

Hillcrest Children's Center		WEEK 2					
Serving Size		Monday	Tuesday	Wednesday	Thursday	Friday	
12- 36 mths	3-5 years	BREAKFAST					
4 f. oz.	6 f. oz.	Milk	Milk	Milk	Milk	Milk	Milk
1/4 cup	1/2 cup	Fruit	Banana	Oranges	Raisins	Apples	Blueberries
1/2 serving	1/2 serving	Bread/Protein	Cherrios WG	Oat Apple Muffin HM, WG	Oatmeal WG	Banana Bread HM, WG	Overnight Oats HM, WG
		LUNCH					
4 f. oz.	6 f. oz.	Milk	Milk	Milk	Milk	Milk	Milk
1 oz	1.5 oz.	Protein	Spaghetti Meat Sauce HM	Tacos (Beef) HM	Chicken Coconut Curry HM	Chicken Chickpea Soup HM	Sloppy Joes HM
1/8 cup	1/4 cup	Vegetable					
1/8 cup	1/4 cup	Fruit	Watermelon	Cantelope	Pineapple	Maplesauce HM	Pears
1/2 serving	1/2 serving	Grain	Pasta	Tortilla	Brown Rice WG	Pancakes HM	Bun
		PM SNACK					
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	Milk, Fruit, Veg., Meat, OR Bread	Apple Slices	Honeydew	Hummus HM	Oranges	Yoghurt
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	Milk, Fruit, Veg., Meat, OR Bread	Rice Crackers	Wheat Thins WG	Carrot Sticks	Goldfish	Strawberries
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.							
HM=Homemade		WG=Whole Grain		Hillcrest is an equal opportunity provider and employer.			