



# Cross Cultural Family Center

## Healthy Bodies - Healthy Minds

### MENU

October 7-11, 2024



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

	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
Breakfast	<b>Oatmeal (wgr): ¼ cup</b> <b>Apples: ½ cup</b> <b>Milk: ¾ cup</b>	<b>Corn Flakes: ½ cup</b> <b>Orange: ½ cup</b> <b>Milk: ¾ cup</b>	<b>W.W. Eng. Muffin (wgr): ½ ea.</b> <b>Peach: ½ cup</b> <b>Milk: ¾ cup</b>	<b>Kix Cereal (wgr): ½ cup</b> <b>Pears: ½ cup</b> <b>Milk: ¾ cup</b>	<b>Cheerios (wgr): ½ cup</b> <b>Watermelon: ½ cup</b> <b>Milk: ¾ cup</b>
Lunch	<u><b>Pasta w/ Pesto Sauce</b></u> <b>Pasta (w/ sauce): ¼ cup</b> <b>Cheese Stick: 1 ½ oz.</b> <b>Baby Cut Carrots: ¼ cup</b> <b>Pears: ¼ cup</b> <b>Milk: ¾ cup</b>	<u><b>B.B.Q Baked Beans</b></u> <b>Mixed Beans: ¾ cup</b> <b>W.W. Pita Bread (wgr): ½ slice</b> <b>Cauliflower: ¼ cup</b> <b>Banana: ¼ cup</b> <b>Milk: ¾ cup</b>	<u><b>Tofu Noodle Soup</b></u> <b>Tofu Noodle Soup: 1 cup</b> <b>W.W. Crackers (wgr): ½ oz</b> <b>Bell Pepper Strips: ¼ cup</b> <b>Cantaloupe: ¼ cup</b> <b>Milk: ¾ cup</b>	<u><b>Cheese &amp; Bean Tostadas</b></u> <b>Pinto Beans: 1/8 cup</b> <b>Mixed Cheese: 1 oz.</b> <b>Corn Tortilla: 1 each</b> <b>Sliced Tomatoes: ¼ cup</b> <b>Apples: ¼ cup</b> <b>Milk: ¾ cup</b>	<u><b>Teriyaki Chicken</b></u> <b>Baked Sliced Chicken: 1 ½ oz.</b> <b>Brown Rice (wgr): ¼ cup</b> <b>Mix Vegetable: ¼ cup</b> <b>Orange: ¼ cup</b> <b>Milk: ¾ cup</b>
Snack	<b>Corn Tortilla Chips: ½ oz.</b> <b>Hummus: 1/8 cup</b>	<b>Cottage Cheese: ¼ cup</b> <b>Honeydew: ½ cup</b>	<b>Sliced Cucumber: ½ cup</b> <b>Italian Dressing: 1 tbsp.</b> <b>Pretzels: ½ oz</b>	<b>Raisin Bread: ½ slice</b> <b>Milk: ½ cup</b>	<b>Sliced Cheese: 1 oz.</b> <b>Fruit Medley: ½ cup</b>

§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.

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

W.W. = Whole Wheat

(wgr) = Whole Grain

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