



Cross Cultural Family Center

Healthy Bodies - Healthy Minds

MENU

Sept30-Oct04, 2024



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

	Monday 30	Tuesday 01	Wednesday 02	Thursday 03	Friday 04
Breakfast	Cheerios(wgr): ½ cup Apples: ½ cup Milk: ¾ cup	Kix Cereal (wgr): ½ ea. Nectarine: ½ cup Milk: ¾ cup	Life Cereal (wgr): ½ cup Banana: ½ cup Milk: ¾ cup	Rice Pockets: ½ cup Oranges: ½ cup Milk: ¾ cup	Cream of Wheat: ¼ cup Honeydew: ½ cup Milk: ¾ cup
Lunch	Chicken Ramen Soup Chicken Ramen Soup: 1 cup Spaghetti Pasta: ¼ cup. Sliced Green pepper: ¼ cup. Cantaloupe: ¼ cup Milk: ¾ cup	Tuna Salad Sandwich Tuna (in salad):1 ½ oz Coleslaw: ¼ cup. W.W. Bread (wgr):1slice Apples: ¼ cup Milk: ¾ cup	Macaroni and Cheese Macaroni Pasta: ¼cup Lima Beans: ¼ cup. Baby Cut Carrots: ¼ cup Oranges: ¼ cup Milk: ¾ cup	Garbanzo Beans & Kale Stew Garbanzo Beans: 3/8 cup W.W. Pita Bread (wgr): ½ each Swiss Chard: ¼ cup Watermelon: ¼ cup Milk: ¾ cup	Tilapia W/Parmesan Crust Baked Tilapia: 1 ½ oz. Green Peas: ¼ cup. Brown Rice(wgr): ¼ cup Banana: ¼ cup Milk: ¾ cup
Snack	Fish Crackers: ½ oz Pears: ½ cup	Oatmeal Muffins:1 each Milk: ½ cup	Yogurt: ¼ cup Pineapple: ½ cup	Fresh Mix vegetable: ½ cup Sunflower Seed Butter: 1 tbsp.	Cheese Sticks:1 oz. 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.

◆Alternative items for meat: Beans, tofu, &/or cheese
 W.W. = Whole Wheat

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.

(wgr) = Whole Grain

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