

Fitzsimons Early Learning Center

Weekly Center Menu

July 21st - 25th, 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"> • Kix Cereal G • Blueberries F • Milk D 	<ul style="list-style-type: none"> • Waffles G • Bananas 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 <i>with Yogurt and Granola</i> • 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 <i>with Wheat Tortilla</i> 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 <i>with Marinara Sauce</i> • Mixed Veggies V <i>Peas, carrots, corn, green & lima beans</i> • Pears F • Milk D 	<ul style="list-style-type: none"> • BBQ Pulled Pork Meat <i>with Wheat Bun</i> G • Coleslaw V • Tropical Fruit F <i>Papaya, mango, pineapple</i> • Milk D
Snack (8:15-9:00)	<ul style="list-style-type: none"> • Bread Sticks G • Cantaloupe F • Water 	<ul style="list-style-type: none"> • Cheese Cubes D • Pineapple F • Water 	<ul style="list-style-type: none"> • Cottage Cheese D • Peaches F • Water 	<ul style="list-style-type: none"> • Meat & Cheese Stacker & 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