

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|---|----------------------------------|---|------------------------|----------------------|---------------------------------|---------------------|----------------------------|--------------------------------|---------------------------------|
|  <p>THE CHILDREN'S CENTER AT CALTECH</p> | | 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 | | | | Omelette | 1 | Biscuits | 2 |
| | | Fresh Fruit Milk | | Baked Potato Milk | | Fresh Fruit Milk | | Applesauce and Raisins Milk | |
| Cottage Cheese | 5 | Cottage Cheese w/ | 6 | Bagels&Cream Cheese | 7 | Rice Pudding | 8 | Crepes | 9 |
| Fresh Fruit Milk | | Pineapple Milk | | Fresh Fruit Milk | | Fresh Fruit Milk | | Fresh Fruit Milk | |
| | Mini Pizza Milk | | Mixed Veggies Milk | | Fresh Fruit Milk | | Quesadillas Milk | | Pasta/Cheese Milk |
| Cinnamon Rolls | 12 | Toast | 13 | Yogurt & Cheerios | 14 | Scones | 15 | Scrambled Eggs | 16 |
| Fresh Fruit Milk | | Fresh Fruit Milk | | Fresh Fruit Milk | | Fresh Fruit Milk | | Fresh Fruit Milk | |
| | Pita & Cheese Milk | | Rice and Beans Milk | | Banana Muffin Milk | | Carrots with Ranch Milk | | Grilled Cheese Sandwich Milk |
| Bagels/Cream Cheese | 19 | Waffles | 20 | Breakfast Burritos | 21 | Pancakes | 22 | Yogurt & Cheerios | 23 |
| Fresh Fruit Milk | | Fresh Fruit Milk | | Fresh Fruit Milk | | Fresh Fruit Milk | | Fresh Fruit Milk | |
| | Peaches & Cottage Cheese Milk | | Mixed Veggies Milk | | Cucumbers Ranch Milk | | Fresh Fruit Milk | | Quesadillas Milk |
| Cereal | 26 | Scrambled Eggs | 27 | Cornflakes | 28 | French Toast | 29 | Oatmeal | 30 |
| Fresh Fruit Milk | | Fresh Fruit Milk | | Fresh Fruit Milk | | Fresh Fruit Milk | | Fresh Fruit Milk | |
| | Muffins Milk | | Mini Pizza Milk | | Crackers & Cream Chesse Milk | | Carrots with Ranch Milk | | Grilled Cheese Sandwich Milk |

Menu is subject to change without notice

October 2015

Breakfast and PM Snack at The CCC

Infant/Toddler Menu