



**Indiana State University**  
More. From day one.

# Preschool Menu 2-5 yrs old

Week 1 \_\_\_\_\_

Name of Facility: ISU Child Care Center

MENU WRITTEN BY Mechele Waugh

Updated: 3/18/2020

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	FOOD ITEM	FOOD ITEM	FOOD ITEM	FOOD ITEM	FOOD ITEM
	AMT	AMT	AMT	AMT	AMT
<b>Breakfast 9:00 Am</b>					
Fruit/Vegetable	Pineapple Tidbits	Blueberries	Mandarin oranges	Apricots	Banana slices
	½ C	½ C	½ C	½ C	½ C
Grain/Bread/Rice/Pasta	WG Cheerios	WG toasted English muffin	WG Kix	WG Toast	WG mini bagels
	¾ C	½	¾ C	1 slice	1 slice
Meat/Alt (3xwk)				Scrambled eggs	Sun butter
				2 T	1 T
Milk	1%	1%	1%	1%	1%
	6oz	6oz	6oz	6oz	6oz
Vegetarian Option					
<b>Lunch 11:30 AM</b>		Spaghetti	Turkey and cheese sandwich		Pasta salad w/ cheese
Fruit/Vegetable	Mandarin oranges	Peaches	Pears	Mixed fruit	Mixed berries
	¼ C	¼ C	¼ C	¼ C	¼ C
	Steamed Broccoli	Peas	Green beans	Corn	Peas & carrots
	¼ C	¼ C	¼ C	¼ C	¼ C
Grain/Bread/Rice/Pasta	WG English muffin	WG Pasta	WG bread	WG brown rice	HM Tri color Pasta salad
	½	½ C	½ slice	½ C	½ C
Meat/Alt	Shredded cheese	Cottage Cheese	Cheddar cheese	Chicken nuggets	Cubed cheese
	¾ C	¾ C	¾ C	5 each	¾ C
Milk	1%	1%	1%	1%	1%
	6oz	6oz	6oz	6oz	6oz
Vegetarian Option	Soy Cheese	Yogurt	Soy cheese	Refried beans	Soy cheese
	¾ C	¾ C	1 slice	¾ C	1 slice
<b>Snack 2:45 PM</b>					
<b>#1 Component</b>	Cinnamon graham crackers	Carrot sticks	Cheese nips	Salsa	Yogurt
	1	5	10	¾ C	¾ C
<b>#2 Component</b>	Apple slices	String cheese	Strawberries	WG tortilla chips	WG Multi-grain cheerios
	½ apple	1 each	¾ C	8	¾ C
Beverage	Water	Water	Water	Water	Water
	4oz	4oz	4oz	4oz	4oz
	WG – Whole Grain	CN – CN Label	HM – homemade		



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# Preschool Menu 2-5 yrs old

Week 2 \_\_\_\_\_

Name of Facility ISU Child Care Center \_\_\_\_\_

MENU WRITTEN BY Mechell Waugh

Updated: 9/7/2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	FOOD ITEM	FOOD ITEM	FOOD ITEM	FOOD ITEM	FOOD ITEM
	AMT	AMT	AMT	AMT	AMT
<b>Breakfast 9:00 Am</b>					
Fruit/Vegetable	Raisins	Unsweetened applesauce	Blueberries	Peaches	Pineapple tidbits
Grain/Bread/Rice/Pasta	WG toast w/ or w/out jelly	WG Waffle	WG cheerios	WG Oatmeal with cinnamon	WG pancake
Meat/Alt (3xwk)					
Milk	1 %	1%	1%	1%	1 %
Vegetarian Option					
<b>Lunch 11:30 AM</b>	Cheese quesadilla	Turkey hot dog	Tuna fish Sandwich	Chicken vegetable soup	pasta
Fruit/Vegetable	Peaches Broccoli	Strawberries corn	Mixed fruit Lettuce w/ tomatoes	Mandarin oranges Mixed veggies	Pears in natural juice peas
Grain/Bread/Rice/Pasta	WG tortilla quartered	WG hot dog bun Ketchup/mustard	WG bread dressing	Saltine crackers	WW pasta
Meat/Alt	Cheese	Turkey hot dog	Canned tuna	Chicken	Cottage cheese
Milk	1%	1%	1%	1%	1 %
Vegetarian Option	Black beans	Soy cheese	Refried beans/salsa	Hummus	Yogurt
<b>Snack 2:45 PM</b>					
#1 Component	Cheese Crackers	Apricots	Banana slices	Carrot sticks w/ ranch dip	peaches
#2 Component	grapes	Sun butter Rice cakes	yogurt	Wheat thins	WG dinner roll
Beverage	Water	Water	Water	Water	Water
	WG – Whole Grain	CN – CN label	HM – homemade		



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# Preschool Menu 2-5 yrs old

Week 3 \_\_\_\_\_

Name of Facility JSU Child Care Center

MENU WRITTEN BY Mecheil Waugh

Updated: 3/19/2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast 9:00 Am</b>	FOOD ITEM	FOOD ITEM	FOOD ITEM	FOOD ITEM	FOOD ITEM
<b>Fruit/Vegetable</b>	Banana slices	Peaches	Apricots	Mixed fruit	Mixed berries
	½ C	½ C	½ C	½ C	½ C
<b>Grain/Bread/Rice/Pasta</b>	WG mini wheats	WG Cheerios	WW raisin Toast	WG mini bagel	WG English muffin w/ jelly or not
	¾ C	¾ C	¾ C	½ slice	½ each
<b>Meat/Alt (3xwk)</b>					
<b>Milk</b>	1%	1%	1%	1%	1%
	6oz	6oz	6oz	6oz	6oz
<b>Vegetarian Option</b>					
<b>Lunch 11:30 AM</b>	Bean Tostada	Crunchy fish	Chicken nuggets	Sweet potato & black bean + cheese cubes	Veggie pizza
<b>Fruit/Vegetable</b>	Pears in natural juice Lettuce/tomato	Mandarin oranges Raw broccoll	Pineapple tidbits Mixed vegetables	peaches sweet potato	Pears in natural juice spinach & tomato
	¾ C ¾ C	¾ C ¾ C	¾ C ¾ C	¾ C ¾ C	¾ C ¾ C
<b>Grain/Bread/Rice/Pasta</b>	WG tortilla	WG dinner roll	WG Brown Rice	Saltine crackers	Pizza crust
	1 each	½ each	¾ C	4 each	4x4 piece
<b>Meat/Alt</b>	Refried beans Shredded cheese	Crunch fish sticks CN Dressing	Chicken nuggets CN	HM veggie soup with beans Cheese cubes	Low-fat cheddar cheese
	½ C 1/8 C	½ C CN	5 each CN	5 each ¾ C	¾ C ¾ C
<b>Milk</b>	1%	1%	1%	1%	1%
	6oz	6oz	6oz	6oz	6oz
<b>Vegetarian Option</b>					
<b>Snack 2:45 PM</b>					
<b>#1 Component</b>	Apples and raisins	Blueberries	Frozen peas (soft to eat)	HM Cheese rollups (cold)	Carrot and celery sticks
	¾ C	¾ C	¾ C	1	¾ C
<b>#2 Component</b>	Sun butter	Wheat thins	Cheese cubes	Cheese slice dressing	Soft breadstick
	2 T	5 each	4 each	1 each	1 each
<b>Beverage</b>	Water	Water	Water	Water	Water
	4oz	4oz	4oz	4oz	4oz
	WG – Whole Grain	CN – CN label	HM – homemade		



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# Preschool Menu 2-5 yrs old

Week 4 \_\_\_\_\_

Name of Facility ISU Child Care Center \_\_\_\_\_

MENU WRITTEN BY Mechell Waugh

Updated: 3/20/2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	FOOD ITEM	FOOD ITEM	FOOD ITEM	FOOD ITEM	FOOD ITEM
	AMT	AMT	AMT	AMT	AMT
<b>Breakfast 9:00 Am</b>					
Fruit/Vegetable	raisins	Apple slices	Applesauce w/ cinnamon sprinkle	Blueberries	Peaches
	½ C	½ C	½ C	½ C	½ C
Grain/Bread/Rice/Pasta	WG Oatmeal	WG Chex	Pancake CN	WG cheerios	WG toast
	½ C	¾ C	1	¾ C	¾ slice
Meat/Alt (3xwk)					Sun butter
					2 T
Milk	1 %	1%	1%	1%	1 %
	6oz	6oz	6oz	6oz	6oz
Vegetarian Option					
<b>Lunch 11:30 AM</b>					
Fruit/Vegetable	Apricots Peas	Pineapple tidbits Mixed vegetables	Sloppy Joe turkey meat Pears in natural juice Broccoli	Vegetable chili w/ beans Strawberries Corn	Grilled cheese sandwiches Mandarin oranges Green Beans
	½ C ½ C	½ C ½ C	½ C ½ C	½ C ½ C	½ C ½ C
Grain/Bread/Rice/Pasta	Egg noodles- butter/parmesan	WW bun	WW English muffin	Corn Bread muffin	WG bread
	½ C	1 bun	1 each	1 muffin	1 slice
Meat/Alt	Cottage Cheese	hamburgers	Ground turkey	Kidney beans and cheddar cheese on top	Grilled cheese sandwich
	½ C	1 paty	½ C	½ C	½ sandwich
Milk	1%	1%	1%	1%	1 %
	6oz	6oz	6oz	6oz	6oz
Vegetarian Option	Soy yogurt	Refried pinto beans	Yogurt		Soy cheese
	½ C	½ C	½ C		1 slice
<b>Snack 2:45 PM</b>					
#1 Component	Tortilla chips	WG pretzels	Cucumbers Slices	Bell pepper strips	Graham crackers
	14 chips	5	½ C	½ C	1
#2 Component	Salsa	Banana	String cheese or soy cheese slice	Saltine crackers	Yogurt
	½ C	1 each	1 each	3	½ C
Beverage	Water	Water	Water	Water	Water
	4oz	4oz	4oz	4oz	4oz
	WG – Whole Grain	CN – CN label	HM – homemade		