


April 2015

Breakfast and PM Snack at The CCC

Preschool Menu

Monday		Tuesday		Wednesday		Thursday		Friday	
<p>MEALS at 9:15am & 3:15pm</p> <p>MIN. SERVING SIZES:</p> <p>-Milk or Fruit Juice 3/4 cup - Cheese 1½ oz</p> <p>-Veggies or Fruits 1/2 cup - Eggs 1 egg</p> <p>- Cereal 1/3 cup - Beans or Peas 3/8 cup</p> <p>- Pasta or Noodles 1/4 cup - Yogurt 1/4 cup</p>				<p>Scrambled Eggs 1</p> <p>Fresh Fruit</p> <p>Milk</p> <p>Fruit & Cottage Cheese</p> <p>Milk</p>		<p>Yogurt 2</p> <p>Fresh Fruit</p> <p>Milk</p> <p>Corn Cobbettes</p> <p>Milk</p>		<p>Cinnamon Rolls 3</p> <p>Fresh Fruit</p> <p>Milk</p> <p>Applesauce</p> <p>Milk</p>	
<p>Cereal 6</p> <p>Fresh Fruit</p> <p>Milk</p> <p>Carrots with Ranch</p> <p>Milk</p>	<p>Omelet 7</p> <p>Fresh Fruit</p> <p>Milk</p> <p>Rice & Beans</p> <p>Milk</p>	<p>English Muffins Toast 8</p> <p>Fresh Fruit</p> <p>Milk</p> <p>Fruit & Cottage Cheese</p> <p>Milk</p>	<p>Whole Grain Waffles 9</p> <p>Fresh Fruit</p> <p>Milk</p> <p>Jell-O</p> <p>Milk</p>	<p>Potato Pancakes 10</p> <p>Fresh Fruit</p> <p>Milk</p> <p>Applesauce & Raisins</p> <p>Milk</p>					
<p>Warm Oatmeal 13</p> <p>Fresh Fruit</p> <p>Milk</p> <p>Muffins</p> <p>Milk</p>	<p>Yogurt 14</p> <p>Fresh Fruit</p> <p>Milk</p> <p>Soft Pretzels</p> <p>Milk</p>	<p>Eggs 15</p> <p>Fresh Fruit</p> <p>Milk</p> <p>Fruit Salad</p> <p>Milk</p>	<p>Granola & Yogurt 16</p> <p>Fresh Fruit</p> <p>Milk</p> <p>Corn Cobbettes</p> <p>Milk</p>	<p>Angel Biscuits 17</p> <p>Fresh Fruit</p> <p>Milk</p> <p>Crackers</p> <p>Very Berry Fruit Float</p>					
<p>Cereal 20</p> <p>Fresh Fruit</p> <p>Milk</p> <p>Quesadillas</p> <p>Milk</p>	<p>Cream Cheese Bagel 21</p> <p>Fresh Fruit</p> <p>Milk</p> <p>Applesauce & Raisins</p> <p>Milk</p>	<p>Rice Pudding 22</p> <p>Fresh Fruit</p> <p>Milk</p> <p>Corn Bread</p> <p>Milk</p>	<p>Omelet 23</p> <p>Fresh Fruit</p> <p>Milk</p> <p>Baked Potato</p> <p>Milk</p>	<p>Whole Grain Scones 24</p> <p>Fresh Fruit</p> <p>Milk</p> <p>Fruit Salad</p> <p>Milk</p>					
<p>Whole Grain Cereal 27</p> <p>Fresh Fruit</p> <p>Milk</p> <p>Pasta with</p> <p>Parmesan Cheese</p> <p>Juice</p>	<p>Pancakes 28</p> <p>Fresh Fruit</p> <p>Milk</p> <p>Veggies & Cheese</p> <p>Milk</p>	<p>Breakfast Burritos 29</p> <p>Fresh Fruit</p> <p>Milk</p> <p>Fruit & Yogurt</p> <p>Milk</p>	<p>Berry Blue Muffins 30</p> <p>Fresh Fruit</p> <p>Milk</p> <p>Orange Creamsicles</p> <p>Milk</p>	 <p>THE CHILDREN'S CENTER AT CALTECH</p>					

Menu is subject to change without notice.