

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.

B R E A K F A S T	<u>Oatmeal</u> 1/3 cup	<u>Pancakes</u> 1/2 serving	<u>Yogurt & Granola</u> 1/2 serving	<u>Breakfast Pizza</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
L U N C H	<u>Hamburger</u> 1.5 oz Protein & 1/2 serving Grain	<u>Beef Stir Fry</u> 1.5 oz Protein & 1/2 serving Grain	<u>Chicken Quesadilla</u> 1.5 oz Protein & 1/2 serving Grain	<u>BBQ Chicken</u> 1.5 oz Protein & 1/2 serving Grain	<u>Turkey Meatloaf</u> 1.5 oz Protein & 1/2 Serving Grain
	<u>Tater Tots</u> 1/4 cup	<u>Mixed Vegetables</u> 1/4 cup	<u>Broccoli</u> 1/4 cup	<u>Mashed Potatoes</u> 1/4 cup	<u>Steamed Carrots & Potatoes</u> 1/4 cup
	<u>Apples & Grapes</u> 1/4 cup	Pears 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
S N A C K					
	<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