

Monday		Tuesday		Wednesday		Thursday		Friday	
MEAL TIMES: 9:15am & 3pm MIN. SERVING SIZES: -Milk or Fruit Juice 1/2 cup -Veggies or Fruits 1/4 cup - Grain 1/2 oz. equiv. - Pasta or Noodles 1/4 cup									
MINIMUM SERVING SIZES: - Cheese 1 oz - Eggs 1 egg - Beans or Peas 1/4 cup - Yogurt 1/4 cup									
				Toast 1 Fresh Fruit Milk		Pancakes 2 Fresh Fruit Milk the children's center at caltech Applesauce & raisins Milk		Cereal 3 Fresh Fruit Milk Crackers w/Cheese Milk	
Scrambled Eggs 6 Fresh Fruit Milk Rice and Beans Milk		Cereal 7 Fresh Fruit Milk Banana Bread Milk		Peaches w/cottage cheese 8 Fresh Fruit Milk Oven Potatoes Milk		Bagel w/cream cheese 9 Fresh Fruit Milk Applesauce w/Raisins Milk		French Toast 10 Fresh Fruit Milk Corn Cobbettes Milk	
Toast 13 Fresh Fruit Milk Quesadillas Milk		Yogurt w/granola 14 Fresh Fruit Milk Pasta Milk		Hot Oatmeal 15 Fresh Fruit Milk Grilled Cheese Sandwich Milk		Waffles 16 Fresh Fruit Milk Fresh Fruit Milk		Scrambled Eggs 17 Fresh Fruit Milk Crackers w/cheese Milk	
Cinnamon Rolls 20 Fresh Fruit Milk Applesauce Milk		Yogurt w/granola 21 Fresh Fruit Milk Mixed Veggies Milk		Breakfast Burrito 22 Fresh Fruit Milk Fresh Fruit Milk		Hot Oatmeal 23 Fresh Fruit Milk Cream Cheese Crackers Milk		Corn Flakes 24 Fresh Fruit Milk Soft Pretzel Milk	
Biscuits 27 Fresh Fruit Milk Vanilla Yogurt w/raisins Milk		Scrambled Eggs 28 Fresh Fruit Milk Oatmeal Bites Milk		Crepes 29 Fresh Fruit Milk Peaches & Cottage Cheese Milk		Bagels w/cream cheese 30 Fresh Fruit Milk Corn Cobbettes Milk		Rice Krispies 31 Fresh Fruit Milk Cornbread Milk	

Menu is subject to change without notice