



Mt. San Antonio College Child Development Center Menu

JUNE 2024



Child Development Center
Mt. San Antonio College

	Monday 6/3	Tuesday 6/4	Wednesday 6/5	Thursday 6/6	Friday 6/7
Breakfast	WG Cinnamon Toast ½ slice Tropical Fruit ½ cup Whole/1% White Milk ¾ cup	WG Cheerios ½ c. Pears ½ cup Whole/1% White Milk ¾ cup	WG Biscuit ½ serv. (.5 oz) Turkey Sausage 1 oz. Peaches ½ cup Whole/1% White Milk ¾ cup	WG Eggo Waffles ½ ea. Applesauce ½ c Whole/1% White Milk ¾ cup	WG Apple Cinnamon Muffins 1 ea. Bananas ½ c Whole/1% White Milk ¾ cup
Lunch	WG Popcorn Chicken 1.5oz Soba/GF Noodles ¼ c. Broccoli ¼ cup Peaches ¼ cup Whole/1% White Milk ¾ cup	Turkey Chili & Beans ½ c. Brown Rice ½ serving Mandarins ¼ cup Whole/1% White Milk ¾ cup	WG Mac & Cheese 1.5 oz Corn ¼ cup Mixed Fruit ¼ cup Whole/1% White Milk ¾ cup	BBQ Chicken Sandwiches 1.5oz White bun ½ serv. Mixed Veggies ¼ cup Pears ¼ cup Whole/1% White Milk ¾ cup	WG Turkey Pizza ½ serv. Broccoli ¼ cup Fresh Fruit ¼ cup Whole/1% White Milk ¾ cup
Snack	Low Fat String Cheese 1 each WG Crackers 4 each	Low Fat Yogurt ¼ cup Fruit ½ cup	Graham Crackers 2 ea. Sliced Cheese ½ oz.	Cheerios ½ cup Fruit/Applesauce ½ cup	Hummus/Avocado Dip ½ oz. Ritz Crackers 4 ea.

*Menu subject to change

**Modifications will be made for children requiring food allergy substitutions

***WG – Whole Grain

This facility is operated in accordance with US Department of Agriculture policy, which prohibits discrimination based on race, color, sex, age, handicap, religion or national origin

Children age 1-2 years are served unflavored whole milk. Age 2 and up are offered 1% unflavored white milk. Rice and soy milk available upon Doctor's request.

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	Monday 6/10	Tuesday 6/11	Wednesday 6/12	Thursday 6/13	Friday 6/14
Breakfast	Egg & Cheese Quesadilla 1 oz. WG Wheat Tortilla ½ ea. Pears ½ cup Whole/1% White Milk ¾ cup	WG Rice Chex Cereal ½ c. Cinnamon Pears ½ cup Whole/1% White Milk ¾ cup	WG Wheat Bagels ½ ea. Cream Cheese 1 oz. Peaches ½ cup Whole/1% White Milk ¾ cup	Vanilla Yogurt ½ cup WG Kix Cereal ¾ cup Melon Cubes ½ cup Whole/1% White Milk ¾ cup	WG French Toast ½ serv. Pears ½ cup Whole/1% White Milk ¾ cup
Lunch	Spaghetti & Meat Sauce 1.5 oz. WG Wheat Noodles ¼ c. Cali Mixed Veggies ¼ cup Peaches ¼ cup Whole/1% White Milk ¾ cup	Chicken Soft Taco 1.5 oz Flour Tortilla 1 ct. Black Beans ¼ cup Tropical Fruit ¼ cup Whole/1% White Milk ¾ cup	Turkey & Cheese Sandwich ½ serv. Cucumbers ¼ c. Tropical Mixed Fruit ¼ cup Whole/1% White Milk ¾ cup	WG Pollock Fish Sticks 1.5 oz. Cucumber ¼ cup Banana ¼ cup Whole/1% White Milk ¾ cup	Chicken Quesadilla ½ serv. WG Tortilla ½ serv. Carrots ¼ cup Apples/applesauce ¼ cup Whole/1% White Milk ¾ cup
Snack	Low Fat String Cheese 1 each WG Crackers 4 each	Low Fat Yogurt ¼ cup Fruit ½ cup Water ½ cup	Cheese Cubes 4 each WG Crackers 4 each	Cheerios ½ cup Fruit/Applesauce ½ cup Water ½ cup	Goldfish Crackers ¼ cup Raisins/Cranberries ½ c.

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	Monday 6/17	Tuesday 6/18	Wednesday 6/19	Thursday 6/20
Breakfast	WG Baked Donut 1 ea. Mandarins ½ cup Whole/1% White Milk ¾ cup	WG Corn Flakes ½ cup Applesauce ½ cup Whole/1% White Milk ¾ cup	<i>holiday</i>	WG Bagel ½ slice Cream Cheese 1 oz. Banana ½ c Whole/1% White Milk ¾ cup
Lunch	Beef & Rice Casserole 1.5 oz. Green Beans ¼ cup Mandarins ¼ cup Whole/1% White Milk ¾ cup	Bean & Cheese Burrito 1.5 oz. Corn Tortillas 1 ea. Corn ¼ cup Peaches ¼ cup Whole/1% White Milk ¾ cup		WG Chicken Sandwich Grilled Chicken 1 oz Potato Tots ¼ cup Fresh Mixed Fruit ¼ cup Whole/1% White Milk ¾ cup
Snack	Low Fat String Cheese 1 each WG Crackers 4 each	Low Fat Yogurt ¼ cup Fruit ½ cup Water ½ cup		Cheerios ½ cup Fruit/Applesauce ½ cup Water ½ cup

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	Monday 6/24	Tuesday 6/25	Wednesday 6/26	Thursday 6/27
Breakfast	Vanilla Yogurt ½ cup WG Kix Cereal ¾ cup Peaches ½ cup Whole/1% White Milk ¾ cup	Scrambled Eggs w Cheese .5 oz. Potato Tots ½ cup Whole/1% White Milk ¾ cup	WG Rice Chex ½ cup Diced Pears ½ cup Whole/1% White Milk ¾ cup	Cheese Slice on WG Bagel ½ slice Melon Cubes ½ cup Whole/1% White Milk ¾ cup
Lunch	Cheeseburgers 1.5 oz. WG Wheat Bun ½ serv. Corn ¼ cup Mandarins ¼ cup Whole/1% White Milk ¾ cup	Chicken Alfredo 1.5 oz. Broccoli ¼ cup Tropical Fruit ¼ cup Whole/1% White Milk ¾ cup	Teriyaki Chicken 1.5 oz. WG Brown Rice ¼ c Cali Veggie Mix ¼ c. Mandarins ¼ cup Whole/1% White Milk ¾ cup	Sloppy Joes 1.5 oz. Tater Tots ¼ c. Orange Wedges ¼ cup Whole/1% White Milk ¾ cup
Snack	Low Fat String Cheese 1 each WG Crackers 4 each	Low Fat Yogurt ¼ cup Fruit ½ cup Water ½ cup	Cheese Cubes 4 each WG Crackers 4 each	Hummus/Avocado Dip ½ oz. Ritz Crackers 4 ea.



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