

Fitzsimons Early Learning Center

Weekly Center Menu

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