

# Fitzsimons Early Learning Center Weekly Center Menu

**August 18<sup>th</sup> - 22<sup>nd</sup>, 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"> <li>Kix Cereal <b>G</b></li> <li>Blueberries <b>F</b></li> <li>Milk <b>D</b></li> </ul>	<ul style="list-style-type: none"> <li>Waffles <b>G</b></li> <li>Bananas <b>F</b></li> <li>Milk <b>D</b></li> </ul>	<ul style="list-style-type: none"> <li>Rice Crispy Cereal <b>G</b></li> <li>Pineapple <b>F</b></li> <li>Milk <b>D</b></li> </ul>	<ul style="list-style-type: none"> <li>Breakfast Parfait <b>D</b> <i>with Yogurt and Granola</i></li> <li>Peaches <b>F</b></li> <li>Milk <b>D</b></li> </ul>	<ul style="list-style-type: none"> <li>Oatmeal <b>G</b></li> <li>Apple Slices <b>F</b></li> <li>Milk <b>D</b></li> </ul>
Lunch (11:15-12:00)	<ul style="list-style-type: none"> <li>Black Bean Burrito <b>P</b> <i>with Wheat Tortilla</i> <b>G</b></li> <li>Spanish Rice <b>G</b></li> <li>Seasoned Potatoes <b>V</b></li> <li>Mandarin Oranges <b>F</b></li> <li>Milk <b>D</b></li> </ul>	<ul style="list-style-type: none"> <li>Baked Parmesan Meatball &amp; Stuffing <b>Meat</b></li> <li>Cheesy Quinoa <b>G</b></li> <li>Peas <b>V</b></li> <li>Peaches <b>F</b></li> <li>Milk <b>D</b></li> </ul>	<ul style="list-style-type: none"> <li>Creamy Chicken Noodle Bake <b>G</b> <b>Meat</b></li> <li>Green Beans <b>V</b></li> <li>Strawberries <b>F</b></li> <li>Milk <b>D</b></li> </ul>	<ul style="list-style-type: none"> <li>Penne Pasta <b>G</b> <i>with Marinara Sauce</i></li> <li>Mixed Veggies <b>V</b> <i>Peas, carrots, corn, green &amp; lima beans</i></li> <li>Pears <b>F</b></li> <li>Milk <b>D</b></li> </ul>	<ul style="list-style-type: none"> <li>BBQ Pulled Pork <b>Meat</b> <i>with Wheat Bun</i> <b>G</b></li> <li>Coleslaw <b>V</b></li> <li>Tropical Fruit <b>F</b> <i>Papaya, mango, pineapple</i></li> <li>Milk <b>D</b></li> </ul>
Snack (2:15-3:00)	<ul style="list-style-type: none"> <li>Bread Sticks <b>G</b></li> <li>Cantaloupe <b>F</b></li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Cubes <b>D</b></li> <li>Pineapple <b>F</b></li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Cottage Cheese <b>D</b></li> <li>Peaches <b>F</b></li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Meat &amp; Cheese Stacker &amp; Wheat Crackers <b>G</b> <b>Meat</b></li> <li>Carrot Sticks <b>V</b></li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Cornbread <b>G</b></li> <li>Honeydew <b>F</b></li> <li>Water</li> </ul>
Snack (5:15-6:00)	<ul style="list-style-type: none"> <li>String Cheese <b>D</b></li> <li>Cucumbers <b>V</b></li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Crispix Cereal <b>G</b></li> <li>Cantaloupe <b>F</b></li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Rice Cake <b>G</b></li> <li>Bell Peppers <b>V</b></li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Graham Crackers <b>G</b></li> <li>Banana <b>F</b></li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Cheerios <b>G</b></li> <li>Carrot Sticks <b>V</b></li> <li>Water</li> </ul>

## Legend of Meal Attributes

- G**-Grain (whole grains emphasized)
- V**-Vegetable
- F**-Fruit (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

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*Child's Name*

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*Guardian's Signature and Date*