

Hillcrest Children's Center		WEEK 4					
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>	Apple	Oranges	Bananas	Dried Mango	Cantelope
1/2 serving	1/2 serving	<b>Bread/Protein</b>	Cherrios WG	Savory Coconut Scones HM	Overnight Oats HM, WG	Banana Bread, WG, HM	Blueberry Muffin HM
		<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	Shepherd's Pie HM	Chicken Lo Mein HM	Chicken Chickpea Soup HM	Burritos HM
1/8 cup	1/4 cup	<b>Vegetable</b>	Moroccan Meatball Sauce HM				Corn
1/8 cup	1/4 cup	<b>Fruit</b>	Oranges	Apples	Watermeon	Maplesauce HM	Fruit Salad HM
1/2 serving	1/2 serving	<b>Grain</b>	Brown Rice WG	Bread WG	Noodles	Pancakes HM	Burritos HM
		<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>	Cheez-its	Seaweed Snack	Bananas	Wheat Thins	Oranges
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>	Watermelon	Apples	Graham 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 <a href="mailto:hillcrestcook@gmail.com">hillcrestcook@gmail.com</a>							
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>			