


Monday		Tuesday		Wednesday		Thursday		Friday	
Pancakes Fresh Fruit Milk  Fresh Fruit Milk	3	Yogurt & Granola Fresh Fruit Milk  Bananas Milk	4	Whole Grain Toast Fresh Fruit Milk  Mixed Veggies Milk	5	Cinammon Rolls Fresh Fruit Milk  Applesauce and Raisins Milk	6	Omeletts Fresh Fruit Milk  Oatmeal Crisps Milk	7
Whole Grain Sconces Fresh Fruit Milk  Mixed Veggies Milk	10	Hot Oatmeal Fresh Fruit Milk  Pasta/Cheese Milk	11	Fantasy Cinammon Apple Wiches Fresh Fruit Milk  Jello Milk	12	Scrambled Eggs Fresh Fruit Milk  Cornbread Milk	13	Cereal Fresh Fruit Milk  Quesadillas Milk	14
Cream Cheese Bagels Fresh Fruit Milk  Corn Cobbettes Milk	17	Biscuits Fresh Fruit Milk  Fresh Fruit Milk	18	Rice Pudding Fresh Fruit Milk  Crackers/ Cheese Milk	19	Whenever Bar Fresh Fruit Milk  Carrots with Ranch Milk	20	Scrambled Eggs Fresh Fruit Milk  Mini Pizza Milk	21
French Toast Fresh Fruit Milk  Peaches & Cottage Cheese Milk	24	Waffles Fresh Fruit Milk  Mixed Veggies Milk	25	Breakfast Burritos Fresh Fruit Milk  Fresh Fruit Milk	26	Yogurt & Granola Fresh Fruit Milk  Grilled Cheesewich Fruit Juice	27	Cinnamon Rolls Fresh Fruit Milk  Zucchini Stix Milk	28
				 THE CHILDREN'S CENTER AT CALTECH		MEAL TIMES: 9:15am & 3pm MIN. SERVING SIZES:      MINIMUM SERVING SIZES: -Milk or Fruit Juice 1/2 cup      - Cheese 1 oz -Veggies or Fruits 1/4 cup      - Eggs 1 egg - Cereal 1/4 cup      - Beans or Peas 1/4 cup - Pasta or Noodles 1/4 cup      - Yogurt 1/4 cup			