OPTIONS for LEARNING
UNLOCKING THE PROMISE OF EVERY CHILD

CENTER-BASED NUTRITION PROGRAM MENU

FALL/WINTER #1 - SCHOOL-AGE (6-12 years)

	COMPONENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		**Cereal & Milk**	**Bagel Breakfast**	**Yogurt Parfait**	**Sausage & Pancakes**	**Cereal & Milk**
	Grain or meat/meat alternate 1 oz. eqv.	Rice Cereal (or other dry cereal)	WG Bagel with Cream Cheese	Yogurt	Turkey Sausage with Mini Pancakes	Corn Cereal (or other dry cereal)
	Fruit/vegetable 1/2 cup	Apple Slices (or other seasonal fruit)	Cantaloupe (or other seasonal fruit)	Peach (or other seasonal fruit)	Mixed Fruit (or other seasonal fruit)	Banana (or other seasonal fruit)
	Milk 1 cup	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
SNACK						
	Meat/meat alternate 1 oz. eqv.				Cheese Cubes	
	Vegetable 3/4 cup				Celery Sticks	
	Fruit 3/4 cup	Applesauce (or other seasonal fruit)		Apple Juice (or other fruit juice)		
	Grain 1 oz. eqv.	WG Crackers	WG Banana Muffin (or other muffin)	WG Sun Chips		WG Animal Crackers
	Milk 1 cup		1% Non-Flavored Milk			1% Non-Flavored Milk

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CENTER-BASED NUTRITION PROGRAM MENU

FALL/WINTER #2 – SCHOOL-AGE (6-12 years)

	COMPONENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		**Cereal and Milk**	**Sausage & Hashbrowns**	**Bagel Breakfast**	**English Muffin**	**Cereal & Milk**
	Grain or meat/meat alternate 1 oz. eqv.	Corn Cereal (or other dry cereal)	Turkey Sausage	WG Bagel with Cream Cheese	1/2 WG English Muffin	Oat Cereal (or other dry cereal)
	Fruit/vegetable 1/2 cup	Peach (or other seasonal fruit)	Hashbrowns (or other seasonal fruit)	Cantaloupe (or other seasonal fruit)	Mixed Fruit (or other seasonal fruit)	Banana (or other seasonal fruit)
	Milk 1 cup	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
SNACK						
	Meat/meat alternate 1 oz. eqv.		Yogurt	Turkey Slices	String Cheese	
	Vegetable 3/4 cup				Carrot Sticks	
	Fruit 3/4 cup	Apple (or other seasonal fruit)	Banana (or other seasonal fruit)			
	Grain 1 oz. eqv.	WG Sun Chips		WG Tortilla		WG Blueberry Muffin (or other muffin)
	Milk 1 cup					1% Non-Flavored Milk

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CENTER-BASED NUTRITION PROGRAM MENU

FALL/WINTER #3 – SCHOOL-AGE (6-12 years)

	COMPONENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		**Cereal & Milk**	**English Muffin**	**Muffin & Fruit**	**Oatmeal**	**Cereal & Milk**
	Grain or meat/meat alternate 1 oz. eqv.	Oat Cereal (or other dry cereal)	1/2 WG English Muffin	WG Bran Muffin (or other muffin)	WG Oatmeal	Corn Cereal (or other dry cereal)
	Fruit/vegetable 1/2 cup	Pear (or other seasonal fruit)	Mixed Fruit (or other seasonal fruit)	Mandarin Oranges (or other seasonal fruit)	Apples (or other seasonal fruit)	Banana (or other seasonal fruit)
	Milk 1 cup	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
SNACK						
	Meat/meat alternate 1 oz. eqv.			Cheese Cubes		
	Vegetable 3/4 cup					
	Fruit 3/4 cup	Peach (or other seasonal fruit)	Banana (or other seasonal fruit)	Pineapple (or other seasonal fruit)	Oranges (or other seasonal fruit)	
	Grain 1 oz. eqv.	WG Crackers	WG Graham Crackers		WG Crackers	WG Animal Crackers
	Milk 1 cup					1% Non-Flavored Milk

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OPTIONS for LEARNING
UNLOCKING THE PROMISE OF EVERY CHILD

CENTER-BASED NUTRITION PROGRAM MENU

FALL/WINTER #4 – SCHOOL-AGE (6-12 years)

	COMPONENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		**Cereal & Milk**	**Waffles & Sausage**	**Muffin & Fruit**	**Yogurt Parfait**	**Cereal & Milk**
	Grain or meat/meat alternate 1 oz. eqv.	Corn Cereal (or other dry cereal)	WG Waffles and Turkey Sausage	WG Bran Muffin (or other muffin)	Yogurt	Rice Cereal (or other dry cereal)
	Fruit/vegetable 1/2 cup	Cantaloupe (or other seasonal fruit)	Hashbrowns (or other seasonal fruit)	Mixed Fruit (or other seasonal fruit)	Peach (or other seasonal fruit)	Banana (or other seasonal fruit)
	Milk 1 cup	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
SNACK						
	Meat/meat alternate 1 oz. eqv.			String Cheese		
	Vegetable 3/4 cup					
	Fruit 3/4 cup	Apples (or other seasonal fruit)	Grape Juice (or other fruit juice)	Apricot (or other seasonal fruit)	Oranges (or other seasonal fruit)	
	Grain 1 oz. eqv.	WG Crackers	WG Cheese Crackers		WG Crackers	WG Blueberry Muffin (or other muffin)
	Milk 1 cup					1% Non-Flavored Milk

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