

Los Angeles Harbor College
Child Development Center
Center's Food Program
Fall/Winter

USDA is an equal opportunity
employer and provider

Note :Menu subject to change

WEEKLY MENU

Monday

Tuesday

Wednesday

Thursday

Friday

PATTERN

Breakfast

1. Milk 6 oz.
2. 100% Juice 4 oz. or Fruit 1/2 cup
3. Bread 1/2 slice or Muffin 1/2 serve or Cereal 1/3 Cup(1/2 oz), cereal cooked 1/4 cup
4. Other foods (condiments) optional

Lunch/Dinner

1. Milk 6 oz.
2. Vegetables 1/4 cup
3. Fruit 1/4 cup
4. Bread 1/2 slide, rolls 1/2 serving, or pasta, rice 1/4 cup
5. Meat 1.5 oz,cheese 1.5 oz., 3/4 egg, cooked beans
6. Other foods (condiments) optional

AM/PM Snack(select two of these four components)

1. Milk 4 oz. or Fluid
2. Vegetable 1/2 cup or fruit or fruit juice
3. Bread 1/2 slice or alternate 1/2 cup
4. Meat 1/2 oz. or alternate 1 tbsp.

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<u>Cereal</u> 1/3 cup	<u>Pancakes</u> 1/2 serving	<u>Yogurt & Granola</u> 1/2 serving	<u>Bagel w/ Cream Cheese</u> 1/4cup	<u>Muffins</u> 1/3 cup
<u>Bananas</u> 1/2 cup	<u>Grapes</u> 1/2 cup	<u>Bananas</u> 1/2 cup	<u>Grapes</u> 1/2 cup	<u>Bananas</u> 1/4cup
<u>Milk</u> 3/4 cup	<u>Milk</u> 3/4 cup	<u>Milk</u> 3/4 cup	<u>Milk</u> 3/4 cup	<u>Milk</u> 3/4 cup
<u>Ravioli</u> 1.5 oz Protein & 1/2 serving Grain	<u>Turkey & Cheese Melt</u> 1.5 oz Protein & 1/2 serving Grain	<u>Chicken Enchiladas</u> 1.5 oz Protein & 1/2 serving Grain	<u>Chicken Parmesan W/ Penne</u> 1.5 oz Protein & 1/2 serving Grain	<u>Chcicken Nuggets</u> 1.5 oz Protein & 1/2 Serving Grain
<u>Green Beans</u> 1/4 cup	<u>Baked Potato</u> 1/4 cup	<u>Squash</u> 1/4 cup	<u>Broccoli</u> 1/4 cup	<u>Corn</u> 1/4 cup
<u>Apples & Grapes</u> 1/4 cup	<u>Pears</u> 1/4 cup	<u>Apples & Grapes</u> 1/4 cup	<u>Pears</u> 1/4 cup	<u>Apples & Grapes</u> 1/4 cup
<u>Milk</u>	<u>Milk</u> 3/4 cup	<u>Milk</u> 3/4 cup	<u>Milk</u> 3/4 cup	<u>Milk</u> 3/4 cup
<u>String Cheese</u> 1 tbsp.	<u>Apple Juice</u> 4 oz	<u>Milk</u> 1/2 serving	<u>Carrot Sticks w/ Ranch</u> 1/2 serving	<u>Graham Crackers</u> 1/2 serving
<u>Ritz Crackers</u> 1/2cup	<u>Goldfish</u> 1/2 serving	<u>Nutri-Grain Bar</u> 1/2cup	<u>Pretzel Sticks</u> 1/2cup	<u>Apple Sauce</u> 4 oz

FOOD ALLERGIES:

Ms. Caprina

Ms. Jennifer

Ms. Aster