

Hillcrest Children's Center		WEEK 1					
Serving Size		Monday	Tuesday	Wednesday	Thursday	Friday	
<b>12- 36 mths</b>	<b>3-5 years</b>	<b>BREAKFAST</b>					
4 f. oz.	6 f. oz.	<b>Milk</b>	Milk	Milk	Milk	Milk	Milk
1/4 cup	1/2 cup	<b>Fruit</b>	Oranges	Mixed Berries	Banana	Apples	Dried Apricots
1/2 serving	1/2 serving	<b>Bread/Protein</b>	Cheerios WG	Overnight Oats HM, WG	Blueberry Muffin HM	Cheese Sticks	Oatmeal WG
		<b>LUNCH</b>					
4 f. oz.	6 f. oz.	<b>Milk</b>	Milk	Milk	Milk	Milk	Milk
1 oz	1.5 oz.	<b>Protein</b>	Moroccan Meatballs HM	Sloppy Joes HM	Terryaki Chicken HM	Chicken Chickpea Soup HM	Chicken Chile Colorado HM
1/8 cup	1/4 cup	<b>Vegetable</b>	Moroccan Meatball Sauce HM		Roasted Carrots and Potato HM		
1/8 cup	1/4 cup	<b>Fruit</b>	Oranges	Cantelope	Oranges	Maplesauce HM	Grapes
1/2 serving	1/2 serving	<b>Grain</b>	Brown Rice	Bun	Brown Rice WG	Pancakes HM	Tortilla
		<b>PM SNACK</b>					
4 f. oz., 1/2 c, 1/2 c, 1/2 oz., 1/2 serving	4 f. oz., 1/2 c, 1/2 c, 1/2 oz., 1/2 serving	<b>Milk, Fruit, Veg., Meat, OR Bread</b>	Gold Fish / Rice Crackers	Cottage Cheese	Hummus HM	Wheat Thins WG	Yogurt
4 f. oz., 1/2 c, 1/2 c, 1/2 oz., 1/2 serving	4 f. oz., 1/2 c, 1/2 c, 1/2 oz., 1/2 serving	<b>Milk, Fruit, Veg., Meat, OR Bread</b>	Grapes	Apples	Carrot Sticks	Cheese and Turkey	Blueberries
Menu subject to change due to availability. For questions regarding ingredients, allergy substitutions, or other menu related topics please email Skylar at hillcrestcook@gmail.com							
Children ages 12 months through 23 months are served whole milk. Children 24 months and older are served non-fat milk.							
<b>HM=Homemade</b>		<b>WG=Whole Grain</b>		<b>Hillcrest is an equal opportunity provider and employer.</b>			