) 1% Milk (3/4c)
Lunch		WG Turkey & Cheese Sandwich (1/2 serv)/(1.5oz) Carrots (1/4c) Apples (1/4c) 1% Milk (3/4c)	Shepherd's Pie (1.5oz) Mashed Potatoes (1/2c) Peas (1/4c) Canned Pears (1/4c) 1% Milk (3/4c)	Turkey & Cheese Sandwich (1/2 serv) Potato Tots (1/4c) Kiwi (1/4c) 1% Milk (3/4c)	Cheeseburgers (1.5oz) WG Wheat Bun (1/2 serv) Cucumbers (1/4c) Oranges (1/4c) 1% Milk (3/4c)
WEEK 4	1/22	1/23	1/24	1/25	1/26
Breakfast	WG Rice Chex Cereal (1/2c) Peaches (1/2c) 1% Milk (3/4c)	WG Eggo Waffles (1/2 slice) Bananas (1/2c) 1% Milk (3/4c)	WG Cheerios (1/2c) Mandarins (1/2c) 1% Milk (3/4c)	Turkey Sausage (1oz) WG Biscuit (1/2 serv) Applesauce (1/2c) 1% Milk (3/4c)	Eggo Waffles (1/2 serv) Apples (1/2c) 1% Milk (3/4c)
Lunch	WG Cheese Pizza Bagel (1/2 serv) Pears (1/4c) Celery Sticks (1/4c) 1% Milk (3/4c)	Chicken and Bean Burrito (D-30) (1.5oz) WG Tortilla (1/2 serv) Broccoli (1/4) Melon (1/4c) 1% Milk (3/4c)	Meat Loaf (D-28) (1.5oz) Mashed Potatoes (1/2 serv) Peas & Carrots (1/4c) Bananas (1/4c) 1% Milk (3/4c)	WG Chicken Nuggets (1.5oz) Potato Tots (1/4c) Blueberries (1/4c) 1% Milk (3/4c)	Scrambled Eggs (1.5oz) Pancakes (1/2 serv) Hash Browns (1/4c) Oranges (1/4c) 1% Milk (3/4c)
WEEK 5	1/29	1/30	1/31		
Breakfast	WG Cheerios (1/2c) Pears (1/2c) 1% Milk (3/4c)	Vanilla Yogurt (1/2c) WG Kix Cereal (3/4c) Tropical Mixed Fruits (1/2c) 1% Milk (3/4c)	WG Pancakes (1/2 serv) Applesauce (1/2c) 1% Milk (3/4c)		
Lunch	WG Popcorn Chicken (1.5oz) Soba Noodles (1/4c) Carrots (1/4c) Melon (1/4c) 1% Milk (3/4c)	Chicken Quesadilla on WG Wheat Tortilla (1/2 serv) Broccoli (1/4c) Oranges (1/4c) 1% Milk (3/4c)	Lasagna (1.5oz) Cali Blend (1/4c) Bananas (1/4c) 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

