

# Fitzsimons Early Learning Center

## Weekly Center Menu

**September 15<sup>th</sup> - 19<sup>th</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>• Pears <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>• Bananas <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

\_\_\_\_\_  
*Child's Name*

\_\_\_\_\_  
*Guardian's Signature and Date*