

# Joliet Junior College Early Childhood Center 4 week rotational menu for Spring 2012

## Four Week Rotation

<b>WEEK 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>BREAKFAST</b> <b>Grain</b> <b>Juice/Fruit/Veg</b> <b>1 % Milk</b>	Whole Grain Waffle Reduced calorie syrup Applesauce 1% Milk	Cheerios Fresh Fruit Cup 1% Milk	Warm Bagel w/ Cream Cheese Grapes 1% Milk	Oatmeal w/ raisins Banana 1% Milk	Cottage Cheese Pineapple Tidbits Whole Grain Crackers 1% Milk
<b>LUNCH</b> <b>Soup</b> <b>Entrée</b> <b>Veg</b> <b>Veg/fruit</b> <b>Grain</b> <b>1% Milk</b>	Bean & Bacon soup Marinated Tilapia Cheese Rice & Broccoli Carrots and parsnips Spinach Salad Wheat Bread 6oz liquid milk	Minestrone soup Chicken A la King Wide egg noodles Tossed Salad Fresh Fruit Medley Wheat bread. 6oz liquid milk	Chicken rice soup Yankee Pot Roast Au Gratin potatoes Brussels' Sprouts Peaches Rye Bread 6oz liquid milk	Beef Barley soup Chicken Grilled zucchini Tossed Salad Pears Curried Rice 6oz liquid milk	Tuscan Soup Chicken Patty Garlic bread Parmesan Tomatoes Applesauce Cheese Manicotti 6oz liquid milk
<b>AFTERNOON SNACK</b> One food item from two different groups minimum	Whole Grain Crackers Cheese Cubes Apple Slices	Carrot & Celery sticks w/ low-fat ranch dip Pretzel	¼ c Vanilla Yogurt ½ c Mandarin Oranges & Pineapple Tidbits	½ Assorted Melon Chunks Goldfish Crackers	Bran Muffin 1% Milk

Fresh water available with every meal service and throughout the operational day. When the Center is closed the meal patterns skips to the next open day.

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WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b> Grain Juice/Fruit/Veg 1 % Milk	Biscuit Banana 1% Milk	<i>Granny Smith Quesadilla</i> Sliced Green Apples cheese Soft tortilla	Toasted English Muffin w/ spread Apple Slices 1% Milk	<i>Crunchy Berry Parfait</i> Vanilla Yogurt Blueberries Grape Nuts 1% Milk	Kix Cereal Orange Wedges 1% Milk
<b>LUNCH</b> Soup Entrée Veg Veg/fruit Grain 1% Milk	Navy Bean soup Breaded Pork Cutlet Potato Pancake Tossed Salad Peaches Wheat Bun 6oz liquid milk	Wisconsin cheddar soup Pepper Steak Fried Rice Snap Peas Fresh Apples & Oranges Wheat bread & marg. 6oz liquid milk	Corn Chowder soup Chicken Breast Carrot & Celery Sticks Fried Okra Tossed Salad Red Beans and Rice 6oz liquid milk	Cr Mushroom soup Salisbury Steak ,Gravy Mashed Potatoes Green Bean Almandine Pineapple Tidbits Wheat Bread & Marg 6oz liquid milk	French Onion soup Chicken Enchiladas Spanish Rice Corn with peppers Lettuce w/ Tomatoes & Carrots Tortillas 6oz liquid milk
<b>AFTERNOON SNACK</b> One food item from two different groups minimum	Orange Wedges Animal Crackers	Mozzarella Cheese Sticks Grapes	½ banana 6 Wheat Thins 1% Milk	Whole Wheat Pita Chick Pea Hummus Carrot Sticks	Tortilla Chips Shredded Cheese

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<b>WEEK 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>BREAKFAST</b> <b>Grain</b> <b>Juice/Fruit/Veg</b> <b>1 % Milk</b>	Cream of Wheat w/ Brown Sugar Fresh Seasonal Melon 1% Milk	Wheat Chex Cereal Banana 1% Milk	Rye Toast Hard Boiled Egg Orange Sections 1% Milk	French Toast Sticks Reduced calorie syrup Pears 1% Milk	Fruit Muffins Pears 1% Milk
<b>LUNCH</b> <b>Soup</b> <b>Entrée</b> <b>Veg</b> <b>Veg/fruit</b> <b>Grain</b> <b>1% Milk</b>	Tomato Bisque soup Roast beef Baked Potato Steamed Broccoli Spinach Salad Wheat Bun 6oz liquid milk	Stuffed Pepper soup Chicken Cordon Bleu Fettuccini Lima Bean Tossed salad Dinner roll 6oz liquid milk	Crm Broccoli soup Corned Beef & Cabbage Steamed Potato's Baby Carrots Fresh Apple wedges Rye Bread w/ Marg 6oz liquid milk	Beef Noodle soup Cashew Chicken Oriental Noodles Sesame Bok Choy Mandarin oranges Bread w/ marg 6oz liquid milk	Potato Leek soup Chicken Patty Vegetable Lasagna Ratatouille Tossed Salad Garlic Bread Sticks 6oz liquid milk
<b>AFTERNOON</b> <b>SNACK</b> <b>One food item</b> <b>from two different</b> <b>groups minimum</b>	Cottage Cheese Pineapple Tidbits Animal Crackers	Soft Pretzel, warmed Low-fat Dip 1% Milk	Vanilla Yogurt Grape Nuts Banana	Ham & Cheese roll up in Tortilla	Jicama sticks Low-Fat Dip Breadsticks

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WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b> <b>Grain</b> <b>Juice/Fruit/Veg</b> <b>1 % Milk</b>	Toasted Fruit Bagel Honey Cream Cheese Kiwi & Strawberry Mix 1% Milk	Warm Grapefruit w/ brown sugar Raisin Toast 1% Milk	Pancakes Reduced calorie syrup Fresh Fruit Cup 1% Milk	<i>Scrambled Burrito</i> Egg Mixed Veggies Cheese Tortilla Tomato Juice 1% Milk	Yogurt w/ granola Banana 1% Milk
<b>LUNCH</b> <b>Soup</b> <b>Entrée</b> <b>Veg</b> <b>Veg/fruit</b> <b>Grain</b> <b>1% Milk</b>	<b>Chicken Noodle soup</b> Hearty Beef stew w/potatoes & vegetables Tossed Salad Pears Biscuits 6oz liquid milk	<b>Beef Vegetable soup</b> Hawaiian style BBQ Ribs Roasted Potatoes Baked beans Pineapple Tidbits Dinner roll 6oz liquid milk	<b>Butternut squash soup</b> Fried Chicken Mashed Potatoes Green Beans Celery & Carrot stick Wheat Bread 6oz liquid milk	<b>Cabbage and potato soup</b> Chicken Teriyaki Rice Noodles Sugar Snap Peas Mandarin Oranges Rye Bread w/ Marg. 6oz liquid milk	<b>Clam Chowder soup</b> Fish and Chips Steak Fries Cole Slaw Applesauce Wheat bread 6oz liquid milk
<b>AFTERNOON</b> <b>SNACK</b> <b>One food item</b> <b>from two different</b> <b>groups minimum</b>	Goldfish Crackers Pears	Raw assorted veggies Low-fat dip Pretzel Sticks	<i>Granny Smith Quesadilla</i> Green Apple Slices Cheese Soft Tortilla	Cinnamon Rice Cakes Apple Slices Cream Cheese	Tropical Fruit Graham Crackers

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