

MINI UNIVERSITY CYCLE MENU

WEEK 1 - CYCLE C

November 19, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast				
Rice Chex*	Waffles*	Blueberry Bread	Center Closed for Thansgiving	Cheerios*
Pears*	Bananas*	Applesauce*		Pears*
Milk*	Milk*	Milk*		Milk*
Lunch				
Chicken Fettuccini w/ Alfredo Sauce Green Beans, Carrots, Yellow Beans Blend	Bean Burrito (V) Corn	Scrambled Eggs French Toast Sticks Syrup*		Cheese Pizza*
Peaches*	Tropical Fruit Mix*	Potato Coins Ketchup*		Broccoli*
Milk*	Milk*	Mandarin Oranges* Milk*		Mixed Fruit* Milk*
Afternoon Snack				
Goldfish* Mandarin Oranges* Water*	Strawberry Nutrigrain Bar* Blueberries* Water*	Vanilla Yogurt* Vanilla Wafers* Water*		Gardetto Snack Mix* Peaches* Water*

(V) = Vegetarian Item

(P) = Pork Item

Items with a * following them will be provided by Mini University

Meal Pattern Requirements											
Breakfast				Lunch				Snack (Choose 2)			
Age	1 & 2	3 to 5	6 to 12	Age	1 & 2	3 to 5	6 to 12	Age	1 & 2	3 to 5	6 to 12
Milk, Fluid	½ cup	¾ cup	1 cup	Milk, Fluid	½ cup	¾ cup	1 cup	Milk, Fluid	½ cup	½ cup	1 cup
Juice, Fruit/Veg	¼ cup	½ cup	½ cup	Meat/Alternate	1 oz	1 ½ oz	2 oz	Meat/Alternate	½ oz	½ oz	1 oz
Bread/Alternate	½ sl/svg	½ sl/svg	1 sl/svg	Veg/Fruit	¼ cup	½ cup	¾ cup	Veg/Fruit	½ cup	½ cup	¾ cup
Dry Cereal	¼ cup	½ cup	¾ cup	Bread/Alternate	½ sl/svg	½ sl/svg	1 sl/svg	Bread/Alternate	½ sl/svg	½ sl/svg	1 sl/svg
				Grains/Pasta	¼ cup	¼ cup	½ cup				