

Fitzsimons Early Learning Center

Weekly Center Menu

Week 2 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"> Kix Cereal G Peaches F Milk D 	<ul style="list-style-type: none"> Biscuit G Turkey Sausage Meat Sliced Apples F Milk D 	<ul style="list-style-type: none"> French Toast Sticks G Mandarin Oranges F Milk D 	<ul style="list-style-type: none"> Cream of Wheat G Raspberries F Milk D 	<ul style="list-style-type: none"> English Muffin G Pears F Milk D
Lunch (11:15-12:00)	<ul style="list-style-type: none"> Meatball Sliders Meat on Wheat Bread G Mixed Veggies V Peas, carrots, corn, green & lima beans Pears F Milk D 	<ul style="list-style-type: none"> Grilled Cheese D on Pita Bread G Tomato Soup V Bananas F Milk D 	<ul style="list-style-type: none"> Arroz con Pollo Meat Diced chicken, peas, tomatoes Wild Rice G Sweet Potatoes V Tropical Fruit F Papaya, mango, pineapple Milk D 	<ul style="list-style-type: none"> Chili Macaroni G Meat Cauliflower V Peaches F Milk D 	<ul style="list-style-type: none"> Cheese Ravioli G D Mixed Greens Salad V with vinaigrette dressing Bread Stick G Mandarin Oranges F Milk D
Snack (2:15-3:00)	<ul style="list-style-type: none"> Wheat Crackers G Cinnamon Apples F Water 	<ul style="list-style-type: none"> Seasoned Potatoes V Mango F Water 	<ul style="list-style-type: none"> Yogurt D Pineapple F Water 	<ul style="list-style-type: none"> Soft Pretzel G Banana F Water 	<ul style="list-style-type: none"> Rice Cake G with SunButter P Banana F Water
Snack (5:15-6:00)	<ul style="list-style-type: none"> Cereal Bar G Banana F Water 	<ul style="list-style-type: none"> Hard Boiled Egg P Carrot Stick V Water 	<ul style="list-style-type: none"> Nacho Crackers G Bell Peppers V Water 	<ul style="list-style-type: none"> Graham Crackers G Honeydew F Water 	<ul style="list-style-type: none"> Cucumbers V Cheerios G 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