



Cross Cultural Family Center

Healthy Bodies - Healthy Minds

MENU

September 23-27, 2024



A rainbow of colorful nutritious food helps us grow strong and healthy!

	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Breakfast	Oatmeal (wgr): ¼ cup Oranges: ½ cup Milk: ¾ cup	Life Cereal (wgr): ½ cup Pears: ½ cup Milk: ¾ cup	Mini Wheats (wgr): ½ cup Honeydew: ½ cup Milk: ¾ cup	Corn Flakes: ½ cup Peach: ½ cup Milk: ¾ cup	W.W. English Muffin (wgr): ½ each Banana: ½ cup Milk: ¾ cup
Lunch	<u>Butternut Squash Soup</u> Butternut Squash Soup: 1 cup Sliced Cheddar Cheese: 1 oz. W.W. Crackers (wgr): ½ oz. Sliced Cucumber: ¼ cup Cantaloupe: ¼ cup Milk: ¾ cup	<u>Vegetarian Pan Sit</u> Rice Noodle (w/ sauce): ¼ cup Baby Bok Choy: ¼ cup Tofu: ¾ cup Banana: ¼ cup Milk: ¾ cup	<u>Bagels & Cream Cheese</u> Bagel: ½ each Cream Cheese: 1 tbsp. Sliced Green Pepper: ½ cup Edamame: ¾ cup Oranges: ¼ cup Milk: ¾ cup	<u>Black Bean Pumpkin Chili</u> Black Beans: ¾ cup Brown Rice (wgr): ¼ cup Collard Green: ¼ cup Pineapple: ¼ cup Milk: ¾ cup	<u>Meatball in Tomato Sauce</u> Ground Turkey: 1 ½ oz. Dinner Roll: 1 each Broccoli: ¼ cup Strawberries: ¼ cup Milk: ¾ cup
Snack	Sliced Apples: ½ cup Sunflower Seed Butter: 1 tbsp.	Raisin Bread: ½ slice Fruit Compote: 1 tbsp. Milk: ½ cup	Cucumber Slice: ½ cup Onion Dip: 1 tbsp. Homemade Pita Chips: ½ oz	Rice Cake: 1 each Applesauce: ½ cup	Cottage Cheese: ¼ cup Fruit Medley: ½ cup

§Alternative items for milk/ dairy (w/ med. documentation): Soy milk

*Alternative items for gluten & soy will be served with medical authorization only.

Milk: Whole milk is served to children aged 12 mos. to 23 mos.

Low Fat (1% fat) milk is served to children 2 years old through school-age.

“Fruit Medley” = Any fresh fruit available at the site.

♦Alternative items for meat: Beans, tofu, &/or cheese

W.W. = Whole Wheat

(wgr) = Whole Grain