

Joliet Junior College Early Childhood Center 6 Week Rotational Menu

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST Grain Fruit Fat Free Milk	Cheerios Apple Slices Fat Free Milk	Whole Grain Pancakes Applesauce Fat Free Milk	Dark Rye Toasted Hard Boiled Egg Orange Wedges Fat Free Milk	Oatmeal w/ raisins Bananas Fat Free Milk	English Muffin Pineapple Chunks Fat Free Milk
LUNCH Soup Entrée Veg Fruit Grain Fat Free Milk	Louisiana Gumbo Soup Cheese Ravioli Bolognese Garlic Bread Zucchini & Squash Fruit- Fat Free Milk	Chicken Dumpling Soup Chicken, Andouille Jambalaya Red Beans & Rice Veg- Fruit- Fat Free Milk	Tomato Bisque Soup Chicken Filet w/ Orange Sauce Steamed Rice Stir Fry Veg. Fruit- Fat Free Milk	Beef Pot Roast Soup Roast Pork German Potato Salad Whole grain bread Brussel Sprouts Fruit- Fat free Milk	Chicken Dumpling Soup Lemon Pepper Cod Wild Rice Pilaf Salad w/tomatoes Broccoli Fruit- Fat Free Milk
AFTERNOON SNACK One food item from two different groups minimum	Whole Grain Crackers Pears	Pretzels Pineapple Chunks	Strawberries Cheese crackers	Cheerios Cantaloupe	Raisin Bran Muffin Bananas

Fresh water is 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
BREAKFAST Grain Fruit Fat Free Milk	Kix Cereal Pears Fat Free Milk	Baked Biscuit Bananas Fat Free Milk	Scrambled Eggs Marble Rye Orange Wedges Fat Free Milk	Bagels w/ cream cheese Applesauce Fat Free Milk	Cream of Wheat Apple Slices Fat Free Milk
LUNCH Soup Entrée Veg Fruit Grain Fat Free Milk	Wedding Soup Greek Chicken Quinoa Zucchini Fruit- Fat Free Milk	Broccoli Cheese Soup Stuffed Beef Peppers Breadstick Veg- Fruit- Fat Free Milk	Veg & Quinoa Soup Chicken w/ Ticca Sauce & Naan Stewed Lentils Curried Cauliflower Fruit- Fat Free Milk	Chicken Tortilla Soup Shredded Pork w/tortilla Cilantro Lime Rice Corn Fruit- Fat Free Milk	Broccoli Cheese Soup Baked Catfish Red Beans & Rice Salad w/ Tomatoes Fruit- Fat Free Milk
AFTERNOON SNACK One food item from two different group minimum	Pineapple chunks Animal Crackers	Applesauce Whole grain crackers	Mozzarella stick Peaches	Tortilla Chips Cheese slices	Toasted English Muffin Orange Wedges

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WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST Grain Fruit Fat Free Milk	Cheerios Peaches Fat Free Milk	Baked French Toast Sticks Applesauce Fat Free Milk	Marble Rye Hard Boiled Egg Orange Sections Fat Free Milk	Kix Cereal Bananas Fat Free Milk	Oatmeal w/raisins Apple slices Fat Free Milk
LUNCH Soup Entrée Veg Fruit Grain Fat Free Milk	Corn Chowder Soup Italian Sausage & Peppers Polenta Swiss Chard Fruit- Fat Free Milk	Beef & Bean Chili Meatloaf Whole grain Bun Spinach Salad w/ Tomato Corn fritters Mashed Potatoes Fruit- Fat Free Milk	Red Pepper Bisque Soup Roasted Chicken Whole grain bread Mashed Potatoes Green Beans Fruit- Fat Free Milk	Beef Barley Soup Beef Stroganoff Egg Noodles Braised Cabbage Spinach Salad Fruit- Fat Free Milk	Beef & Bean Chili Seared Salmon Barley Pilaf Salad w/ tomatoes Sauteed Spinach Fruit- Fat Free Milk
AFTERNOON SNACK One food item from two different groups minimum	Orange Wedges Pretzels	Raisin Bran Muffin Fat Free Milk	Bread Sticks Peaches	Whole Grain Crackers Cheese slices	Cheese Crackers Applesauce

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WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST Grain Fruit Fat Free Milk	Cheerios Bananas Fat Free Milk	Cream of Wheat w/raisins Cantaloupe Fat Free Milk	Toasted Bagel Cream Cheese Peaches Fat Free Milk	<i>Scrambled</i> Eggs Whole grain Toast Orange Wedges Fat Free Milk	Kix Cereal Apple Slices Fat Free Milk
LUNCH Soup Entrée Veg Fruit Grain Fat Free Milk	Chicken Enchilada Soup Beef Tacos w/ tortilla Refried Beans Corn on cob Lettuce, tomato Cheese Sour Cream Fruit- Fat Free Milk	Baked Potato Soup Chicken w/ Alfredo sauce Fettuccini Mixed Veg. Fruit- Fat free Milk	Butternut Squash Soup BBQ Pork Ribs Macaroni Cheese Spinach Salad Tomatoes Corn on the cob Fruit- Fat Free Milk	Baked Potato Soup Roasted Chicken Steamed Rice Roasted Broccoli Fruit- Fat Free Milk	Beef Chili Baked Cod Marble Rye Bread Cole slaw Fruit- Fat Free Milk
AFTERNOON SNACK One food item from two different groups minimum	Whole Grain Crackers Cheese Slices	Yogurt Orange Wedges	Cheerios Apple Slices	Animal Crackers Honey dew melon	Cheese Crackers Fat Free Milk

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WEEK 5	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST Grain Fruit Fat Free Milk	Raisin Bran Muffins Peaches Fat Free Milk	Whole Grain Pancakes Applesauce Fat Free Milk	Oatmeal w/ raisins Honey Dew Melon Fat Free Milk	Marble Rye Hard Boiled Egg Orange Wedges Fat Free Milk	Kix Cereal Apple slices Fat Free Milk
LUNCH Soup Entrée Veg fruit Grain Fat Free Milk	Split Pea Soup Italian Beef Whole grain Bun Potato Wedges Veg- Fruit- Fat Free Milk	Chicken Noodle Soup Chicken Enchiladas w/tortilla Pinto Beans Corn Fruit- Fat Free Milk	Minestrone Soup Beef Choy Suey Steam Rice Stir fry veg Fruit- Fat Free Milk	Lemon Chicken Soup Chicken w/Saltimbocca sauce Pan Seared Gnocchi Whole grain bread Roasted Cauliflower Fruit- Fat Free Milk	Chicken Noodle Soup Fish Tacos (tortilla) Cilantro-lime Rice Lettuce, tomato Cheese, Sour Cream Fruit- Fat Free Milk
AFTERNOON SNACK One food item from two different groups minimum	Whole Grain Crackers Cheese slices	Orange Wedges Pretzels	Yogurt Apple Slices	Peaches Cheese Crackers	Mozzarella Stick Applesauce

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WEEK 6	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST Grain Fruit Fat Free Milk	Kix Cereal Honey dew melon Fat Free Milk	Marble Rye Toast Peaches Fat Free Milk	Whole Grain Pancake Applesauce Fat Free Milk	Scrambled Egg Whole grain Toast Orange Wedges Fat Free Milk	English Muffin Fresh Apple Slices Fat Free Milk
LUNCH Soup Entrée Veg Fruit Grain Fat Free Milk	Cornmeal & Sausage Soup Smoked Polish Sausage Whole grain Bun Pierogi Braised cabbage Fruit- Fat Free Milk	Chicken & Wild Rice Soup Chicken Carbonara Spaghetti Tomato Polenta Roasted Cauliflower Spinach Salad w/Tomatoes Fat Free Milk	Pasta Fagiolo Soup Roast Turkey Cranberry Dressing Whole grain Bread Green Bean Casserole Fruit- Fat Free Milk	Stuffed Pepper Soup Steak Fajitas Tortilla Spanish Rice Corn Lettuce, Tomato Cheese & Sour Cream Fruit- Fat Free Milk	Chicken & Rice Soup Pork Chop Potato w/ onion & dill Whole grain Bread Red cabbage Fruit- Fat Free Milk
AFTERNOON SNACK One food item from two different groups minimum	Applesauce Animal Crackers	Cheerios Apple Slices	Whole Grain Crackers Strawberries	Pretzels Peaches	Tortilla Chips Cheese slices

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