

Hillcrest Children's Center		WEEK 3					
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	Apple	Oranges	Bananas	Mandarin Oranges	Cantelope
1/2 serving	1/2 serving	Bread/Protein	Cheese Sticks	Cherrios WG	Overnight Oats HM, WG	Banana Bread, WG, HM	Savory Coconut Scones HM
		LUNCH					
4 f. oz.	6 f. oz.	Milk	Milk	Milk	Milk	Milk	Milk
1 oz	1.5 oz.	Protein	Teriyaki Chicken HM	Chili HM	Spaghetti Meat Sauce HM	Chicken Chickpea Soup HM	Chicken Coconut Curry HM
1/8 cup	1/4 cup	Vegetable	Roasted Carrots and Potato HM				
1/8 cup	1/4 cup	Fruit	Oranges	Apples	Watermelon	Maplesauce HM	Fruit Salad HM
1/2 serving	1/2 serving	Grain	Brown Rice WG	Tortilla Chips	Pasta	Pancakes HM	Brown Rice WG
		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	Yoghurt	Apples	Bananas	Wheat Thins WG	Cantelope
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	Watermelon	Cheez-Its	Rice Crackers	Cheese and Turkey	Cottage Cheese
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.			