


| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | | |
|---|----|---|----|--------------------------------|----|---------------------------------|----|---|----|--------|---|
|  <p>THE CHILDREN'S CENTER AT CALTECH</p> | | <p>MEAL TIMES: 9:15am & 3pm</p> <p>MIN. SERVING SIZES: MINIMUM SERVING SIZES:</p> <p>-Milk or Fruit Juice 1/2 cup - Cheese 1 oz</p> <p>-Veggies or Fruits 1/4 cup - Eggs 1 egg</p> <p>- Cereal 1/4 cup - Beans or Peas 1/4 cup</p> <p>- Pasta or Noodles 1/4 cup - Yogurt 1/4 cup</p> | | | | | | Rice Pudding | 1 | Cereal | 2 |
| | | <p>Fresh Fruit</p> <p>Milk</p> | | <p>Fresh Fruit</p> <p>Milk</p> | | <p>Veggie Salad</p> <p>Milk</p> | | <p>Fresh Fruit</p> <p>Milk</p> <p>Whenever Bars</p> <p>Milk</p> | | | |
| Cheerios | 5 | Cottage Cheese w/ | 6 | Scones | 7 | Omelette | 8 | Hot Oatmeal | 9 | | |
| Fresh Fruit | | Pineapple | | Fresh Fruit | | Fresh Fruit | | Fresh Fruit | | | |
| Milk | | Milk | | Milk | | Milk | | Milk | | | |
| | | | | | | Jello | | | | | |
| Fresh Fruit | | Pita w/hummus | | Fresh Fruit | | Fresh Fruit | | Orange Bread | | | |
| Milk | | Milk | | Milk | | Milk | | Milk | | | |
| | | | | | | | | | | | |
| Rice Krispies | 12 | Pancakes | 13 | Blueberry Muffins | 14 | French Toast | 15 | Scrambled Eggs | 16 | | |
| Fresh Fruit | | Fresh Fruit | | Fresh Fruit | | Fresh Fruit | | Fresh Fruit | | | |
| Milk | | Milk | | Milk | | Milk | | Milk | | | |
| | | | | | | | | | | | |
| Pita & Cheese | | Fresh Fruit | | Rice with Beans | | Carrots with Ranch | | Super Soft Pretzels | | | |
| Milk | | Milk | | Milk | | Milk | | Milk | | | |
| | | | | | | | | | | | |
| Bagels/Cream Cheese | 19 | Waffles | 20 | Breakfast Burritos | 21 | Cinammon Rolls | 22 | Yogurt & Cheerios | 23 | | |
| Fresh Fruit | | Fresh Fruit | | Fresh Fruit | | Fresh Fruit | | Fresh Fruit | | | |
| Milk | | Milk | | Milk | | Milk | | Milk | | | |
| | | | | | | | | | | | |
| Peaches & Cottage Cheese | | Mixed Veggies | | Cucumbers Ranch | | Fresh Fruit | | Quesadillas | | | |
| Milk | | Milk | | Milk | | Milk | | Milk | | | |
| | | | | | | | | | | | |
| Crepes | 26 | Scrambled Eggs | 27 | Cornflakes | 28 | French Toast | 29 | Hot Oatmeal | 30 | | |
| Fresh Fruit | | Fresh Fruit | | Fresh Fruit | | Fresh Fruit | | Fresh Fruit | | | |
| Milk | | Milk | | Milk | | Milk | | Milk | | | |
| | | | | | | | | | | | |
| Fresh Fruit | | Mini Pizza | | Crackers & Cream Chesse | | Carrots with Ranch | | Grilled Cheese Sandwich | | | |
| Milk | | Milk | | Milk | | Milk | | Milk | | | |

Menu is subject to change without notice

October 2015

Breakfast and PM Snack at The CCC

Preschool