

Fitzsimons Early Learning Center Weekly Center Menu

July 28th - August 1, 2014

****Menu Approval Instructions:** For Drop-In and BUCA children or enrolled infants who aren't yet cleared to routinely eat all center foods (barring any Meal Modification Plans), please review the meals below and place a line through (e.g. ~~Rice~~) any components that should not be offered.

Each first-level bullet listed on a meal is served as a single dish which does not allow for modified serving styles. A substitution should replace all parts listed.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8:15-9:00)	<ul style="list-style-type: none"> • Bagel G • Turkey Sausage Meat • Blueberries F • Milk D 	<ul style="list-style-type: none"> • Oatmeal G • Raspberries F • Milk D 	<ul style="list-style-type: none"> • Kix Cereal G • Pears F • Milk D 	<ul style="list-style-type: none"> • English Muffin G • Mandarin Oranges F • Milk D 	<ul style="list-style-type: none"> • Pancakes G • Banana F • Milk D
Lunch (11:15-12:00)	<ul style="list-style-type: none"> • Pasta Salad G V P <i>with Red beans, peas, carrots (includes mayo)</i> • Pita Bread G • Apple Slices F • Milk D 	<ul style="list-style-type: none"> • Turkey Goulash G Meat • Mixed Greens Salad V <i>with vinaigrette dressing</i> • Strawberries F • Milk D 	<ul style="list-style-type: none"> • Buttered Noodles G • Mixed Veggies V <i>Peas, carrots, corn, green & lima beans</i> • Pineapple F • Milk D 	<ul style="list-style-type: none"> • Lentil Soup P • Breadstick G • Cucumbers V • Pears F • Milk D 	<ul style="list-style-type: none"> • Turkey & Gravy Meat • Biscuit G • Green Beans V • Applesauce F • Milk D
Snack (8:15-9:00)	<ul style="list-style-type: none"> • Crispix Cereal G • Tropical Fruit F <i>Papaya, mango, pineapple</i> • Water 	<ul style="list-style-type: none"> • Cottage Cheese D • Peaches F • Water 	<ul style="list-style-type: none"> • Hard Boiled Egg P • Strawberries F • Water 	<ul style="list-style-type: none"> • Graham Crackers G <i>with SunButter</i> P • Cinnamon Apples F • Water 	<ul style="list-style-type: none"> • Yogurt D • Mango F • Water
Snack (5:15-6:00)	<ul style="list-style-type: none"> • Carrot Sticks V • Honeydew F • Water 	<ul style="list-style-type: none"> • Cereal Bar G • Cucumbers V • Water 	<ul style="list-style-type: none"> • Cheese Cubes D • Bell Peppers V • Water 	<ul style="list-style-type: none"> • Wheat Thin Crackers G • Cantaloupe F • Water 	<ul style="list-style-type: none"> • Cheerios G • Blueberries F • Water

Legend of Meal Attributes

- G**-Grain (whole grains emphasized)
- V**-Vegetable
- F**-Fruit (if canned, in water or light juice)
- D**-Dairy (milk is certified organic)
- P**-Protein (lean meats emphasized)
- Meat**-Meat is included in this component

Special Preparation Notes

- Substitutions for restricted foods will be prepared for children with allergies to a specific food as documented by the child's physician, but not for preferences, like vegetarian diets.
- In Infant and Toddler classrooms; bite sizes of 1/4 inch, vegetables are softened by steaming, fibrous foods are pureed to reduce choking, and hard/sharp foods are substituted by the kitchen.

**Review and Approval

Child's Name

Guardian's Signature and Date