



Indiana State University
More. From day one.

Preschool Menu 2-5 yrs old

Week 1 _____

Name of Facility: ISU Child Care Center

MENU WRITTEN BY Mechell Waurh

Updated: 3/22/2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 9:00 Am	FOOD ITEM	FOOD ITEM	FOOD ITEM	FOOD ITEM	FOOD ITEM
Fruit/Vegetable	Pineapple Tidbits	Blueberries	Mandarin oranges	Apricots	Banana slices
	½ C	½ C	½ C	½ C	½ C
Grain/Bread/Rice/Pasta	WG Cheerios	WG Chex	WG Multi-grain cheerios	WG Frosted mini wheats	WG Kix
	½ C – 14 g	½ C – 14 g	½ C – 14 g	½ C – 14 g	½ C – 14 g
Meat/Alt (3xwk)					
Milk	1 %	1%	1%	1%	1 %
	6oz	6oz	6oz	6oz	6oz
Vegetarian Option					
Lunch 11:30 AM	Taco Triangles CN	Spaghetti HM	Turkey and cheese sandwich HM	Chicken nuggets CN	Pasta salad w/ cheese HM
Fruit/Vegetable	Mandarin oranges Steamed Broccoli	Peaches Peas	Pears Green beans	Mixed fruit Corn	Mixed berries Peas & carrots
	¼ C ¼ C	¼ C ¼ C	¼ C ¼ C	¼ C ¼ C	¼ C ¼ C
Grain/Bread/Rice/Pasta	2 Triangles (WG tortilla)	WG Pasta	WG Bread-use one slice for ½ sandwich each	WG breading on nuggets	HM Tri-color Pasta salad
	>1.5 oz.	½ C – 14 g (dry)	½ C – 14 g	1.25 oz – 35 g	½ C – 14 g (dry)
Meat/Alt	Shredded cheese (cheese/beef)	Cottage Cheese	Cheddar cheese Turkey meat	Chicken nuggets	Cubed cheese
	Filling >1.5 oz.	3/8 C	½ slice each	3 each – 2 oz	¼ C
Milk	1%	1%	1%	1%	1 %
	6oz	6oz	6oz	6oz	6oz
Vegetarian Option	Soy Cheese	Yogurt	Soy cheese	Refried beans	Soy cheese
	1 slice	3/4 C	1 slice	½ C	1 slice
Snack 2:45 PM					
#1 Component	Cinnamon graham crackers	Carrot sticks	Cheese nips	Salsa	Yogurt
	1 - 14 g	6	10-14 g	½ C	½ C
#2 Component	Apple slices	String cheese	Strawberries	WG tortilla chips	WG Multi-grain cheerios
	½ apple	½ each	½ C	14 g	¾ C – 14 g
Beverage	Water	Water	Water	Water	Water
	4oz	4oz	4oz	4oz	4oz
	WG – Whole Grain	CN – CN Label	HM – homemade		



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Week 2 _____

Name of Facility ISU Child Care Center

MENU WRITTEN BY Mecheil Vaughn

Updated: 6/24/2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	FOOD ITEM	FOOD ITEM	FOOD ITEM	FOOD ITEM	FOOD ITEM
	AMT	AMT	AMT	AMT	AMT
Breakfast 9:00 Am					
Fruit/Vegetable	Raisins ½ C	Unsweetened applesauce ½ C	Blueberries ½ C	Peaches ½ C	Pineapple tidbits ½ C
Grain/Bread/Rice/Pasta	WG Frosted Mini wheats ½ C	WG Kix ½ C	WG cheerios ½ C	WG Chex ½ C	WG Multi-grain cheerios ½ C
Meat/Alt (3xwk)					
Milk	1% 6oz	1% 6oz	1% 6oz	1% 6oz	1% 6oz
Vegetarian Option					
Lunch 11:30 AM	Turkey/cheese roll-ups HM	Beef hot dog HM	Tuna Fish Sandwich HM	Cheese pizza CN	Pasta and sauce HM
Fruit/Vegetable	Peaches Broccoli ½ C	Strawberries corn ½ C	Mixed fruit Cooked spinach ½ C	Mandarin oranges Red/orange veg sauce corn ½ C	Pears in natural juice peas ½ C
Grain/Bread/Rice/Pasta	WG tortilla ½	WG hot dog bun Ketchup/mustard 1	WG bread 1	Pizza crust 1 slice 2 oz.	WG pasta ½ C pasta
Meat/Alt	1 slice of turkey 1 slice of cheese 2 oz.	hot dog 2 oz.	Canned tuna 1 each	Mozzarella Cheese 1% 6oz	Cottage cheese 1% 6oz
Milk	1% 6oz	1% 6oz	1% 6oz	1% 6oz	1% 6oz
Vegetarian Option	2 slices of cheese 2 oz.	Soy cheese 2 slices	Refried beans/salsa 2 slices	Hummus ½ C	Yogurt ½ C
Snack 2:45 PM					
#1 Component	Cheese Crackers 10	Apricots ½ C	Banana slices ½ C	Carrot sticks w/ ranch dip 6 2 T	peaches ½ C
#2 Component	grapes ½ C	Sun butter Rice cakes 2 T 1 1/2 each	yogurt ½ C	Wheat thins 4 each	WG dinner roll ½ each
Beverage	Water 4oz	Water 4oz	Water 4oz	Water 4oz	Water 4oz
	WG -- Whole Grain	CN -- CN label	HM -- homemade		



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Week 3 _____

Name of Facility: ISU Child Care Center

MENU WRITTEN BY Mechele Waugh

Updated: 10/25/2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 9:00 Am	FOOD ITEM	FOOD ITEM	FOOD ITEM	FOOD ITEM	FOOD ITEM
	AMT	AMT	AMT	AMT	AMT
Fruit/Vegetable	Banana slices	Peaches	Apricots	Mixed fruit	Mixed berries
	1/2 C	1/2 C	1/2 C	1/2 C	1/2 C
Grain/Bread/Rice/Pasta	WG mini wheats	WG Cheerios	WG Chex	WG Kix	WG Multi-grain Cheerios
	3/4 C - 14 g	3/4 C - 14g	3/4 C - 14 g	3/4 C - 14 g	3/4 C - 14g
Meat/Alt (3xwk)					
Milk	1 %	1%	1%	1%	1 %
	6oz	6oz	6oz	6oz	6oz
Vegetarian Option					
Lunch 11:30 AM	Cheese Ravioli in red sauce CN	Crunchy fish CN	Cheese and Chicken Quesadilla CN	Cheese sandwich HM	Chicken nuggets CN
Fruit/Vegetable	Pears in natural juice Pears	Mandarin oranges broccoli	Pineapple tidbits Red/orange veg filling Mixed vegetables	peaches green beans	Pears in natural juice Carrots
	1/2 C	1/2 C	1/2 C	1/2 C	1/2 C
Grain/Bread/Rice/Pasta	WG Soft breadstick	WG dinner roll	1 slice (crust)	WG Bread- use one slice for 1/2 sandwich each	WG breading on nuggets
	1/2 - 14 g	1/2 - 14 g	1 slice (crust)	2 oz- 56 g	1.25 oz - 35 g
Meat/Alt	WG mini cheese ravioli	Crunch fish shapes CN	Chicken/cheese filling	2 slices of Colby-jack cheese	Chicken nuggets
	11 each	4 each	2 oz.	2 oz.	3 each -- 2 oz
Milk	1%	1%	1%	1%	1 %
	6oz	6oz	6oz	6oz	6oz
Vegetarian Option					
Snack 2:45 PM					
#1 Component	Apples	Blueberries	Pretzels	Saltine crackers	Yogurt
	1/2 C	1/2 C	16 - 11 g	4 each - 11 g	3/8 C
#2 Component	Dry Chex cereal	Graham crackers	Cheese cubes	Strawberries	Animal crackers
	3/4 C - 14 g	1 - 14 g	4 each	1/2 C	8 each - 14 g
Beverage	Water	Water	Water	Water	Water
	4oz	4oz	4oz	4oz	4oz
	WG - Whole Grain	CN - CN label	HM - homemade		



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Week 4 _____

Name of Facility ISU Child Care Center

MENU WRITTEN BY Meichell Waugh

Updated: 10/4/2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	FOOD ITEM	FOOD ITEM	FOOD ITEM	FOOD ITEM	FOOD ITEM
	AMT	AMT	AMT	AMT	AMT
Breakfast 9:00 Am					
Fruit/Vegetable	raisins	Apple slices	Applesauce w/ cinnamon sprinkle	Blueberries	Peaches
Grain/Bread/Rice/Pasta	WG Kix	WG Multigrain cheerios	WG Frosted Mini	WG Cheerios	WG Chex
Meat/Alt (3xwk)					
Milk	1%	1%	1%	1%	1%
Vegetarian Option					
Lunch 11:30 AM					
Fruit/Vegetable	Apricots Peas	Pineapple tidbits Tomato slices	Pears in natural juice Broccoli	Vibrant Veggie pasta salad HM Strawberries (peas, corn, pepp ers, carrots)	Grilled cheese sandwiches HM Green Beans Pears
Grain/Bread/Rice/Pasta	Egg noodles- butter/parmesan	WG roll	WW English muffin	Bowtie pasta	WG bread
Meat/Alt	Cottage Cheese	Chicken Salad	Ground turkey	Cheese cubes	Grilled cheese sandwich
Milk	1%	1%	1%	1%	1%
Vegetarian Option	Soy yogurt	Refried pinto beans	Yogurt		Soy cheese
Snack 2:45 PM					
#1 Component	Tortilla chips	WG pretzels	Cucumbers Slices (6)	Graham crackers	Mandarin oranges
#2 Component	Salsa	Banana	String cheese or soy cheese slice	Yogurt	Saltine crackers
Beverage	Water	Water	Water	Water	Water
	WG - Whole Grain	CN - CN label	HM - homemade		