

ASI Children's Center Menu

This menu is designed for Preschool age children (3-5 years) and adapted for all other age groups served.
 Toddlers (1-2 years) are not served all menu items, have substitutions for choke foods and are given Whole milk.
 School age children received larger servings and / or additional foods to meet their needs

* served only to ages 3-12 ^ served only to ages 6-12

Summer 2011

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
| 6/20/2011 | 6/21/2011 | 6/22/2011 | 6/23/2011 | 6/24/2011 |
| Cinnamon Life Fruit _____ * Fruit _____ Milk ----- Peanut Butter & Jelly Sandwich ^ 1/4c Marinated Cucumbers Cheese Sticks fresh fruit Milk Peas Tomato Pasta Soup ----- Milk Triscuits & Raisins | Fruit _____ * Fruit _____ Milk Raisin Bread ----- Stir Fry Chicken w/ Vegetables Brown Rice ^ Edamame fresh fruit Hard Cooked Egg Milk Napa Cabbage Salad ----- Animal Crackers Milk | Fruit _____ * Fruit _____ Milk Oatmeal Muffins ----- Black Bean & Cheese Burrito Broccoli Carrot Sticks Corn fresh fruit ^ Green Salad Milk ----- Cereal Snack Mix Dried Apricots | Cheerios or Granola Fruit _____ * Fruit _____ Milk ----- Baked Chicken & Noodles ^ 1/4c Celery Sticks Cheese Sticks or Peanuts Cherry Tomatoes fresh fruit Green Beans Milk ----- Goldfish & Fresh Fruit | Fruit _____ * Fruit _____ Milk Rice Chex ----- Tuna Sandwich Baby Carrots Broccoli & Cheese Soup Dill Pickle fresh fruit Milk ----- Milk Pumpkin Bread |
| Week 1 | | | | |
| 6/27/2011 | 6/28/2011 | 6/29/2011 | 6/30/2011 | 7/1/2011 |
| Fruit _____ * Fruit _____ Kix Milk ----- Sloppy Joe Sandwich (Summer) ^ 1/4c Bell Pepper Strips Cottage Cheese fresh fruit Jicama Sticks Milk Sauteed Zucchini ----- Graham Crackers Milk | Blueberry Coffee Cake Fruit _____ * Fruit _____ Milk ----- Marinated Tilapia ^ 1/4c Cucumber Tomato Salad Broccoli fresh fruit Macaroni and Cheese Milk Red Beets ----- Milk Ritz & Carrot Sticks | Corn Chex or Flakes Fruit _____ * Fruit _____ Milk ----- Ham & Swiss Cheese Sandwich Cherry Tomatoes fresh fruit Milk Roasted Cauliflower Split Pea Soup ----- Milk Snickerdoodles | Bagels w/ Cream Cheese Fruit _____ * Fruit _____ Milk ----- Taco Casserole & Quesadillas or Tacos Corn fresh fruit Green Salad Milk Refried Beans ----- Crackers or Granola Fruit Yogurt | Biscuits w/ Honeybutter Fruit _____ * Fruit _____ Milk ----- Chicken Nuggets & Cheese Sticks Black Beans Brown Rice Carrot Sticks fresh fruit Milk Peas ----- Cheez-its fresh fruit |
| Week 2 | | | | |

Summer 2011

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| 7/4/2011 Holiday | 7/5/2011 Fruit _____ * Fruit _____ Milk Rice Chex ----- Chicken & Cheese Burrito Corn fresh fruit Milk Olives Spanish Rice ^ Sugar Snap Peas ----- Wheat Thins & Hard Cooked Egg | 7/6/2011 Fruit _____ * Fruit _____ Milk Waffles ----- Toasted Cheese Sandwich fresh fruit Garden Chili Jicama Sticks Milk Peas ----- Assorted Crackers Pretend Soup | 7/7/2011 Fruit _____ * Fruit _____ Kix or Granola Milk ----- Barbecued Chicken Broccoli Cheese Sticks or Peanuts ^ Coleslaw French Bread fresh fruit Mashed Potatoes Milk ----- Fruit Yogurt Nilla Wafers | 7/8/2011 Country Fruit Bread Fruit _____ * Fruit _____ Milk ----- Eggplant Parmesan fresh fruit Green Beans Hard Cooked Egg Milk Red Beets Whole Wheat Rolls ----- fresh fruit Fun-on-the-Run Snack Mix |
| Week 3 | | | | |
| 7/11/2011 English Muffins Fruit _____ * Fruit _____ Milk ----- Tuna Pinwheels Cheese Sticks ^ Dill Pickle fresh fruit Milk Peas Tomato Pasta Soup ----- Animal Crackers Milk | 7/12/2011 Cinnamon Life Fruit _____ * Fruit _____ Milk ----- Peanut Butter & Jelly Sandwich ^ 1/4c Cherry Tomatoes Carrot Sticks Chicken Noodle Soup Corn Cottage Cheese fresh fruit Milk ----- Carrot Cake Milk | 7/13/2011 Corn Chex Fruit _____ * Fruit _____ Milk ----- Stir Fry Chicken w/ Vegetables Brown Rice Carrot Sticks or Peanuts ^ Edamame fresh fruit Milk Napa Cabbage Salad ----- Refried Bean Dip w/ Chips | 7/14/2011 Cinnamon Bread Fruit _____ * Fruit _____ Milk ----- Vegetarian Lasagna ^ 1/4c Green Salad French Bread fresh fruit Green Beans Hard Cooked Egg Milk ----- Pretzels & Fresh Fruit | 7/15/2011 Cheerios or Granola Fruit _____ * Fruit _____ Milk ----- Mini Beef Burger (Summer) ^ 1/4c Burger Fixin's American Cheese Slices Broccoli Dill Pickle fresh fruit Milk ----- Milk Triscuits & Raisins |
| Week 4 | | | | |
| 7/18/2011 Fruit _____ * Fruit _____ Milk Whole Wheat Toast w/ Jelly ----- Chicken & Cheese Pizza Baby Carrots fresh fruit Milk Olives Peas ^ Spinach Salad ----- Cottage Cheese w/ Crackers | 7/19/2011 Fruit _____ * Fruit _____ Milk Rice Chex ----- Ham & Swiss Cheese Sandwich Celery Sticks fresh fruit Milk Vegetable Soup Yam Circles ----- Milk Oatmeal Cookies | 7/20/2011 Bagels w/ Cream Cheese Fruit _____ * Fruit _____ Milk ----- Marinated Tilapia ^ 1/4c Carrot Sticks Cheese Sticks or Peanuts fresh fruit Milk Red Beets Rice Pilaf Sauteed Zucchini ----- Goldfish & Fresh Fruit | 7/21/2011 Banana Bread Fruit _____ * Fruit _____ Milk ----- Bean & Cheese Burrito Broccoli Cherry Tomatoes Corn fresh fruit ^ Jicama Sticks Milk ----- Dried Apricots Ritz | 7/22/2011 Cheerios Fruit _____ * Fruit _____ Milk ----- Turkey Meatloaf ^ 1/4c Green Salad Green Beans Hard Cooked Egg Marvelous Rissoto Milk Pumpkin Pudding ----- Graham Crackers Milk |
| Week 5 | | | | |

Summer 2011

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|
| <p style="text-align: center;">7/25/2011</p> <p>Fruit_____</p> <p>* Fruit_____</p> <p>Milk</p> <p>Waffles</p> <p style="text-align: center;">-----</p> <p>Beef & Pasta Bake</p> <p>Baby Carrots</p> <p>Cottage Cheese</p> <p>Edamame</p> <p>fresh fruit</p> <p>Milk</p> <p style="text-align: center;">-----</p> <p>Hummus & Wheat Thins</p> | <p style="text-align: center;">7/26/2011</p> <p>Corn Chex or Flakes</p> <p>Fruit_____</p> <p>* Fruit_____</p> <p>Milk</p> <p style="text-align: center;">-----</p> <p>Turkey Sausages</p> <p>^ Bell Pepper Strips</p> <p>French Toast Souffle</p> <p>fresh fruit</p> <p>Milk</p> <p>Peas</p> <p>Spinach Salad</p> <p style="text-align: center;">-----</p> <p>Saltines & Cheese</p> | <p style="text-align: center;">7/27/2011</p> <p>Fruit_____</p> <p>* Fruit_____</p> <p>Kix or Granola</p> <p>Milk</p> <p style="text-align: center;">-----</p> <p>Cream of Vegetable</p> <p>Soup</p> <p>fresh fruit</p> <p>Milk</p> <p>Peas</p> <p>Yam Circles</p> <p style="text-align: center;">-----</p> <p>Milk</p> <p>Peanut Butter Bars</p> | <p style="text-align: center;">7/28/2011</p> <p>Fruit_____</p> <p>* Fruit_____</p> <p>Milk</p> <p>Rice Chex</p> <p style="text-align: center;">-----</p> <p>Baked Chicken</p> <p>^ 1/4c Sugar Snap Peas</p> <p>Coleslaw</p> <p>Cornbread w/</p> <p>Honeybutter</p> <p>fresh fruit</p> <p>Milk</p> <p>Spinach Cottage</p> <p>Cheese Bake</p> <p style="text-align: center;">-----</p> <p>Cheez-its</p> <p>fresh fruit</p> | <p style="text-align: center;">7/29/2011</p> <p>Crumb Coffee Cake</p> <p>Fruit_____</p> <p>* Fruit_____</p> <p>Milk</p> <p style="text-align: center;">-----</p> <p>Cheese Quesadillas</p> <p>^ 1/4c Carrot Sticks</p> <p>Broccoli</p> <p>fresh fruit</p> <p>Milk</p> <p>Olives</p> <p>Refried Beans</p> <p style="text-align: center;">-----</p> <p>Frozen Yogurt Cups</p> <p>Nilla Wafers</p> |
| Week 6 | | | | |
| <p style="text-align: center;">8/1/2011</p> <p>Cinnamon Life</p> <p>Fruit_____</p> <p>* Fruit_____</p> <p>Milk</p> <p style="text-align: center;">-----</p> <p>Peanut Butter & Jelly</p> <p>Sandwich</p> <p>Cheese Sticks</p> <p>fresh fruit</p> <p>^ Marinated Cucumbers</p> <p>Milk</p> <p>Roasted Cauliflower</p> <p>Tomato Pasta Soup</p> <p style="text-align: center;">-----</p> <p>Milk</p> <p>Triscuits & Raisins</p> | <p style="text-align: center;">8/2/2011</p> <p>Fruit_____</p> <p>* Fruit_____</p> <p>Milk</p> <p>Raisin Bread</p> <p style="text-align: center;">-----</p> <p>Stir Fry Chicken w/</p> <p>Vegetables</p> <p>Brown Rice</p> <p>^ Edamame</p> <p>fresh fruit</p> <p>Hard Cooked Egg</p> <p>Milk</p> <p>Napa Cabbage Salad</p> <p style="text-align: center;">-----</p> <p>Animal Crackers</p> <p>Milk</p> | <p style="text-align: center;">8/3/2011</p> <p>Fruit_____</p> <p>* Fruit_____</p> <p>Milk</p> <p>Oatmeal Muffins</p> <p style="text-align: center;">-----</p> <p>Black Bean & Cheese</p> <p>Burrito</p> <p>Broccoli</p> <p>Carrot Sticks</p> <p>Corn</p> <p>fresh fruit</p> <p>^ Green Salad</p> <p>Milk</p> <p style="text-align: center;">-----</p> <p>Cereal Snack Mix</p> <p>fresh fruit</p> | <p style="text-align: center;">8/4/2011</p> <p>Cheerios or Granola</p> <p>Fruit_____</p> <p>* Fruit_____</p> <p>Milk</p> <p style="text-align: center;">-----</p> <p>Baked Chicken &</p> <p>Noodles</p> <p>^ 1/4c Celery Sticks</p> <p>Cheese Sticks or</p> <p>Peanuts</p> <p>Cherry Tomatoes</p> <p>fresh fruit</p> <p>Green Beans</p> <p>Milk</p> <p style="text-align: center;">-----</p> <p>Goldfish & Fresh Fruit</p> | <p style="text-align: center;">8/5/2011</p> <p>Fruit_____</p> <p>* Fruit_____</p> <p>Milk</p> <p>Rice Chex</p> <p style="text-align: center;">-----</p> <p>Tuna Sandwich</p> <p>Baby Carrots</p> <p>Broccoli & Cheese Soup</p> <p>Dill Pickle</p> <p>fresh fruit</p> <p>Milk</p> <p style="text-align: center;">-----</p> <p>Milk</p> <p>Pumpkin Bread</p> |
| Week 7 | | | | |
| <p style="text-align: center;">8/8/2011</p> <p>Fruit_____</p> <p>* Fruit_____</p> <p>Kix</p> <p>Milk</p> <p style="text-align: center;">-----</p> <p>Sloppy Joe Sandwich</p> <p>(Summer)</p> <p>^ Bell Pepper Strips</p> <p>Cottage Cheese</p> <p>fresh fruit</p> <p>Jicama Sticks</p> <p>Milk</p> <p>Sauteed Zucchini</p> <p style="text-align: center;">-----</p> <p>Graham Crackers</p> <p>Milk</p> | <p style="text-align: center;">8/9/2011</p> <p>Blueberry Coffee Cake</p> <p>Fruit_____</p> <p>* Fruit_____</p> <p>Milk</p> <p style="text-align: center;">-----</p> <p>Marinated Tilapia</p> <p>^ 1/4c Cucumber</p> <p>Tomato Salad</p> <p>Broccoli</p> <p>fresh fruit</p> <p>Macaroni and Cheese</p> <p>Milk</p> <p>Red Beets</p> <p style="text-align: center;">-----</p> <p>Milk</p> <p>Ritz & Carrot Sticks</p> | <p style="text-align: center;">8/10/2011</p> <p>Corn Chex or Flakes</p> <p>Fruit_____</p> <p>* Fruit_____</p> <p>Milk</p> <p style="text-align: center;">-----</p> <p>Ham & Swiss Cheese</p> <p>Sandwich</p> <p>Cherry Tomatoes</p> <p>fresh fruit</p> <p>Milk</p> <p>Split Pea Soup</p> <p>Yam Circles</p> <p style="text-align: center;">-----</p> <p>Milk</p> <p>Snickerdoodles</p> | <p style="text-align: center;">8/11/2011</p> <p>Bagels w/ Cream</p> <p>Cheese</p> <p>Fruit_____</p> <p>* Fruit_____</p> <p>Milk</p> <p style="text-align: center;">-----</p> <p>Taco Casserole &</p> <p>Quesadillas or Tacos</p> <p>Corn</p> <p>fresh fruit</p> <p>Green Salad</p> <p>Milk</p> <p>Refried Beans</p> <p style="text-align: center;">-----</p> <p>Crackers or Granola</p> <p>Fruit Yogurt</p> | <p style="text-align: center;">8/12/2011</p> <p>Biscuits w/ Honeybutter</p> <p>Fruit_____</p> <p>* Fruit_____</p> <p>Milk</p> <p style="text-align: center;">-----</p> <p>Chicken Nuggets &</p> <p>Cheese Sticks</p> <p>Black Beans</p> <p>Brown Rice</p> <p>Carrot Sticks</p> <p>fresh fruit</p> <p>Milk</p> <p>Peas</p> <p style="text-align: center;">-----</p> <p>Cheez-its</p> <p>fresh fruit</p> |
| Week 8 | | | | |

Summer 2011

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
| 8/15/2011 | 8/16/2011 | 8/17/2011 | 8/18/2011 | 8/19/2011 |
| Cheerios Fruit _____ * Fruit _____ Milk ----- Turkey Hot Dogs in Bun Baked Beans Dill Pickle fresh fruit Milk Yam Circles ----- Milk Peanut Butter Balls | Fruit _____ * Fruit _____ Milk Rice Chex ----- Chicken & Cheese Burrito Corn fresh fruit Milk Olives Spanish Rice ^ Sugar Snap Peas ----- Wheat Thins & Hard Cooked Egg | Fruit _____ * Fruit _____ Milk Waffles ----- Toasted Cheese Sandwich fresh fruit Garden Chili Jicama Sticks Milk Peas ----- Assorted Crackers Pretend Soup | Fruit _____ * Fruit _____ Kix or Granola Milk ----- Barbecued Chicken Broccoli Cheese Sticks or Peanuts ^ Coleslaw French Bread fresh fruit Mashed Potatoes Milk ----- Fruit Yogurt Nilla Wafers | Country Fruit Bread Fruit _____ * Fruit _____ Milk ----- Eggplant Parmesan Applesauce Green Beans Hard Cooked Egg Milk Red Beets Whole Wheat Rolls ----- fresh fruit Fun-on-the-Run Snack Mix |
| Week 9 | | | | |
| 8/22/2011 | 8/23/2011 | 8/24/2011 | 8/25/2011 | 8/26/2011 |
| English Muffins Fruit _____ * Fruit _____ Milk ----- Tuna Pinwheels Cheese Sticks ^ Dill Pickle fresh fruit Milk Peas Tomato Pasta Soup ----- Animal Crackers Milk | Cinnamon Life Fruit _____ * Fruit _____ Milk ----- Peanut Butter & Jelly Sandwich ^ 1/4c Cherry Tomatoes Carrot Sticks Chicken Noodle Soup Corn Cottage Cheese fresh fruit Milk ----- Carrot Cake Milk | Corn Chex Fruit _____ * Fruit _____ Milk ----- Stir Fry Chicken w/ Vegetables Brown Rice Carrot Sticks or Peanuts ^ Edamame fresh fruit Milk Napa Cabbage Salad ----- Refried Bean Dip w/ Chips | Cinnamon Bread Fruit _____ * Fruit _____ Milk ----- Vegetarian Lasagna ^ 1/4c Green Salad French Bread fresh fruit Green Beans Hard Cooked Egg Milk ----- Pretzels & Fresh Fruit | Cheerios or Granola Fruit _____ * Fruit _____ Milk ----- Mini Beef Burger (Summer) ^ 1/4c Burger Fixin's American Cheese Slices Broccoli Dill Pickle fresh fruit Milk ----- Milk Triscuits & Raisins |
| Week 10 | | | | |
| 8/29/2011 | 8/30/2011 | 8/31/2011 | 9/1/2011 | 9/2/2011 |
| Fruit _____ * Fruit _____ Milk Whole Wheat Toast w/ Jelly ----- Chicken & Cheese Pizza Baby Carrots fresh fruit Milk Olives Peas ^ Spinach Salad ----- Cottage Cheese w/ Crackers | Fruit _____ * Fruit _____ Milk Rice Chex ----- Ham & Swiss Cheese Sandwich Celery Sticks fresh fruit Milk Vegetable Soup Yam Circles ----- Milk Oatmeal Cookies | Bagels w/ Cream Cheese Fruit _____ * Fruit _____ Milk ----- Marinated Tilapia ^ 1/4c Carrot Sticks Cheese Sticks or Peanuts fresh fruit Milk Red Beets Rice Pilaf Sauteed Zucchini ----- Goldfish & Fresh Fruit | Banana Bread Fruit _____ * Fruit _____ Milk ----- Bean & Cheese Burrito Broccoli Cherry Tomatoes Corn fresh fruit ^ Jicama Sticks Milk ----- Fruit Yogurt Ritz | Cheerios Fruit _____ * Fruit _____ Milk ----- Turkey Meatloaf ^ 1/4c Green Salad Green Beans Hard Cooked Egg Marvelous Rissoto Milk Pumpkin Pudding ----- Graham Crackers Milk |
| Week 11 | | | | |