

University of Idaho Children's Center Weekly Menu (Week 1)

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Requirements: Whole Grain/Bread ⇒ Ages 1-5: 1/2 serving	Life Cereal (WG)	WG Bagel with Cream Cheese	Waffles with Syrup	WG Oatmeal	Fruit Muffins
Vegetable/Fruit ⇒ Ages 1-2: 1/4 cup ⇒ Ages 3-5: 1/2 cup	Fruit	Fruit	Fruit	Fruit	Fruit
Milk ⇒ Ages 1-2: 1/2 cup ⇒ Ages 3-5: 3/4 cup	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Substitutions: ⇒ Vegetarian and/or Alt. Fruit Option	Whole Milk	Whole Milk	Whole Milk	Whole Milk	Whole Milk
LUNCH					
Meat and/or Meat Alt. ⇒ Ages 1-2: 1 ounce ⇒ Ages 3-5: 1 1/2 oz.	Vegetarian Bean Chili	Chicken, Brown Rice and Brown Gravy	Vandal Meat Taco with Shredded Cheese and-Sour Cream on Side	Tyson Chicken Nuggets	Tuna Noodle
Whole Grain/Bread ⇒ Same as breakfast	Corn Bread	WG Brown Rice	WW Tortilla	WG Breading	Enriched Egg Noodle
Fruit and/or Vegetable ⇒ Ages 1-2: 1/8 cup ⇒ Ages 3-5: 1/4 cup	Fruit	Fruit	Fruit	Fruit	Fruit
Fruit and/or Vegetable	Vegetable	Vegetable	Vegetable	Vegetable	Vegetable
Milk (same as breakfast)	1% Milk / Whole Milk	1% Milk / Whole Milk	1% Milk / Whole Milk	1% Milk / Whole Milk	1% Milk / Whole Milk
Substitutions: ⇒ Vegetarian and/or Alt. Fruit Option		Morning Star Crumbles with Rice	Morning Star Meat Crumbles Lasagna	Morning Star Chick N Nuggets	Morning Star Chick N Strips in Noddle's
SNACK					
Requirements: (choose 2 from lunch list) ⇒ Serving sizes same as breakfast	Wheat Thins Multigrain (WG) Fruit Water	Rice Cakes Fruit Water	Cheddar Cheese Goldfish Crackers Fruit Water	Vanilla Tillamook Yogurt Fruit Water	WG Bagel with Jam Fruit Water
Substitutions:	Cheddar Cheese Squares				

University of Idaho Children's Center Weekly Menu (Week 2)

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Requirements: Whole Grain/Bread ⇒ Ages 1-5: 1/2 serving	WG Cherrios	Tillamook Vanilla Yogurt	WG Oatmeal	WG Pancakes and Syrup on the Side	WG Plain Bagel with Cream Cheese
Vegetable/Fruit ⇒ Ages 1-2: 1/4 cup ⇒ Ages 3-5: 1/2 cup	Fruit	Fruit	Fruit	Fruit	Fruit
Milk ⇒ Ages 1-2: 1/2 cup ⇒ Ages 3-5: 3/4 cup	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Substitutions: ⇒ Vegetarian and/or Alt. Fruit Option	Whole Milk	Whole Milk	Whole Milk	Whole Milk	Whole Milk
LUNCH					
Meat and/or Meat Alt. ⇒ Ages 1-2: 1 ounce ⇒ Ages 3-5: 1 1/2 oz.	Lentils of the SW	Grilled Cheese Sandwich	Ground Vandal Meat Lasagna	BBQ Chicken on a Roll	Fish Sticks
Whole Grain/Bread ⇒ Same as breakfast	WG Brown Rice	WG Bread	Pasta Sheets	WG Hamburger Bun	Breading
Fruit and/or Vegetable ⇒ Ages 1-2: 1/8 cup ⇒ Ages 3-5: 1/4 cup	Fruit	Fruit	Fruit	Fruit	Fruit
Fruit and/or Vegetable	Vegetable	Vegetable	Vegetable	Vegetable	Vegetable
Milk (same as breakfast)	1% Milk / Whole Milk	1% Milk / Whole Milk	1% Milk / Whole Milk	1% Milk / Whole Milk	1% Milk / Whole Milk
Substitutions: ⇒ Vegetarian and/or Alt. Fruit Option			Veggie Crumble Lasagna	Morning Star Chick N Strips Diced	Morning Star ChickN Nugget
SNACK					
Requirements: (choose 2 from lunch list) ⇒ Serving sizes same as breakfast	WG Wheat Thins Fruit Water	Cottage Cheese Fruit Water	Rice Cakes Fruit Water	Teddy Grahams Fruit Water	Oven Ready Breadsticks with Marinara Fruit Water
Substitutions:					

University of Idaho Children's Center Weekly Menu (Week 3) 2/24-2/28

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Requirements: Whole Grain/Bread ⇒ Ages 1-5: 1/2 serving	WG Kix	Fruit Muffin	WG English Muffin with Strawberry Jam	WG Oatmeal	WG Mini Spooners or Life
Vegetable/Fruit ⇒ Ages 1-2: 1/4 cup ⇒ Ages 3-5: 1/2 cup	Fruit	Fruit	Fruit	Fruit	Fruit
Milk ⇒ Ages 1-2: 1/2 cup ⇒ Ages 3-5: 3/4 cup	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Substitutions: ⇒ Vegetarian and/or Alt. Fruit Option	Whole Milk	Whole Milk	Whole Milk	Whole Milk	Whole Milk
LUNCH					
Meat and/or Meat Alt. ⇒ Ages 1-2: 1 ounce ⇒ Ages 3-5: 1 1/2 oz.	Refried Bean Burritos with Cheese and Sour Cream on Side	Macaroni and Cheese	Chicken Salad Wrap	Beef Sloppy Joe on a Roll	Chicken Teriyaki and Stir Fry Veggies
Whole Grain/Bread ⇒ Same as breakfast	WW Tortilla	WG Macaroni Noodles	WW Tortilla	WG Bun	WG Brown Rice
Fruit and/or Vegetable ⇒ Ages 1-2: 1/8 cup ⇒ Ages 3-5: 1/4 cup	Fruit	Fruit	Fruit	Fruit	Fruit
Fruit and/or Vegetable	Vegetable	Vegetable	Vegetable	Vegetable	Vegetable
Milk (same as breakfast)	1% Milk / Whole Milk	1% Milk / Whole Milk	1% Milk / Whole Milk	1% Milk / Whole Milk	1% Milk / Whole Milk
Substitutions: ⇒ Vegetarian and/or Alt. Fruit Option			Morning Star Diced ChickN Strips with sauce	Morning Star Meat Crumbles	Morning Star Chick N Strips
SNACK					
Requirements: (choose 2 from lunch list) ⇒ Serving sizes same as breakfast	Apple Cinnamon Rice Cakes Fruit Water	Low-Fat Mozzarella String Cheese Fruit Water	WG Wheat Thins Fruit Water	Cheddar Cheese Goldfish Crackers with Fruit Water	WG Pita Bread and Hummus Fruit Water
Substitutions:		Sliced Cheddar Cheese			

This institution is an equal opportunity provider.

Menu is subject to change based on item availability