

Los Angeles Harbor College
 Child Development Center
 Center's Food Program
 Spring/Summer

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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| B R E A K F A S T | <u>Bagel with Cream Cheese</u> 1/3 cup | <u>Yogurt & Granola</u> 1/2 serving | <u>Pancakes</u> 1/2 serving | <u>Cereal</u> 1/4cup | <u>Waffles</u> 1/3 cup |
| | <u>Oranges</u> 1/2 cup | <u>Strawberries</u> 1/2 cup | <u>Grapes</u> 1/2 cup | <u>Strawberries</u> 1/2 cup | <u>Oranges</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>Tuna Sandwich</u> 1.5 oz Protein & 1/2 serving Grain | <u>Chinese Chicken Salad</u> 1.5 oz Protein & 1/2 serving Grain | <u>BBQ Chicken Pizza</u> 1.5 oz Protein & 1/2 serving Grain | <u>Ground Turkey Tostada</u> 1.5 oz Protein & 1/2 serving Grain | <u>Grilled Chicken W/ Pasta</u> 1.5 oz Protein & 1/2 Serving Grain |
| | <u>Lettuce & Tomatoes</u> 1/4 cup | <u>Lettuce & Tomatoes</u> 1/4 cup | <u>Green Beans</u> 1/4 cup | <u>Lettuce & Tomatoes</u> 1/4 cup | <u>Broccoli</u> 1/4 cup |
| | <u>Pineapples</u> 1/4 cup | <u>Oranges</u> 1/4 cup | <u>Pineapples</u> 1/4 cup | <u>Oranges</u> 1/4 cup | <u>Pineapples</u> 1/4 cup |
| S N A C K | <u>Pretzel Sticks</u> 1/2 serving | <u>Apple Juice</u> 4 oz | <u>Milk</u> 4 oz | <u>String Cheese</u> 1/2 serving | <u>Milk</u> 4 oz |
| | <u>Carrot Sticks w/ Ranch</u> 1/2 serving | <u>Goldfish</u> 1/2 serving | <u>Strawberry Chex Mix</u> 1/2 serving | <u>Ritz Crackers</u> 1/2 serving | <u>Graham Crackers</u> 1/2 serving |
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