

Los Angeles Harbor College
 Child Development Center
 Center's Food Program
 Spring/Summer

USDA is an equal opportunity
 employer and provider

Note :Menu subject to change

WEEKLY MENU

Monday

Tuesday

Wednesday

Thursday

Friday

PATTERN

Breakfast
 1. Milk 6 oz.
 2. 100% Juice 4 oz. or Fruit 1/2 cup
 3. Bread 1/2 slice or Muffin 1/2 serve or Cereal 1/3 Cup(1/2 oz), cereal cooked 1/4 cup
 4. Other foods (condiments) optional

Lunch/Dinner
 1. Milk 6 oz.
 2. Vegetables 1/4 cup
 3. Fruit 1/4 cup
 4. Bread 1/2 slide, rolls 1/2 serving, or pasta, rice 1/4 cup
 5. Meat 1.5 oz,cheese 1.5 oz., 3/4 egg, cooked beans
 6. Other foods (condiments) optional

AM/PM Snack(select two of these four components)
 1. Milk 4 oz. or Fluid
 2. Vegetable 1/2 cup or fruit or fruit juice
 3. Bread 1/2 slice or alternate 1/2 cup
 4. Meat 1/2 oz. or alternate 1 tbsp.

B R E A K F A S T	<p><u>Bagel with Cream Cheese</u> 1/3 cup</p> <p><u>Oranges</u> 1/2 cup</p> <p><u>Milk</u> 3/4 cup</p>	<p><u>Yogurt & Granola</u> 1/2 serving</p> <p><u>Strawberries</u> 1/2 cup</p> <p><u>Milk</u> 3/4 cup</p>	<p><u>Pancakes</u> 1/2 serving</p> <p><u>Grapes</u> 1/2 cup</p> <p><u>Milk</u> 3/4 cup</p>	<p><u>Cereal</u> 1/4cup</p> <p><u>Strawberries</u> 1/2 cup</p> <p><u>Milk</u> 3/4 cup</p>	<p><u>Waffles</u> 1/3 cup</p> <p><u>Oranges</u> 1/4cup</p> <p><u>Milk</u> 3/4 cup</p>
L U N C H	<p><u>Quesadilla</u> 1.5 oz Protein & 1/2 serving Grain</p> <p><u>Lettuce & Tomatoes</u> 1/4 cup</p> <p><u>Watermelon</u> 1/4 cup</p> <p><u>Milk</u></p>	<p><u>Chicken Sandwich</u> 1.5 oz Protein & 1/2 serving Grain</p> <p><u>Sugar Snap Peas</u> 1/4 cup</p> <p><u>Oranges</u> 1/4 cup</p> <p><u>Milk</u> 3/4 cup</p>	<p><u>Beef Tacos</u> 1.5 oz Protein & 1/2 serving Grain</p> <p><u>Lettuce & Tomatoes</u> 1/4 cup</p> <p><u>Watermelon</u> 1/4 cup</p> <p><u>Milk</u> 3/4 cup</p>	<p><u>Chicken Tenders w/Broccoli</u> 1.5 oz Protein & 1/2 serving Grain</p> <p><u>Mac & Cheese</u> 1/4 cup</p> <p><u>Oranges</u> 1/4 cup</p> <p><u>Milk</u> 3/4 cup</p>	<p><u>Spaghetti</u> 1.5 oz Protein & 1/2 Serving Grain</p> <p><u>Green Beans</u> 1/4 cup</p> <p><u>Watermelon</u> 1/4 cup</p> <p><u>Milk</u> 3/4 cup</p>
S N A C K	<p><u>Pretzel Sticks</u> 1/2 serving</p> <p><u>Carrot Sticks w/ Ranch</u> 1/2 serving</p>	<p><u>Apple Juice</u> 4 oz</p> <p><u>Goldfish</u> 1/2 serving</p>	<p><u>Milk</u> 4 oz</p> <p><u>Strawberry Chex Mix</u> 1/2 serving</p>	<p><u>String Cheese</u> 1/2 serving</p> <p><u>Ritz Crackers</u> 1/2 serving</p>	<p><u>Milk</u> 4 oz</p> <p><u>Graham Crackers</u> 1/2 serving</p>