

Fitzsimons Early Learning Center

Weekly Center Menu

Week 1 Template*

*Templates are set as routine models, but may be subject to change prior to being produced/printed for the active week.

****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"> Yogurt Parfait D with Granola G Pears F Milk D 	<ul style="list-style-type: none"> Pancakes G Banana F Milk D 	<ul style="list-style-type: none"> Bagel G Peaches F Milk D 	<ul style="list-style-type: none"> Rice Crispy Cereal G Tropical Fruit F Papaya, mango, pineapple Milk D 	<ul style="list-style-type: none"> French Toast Sticks G Oranges F Milk D
Lunch (11:15-12:00)	<ul style="list-style-type: none"> Curry Chicken Meat with Brown Rice G Peas V Mangos F Milk D 	<ul style="list-style-type: none"> Turkey Tacos Meat G with Wheat Tortilla, Cheese, Shredded Lettuce Marinated Bean Salad V Pears F Milk D 	<ul style="list-style-type: none"> Veggie Hoppin' John P G Rice, Black-eyed Peas, Carrots, Celery Broccoli Salad V Broccoli, Raisins, Yogurt Apple Slices F Milk D 	<ul style="list-style-type: none"> Macaroni & Cheese G D Black Beans V Strawberries F Milk D 	<ul style="list-style-type: none"> Shepherd's Pie Meat V Turkey, Mashed Potatoes, Mixed Veggies, Gravy Dinner Roll G Pineapple F Milk D
Snack (2:15-3:00)	<ul style="list-style-type: none"> Cottage Cheese D Peaches F Water 	<ul style="list-style-type: none"> String Cheese D Honeydew F Water 	<ul style="list-style-type: none"> Cornbread G Oranges F Water 	<ul style="list-style-type: none"> Soft Pretzel G Pineapple F Water 	<ul style="list-style-type: none"> Banana Muffins G Apple Slices F Water
Snack (5:15-6:00)	<ul style="list-style-type: none"> Crispix Cereal G Cucumbers V Water 	<ul style="list-style-type: none"> Wheat Thin Crackers G Blueberries F Water 	<ul style="list-style-type: none"> Carrot Sticks V Cantaloupe F Water 	<ul style="list-style-type: none"> Hard Boiled Egg P Bell Peppers Slices V Water 	<ul style="list-style-type: none"> Graham Crackers G Banana F Water

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