

Los Angeles Harbor College
 Child Development Center
 Center's Food Program
 Fall/Winter

USDA is an equal opportunity
 employer and provider

Note :Menu subject to change

WEEKLY MENU

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>PATTERN</u> <u>Breakfast</u> 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	<u>Cereal</u> 1/3 cup	<u>Pancakes</u> 1/2 serving	<u>Yogurt & Granola</u> 1/2 serving	<u>Bagel w/ Cream Cheese</u> 1/4cup	<u>Muffins</u> 1/3 cup
<u>Lunch/Dinner</u> 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	<u>Bananas</u> 1/2 cup <u>Milk</u> 3/4 cup	<u>Grapes</u> 1/2 cup <u>Milk</u> 3/4 cup	<u>Bananas</u> 1/2 cup <u>Milk</u> 3/4 cup	<u>Grapes</u> 1/2 cup <u>Milk</u> 3/4 cup	<u>Bananas</u> 1/4cup <u>Milk</u> 3/4 cup
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.	<u>Ravioli</u> 1.5 oz Protein & 1/2 serving Grain <u>Green Beans</u> 1/4 cup <u>Apples & Grapes</u> 1/4 cup <u>Milk</u>	<u>Turkey & Cheese Melt</u> 1.5 oz Protein & 1/2 serving Grain <u>Baked Potato</u> 1/4 cup <u>Pears</u> 1/4 cup <u>Milk</u> 3/4 cup	<u>Chicken Enchiladas</u> 1.5 oz Protein & 1/2 serving Grain <u>Squash</u> 1/4 cup <u>Apples & Grapes</u> 1/4 cup <u>Milk</u> 3/4 cup	<u>Chicken Parmesan W/ Penne</u> 1.5 oz Protein & 1/2 serving Grain <u>Broccoli</u> 1/4 cup <u>Pears</u> 1/4 cup <u>Milk</u> 3/4 cup	<u>Chcicken Nuggets</u> 1.5 oz Protein & 1/2 Serving Grain <u>Corn</u> 1/4 cup <u>Apples & Grapes</u> 1/4 cup <u>Milk</u> 3/4 cup
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.	<u>String Cheese</u> 1 tbsp. <u>Ritz Crackers</u> 1/2cup	<u>Apple Juice</u> 4 oz <u>Goldfish</u> 1/2 serving	<u>Milk</u> 1/2 serving <u>Nutri-Grain Bar</u> 1/2cup	<u>Carrot Sticks w/ Ranch</u> 1/2 serving <u>Pretzel Sticks</u> 1/2cup	<u>Graham Crackers</u> 1/2 serving <u>Apple Sauce</u> 4 oz

B
R
E
A
K
F
A
S
T

 L
U
N
C
H

 S
N
A
C
K

<u>FOOD ALLERGIES:</u> Ms. Caprina
Ms. Jennifer
Ms. Aster