

BROOKSHIRE LEARNING CENTER

Week 1	Monday		Tuesday		Wednesday		Thursday		Friday	
	Food Item	Amount	Food Item	Amount	Food Item	Amount	Food Item	Amount	Food Item	Amount
<b>Breakfast Time: 5:30-7:30</b>	Van. Chex Orange Milk	1/2 C. 1/4 6 oz.	Bagel w/ Cream Cheese Banana Milk	1/2 1 oz. 1/2 6 oz.	Granola Apple Milk	1/8 C. 1/4 6 oz.	Cheerios Tangerines Milk	1/2 C. 1 6 oz.	Apple Cinn. Muffin Banana Milk	1/2  1/2 6 oz.
<b>A.M. Snack Time: 8:30-9:30</b>	100% Apple Juice Honey Bunny Crackers	1/2 C. 1/2 C.	100% Apple Juice Peach Cobbler Biscuit	1/2 C. 1/2	100% Apple Juice Yogurt	1/2 C. 1/4 C.	100% Apple Juice Zucchini Bread	1/2 C. 1/2 Slice	100% Apple Juice Shredded Wheat	1/2 C. 1/2 C.
<b>Lunch Time: 11:30- 12:30 Meat, Fish, Poultry, Eggs, etc.</b>	Cheeseburger*	1	Tacos*	1	Cheese Ravioli w/ Marinara Sauce	1/2 C.	Cheese Pizza	1 Slice	Chicken Patty Sandwich	1 sandwich
<b>Protein Content</b>	Cheese Slice Hamburger Patty	1 oz. 1 oz.	Ground Beef	1.5 oz.	Cheese	1.5 oz.	Cheese	1.5 oz.	Chicken Patty Cheese Sauce	1.5 oz. .5 oz.
<b>Vegetable/Fruit / Salad #1</b>	Corn	1/4 C.	Lettuce/Diced Tomatoes	1/4 C.	Green Beans	1/4 C.	Raw Carrots*	4-5	California Blend Veggies	1/4 C.
<b>Vegetable/Fruit / Salad #2</b>	Tangerine	1	Peaches	1/4 C.	Applesauce	1/4 C.	Tropical Fruit	1/4 C.	Apple	1/4
<b>Bread, Rice or Pasta</b>	Bun	1	Tortilla	1	Bread	1/2 Slice	Pizza Crust	1 slice	Bun	1
<b>Milk</b>	Milk	6 oz.	Milk	6 oz.	Milk	6 oz.	Milk	6 oz.	Milk	6 oz.
<b>P.M. Snack Time: 2:30-3:30</b>	Townhouse Crackers Raw Carrots	5 5-7	Rice Krispy Treat Pineapple	1 Square 1/2 C.	Cottage Cheese Sliced Tomato	1/4 C. 2	Goldfish Crackers Orange	1/2 C. 1/4	Cheese Cubes Grapes	1/2 oz. 1/2 C.

\*Condiments may be served with meals and snacks: Ranch Dressing, Sour Cream, Ketchup, BBQ sauce, and Syrup.

\*\*Water will be served with PM snack and is offered frequently throughout the day\*\*

<b>Week 2</b>	<b>Monday</b>		<b>Tuesday</b>		<b>Wednesday</b>		<b>Thursday</b>		<b>Friday</b>	
	Food Item	Amount	Food Item	Amount	Food Item	Amount	Food Item	Amount	Food Item	Amount
<b>Breakfast Time: 5:30-7:30</b>	Cheerios Pineapple Milk	1/2 C. 1/4 6 oz.	French Toast Sticks Orange Milk	3  1/4 6 oz.	Bagel w/ Cream Cheese Apple Milk	1/2  1 oz. 1/4 6 oz.	Toast Applesauce Milk	1/2 slice 1/2 C. 6 oz.	Corn Chex Banana Milk	1/2 C. 1/2 6 oz.
<b>A.M. Snack Time: 8:30-9:30</b>	100% Grape Juice Goldfish Crackers	1/2 C. 1/2 C.	100% Grape Juice Boiled Egg Van. Chex	1/2 C. 1/2 1/4 C.	100% Grape Juice Honey Bunny Crackers	1/2 C. 1/2 C.	100% Grape Juice Banana Bread	1/2 C. 1/2 slice	100% Grape Juice Cheerios	1/2 C. 1/2 C.
<b>Lunch Time: 11:30- 12:30 Meat, Fish, Poultry, Eggs, etc.</b>	Sausage Gravy and Biscuit	1/2 C.	Macaroni and Cheese	1/2 C.	Salisbury Steak*	1	Lasagna	1/2 C.	Sub Sandwich*	1
<b>Protein Content</b>	Sausage Gravy	4 oz.	Cheese	1.5 oz.	Beef Patty	1.5 oz.	Ground Beef and Cheese	1.5 oz.	Turkey Ham Cheese	1 oz. 1 oz. 1 oz.
<b>Vegetable/Fruit / Salad #1</b>	Hash Browns	1/4 C.	Raw Broccoli	1/4 C.	Peas and Carrots	1/4 C.	Cucumbers*	1/4 C.	Lettuce	1/4 C.
<b>Vegetable/Fruit / Salad #2</b>	Mandarin Oranges	1/4 C.	Grapes	1/4 C.	Mashed Potatoes	1/4 C.	Pineapple	1/4 C.	Tomato Slice	1
<b>Bread, Rice or Pasta</b>	Biscuit	1/2	Macaroni Noodles	1/2 C.	Bread	1/2	Lasagna Noodles	1/2 C.	Bun Goldfish Crackers	1 1/4 C.
<b>Milk</b>	Milk	6 oz.	Milk	6 oz.	Milk	6 oz.	Milk	6 oz.	Milk	6 oz.
<b>P.M. Snack Time: 2:30-3:30</b>	Carrots* Graham Crackers	4 -5 2 Squares	Pretzels Sliced Tomato	1/2 C. 2 slices	Grapes Cottage Cheese	1/2 C. 1/4 C.	Fresh Pear Ritz Crackers	1/2 7	Applesauce Cheese Stick	1/2 C. 1

\*Condiments may be served with meals and snacks: Ranch Dressing, Sour Cream, Ketchup, BBQ sauce, and Syrup.

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<b>Week 3</b>	<b>Monday</b>		<b>Tuesday</b>		<b>Wednesday</b>		<b>Thursday</b>		<b>Friday</b>	
	Food Item	Amount	Food Item	Amount	Food Item	Amount	Food Item	Amount	Food Item	Amount
<b>Breakfast Time: 5:30-7:30</b>	Cheerios Apple Milk	1/2 C. 1/4 6 oz.	Apple Cinn. Muffin Tangerine Milk	1/2 1 6 oz.	Bagel w/ Cream Cheese Banana Milk	1/2 1 oz. 1/2 6 oz.	French Toast Sticks Applesauce Milk	3 1/2 C. 6 oz.	Corn Chex Orange Milk	1/2 C. 1/4 6 oz.
<b>A.M. Snack Time: 8:30-9:30</b>	100 % Orange Juice Goldfish Crackers	1/2 C. 1/2 C.	100 % Orange Juice Boiled Egg Vanilla Chex	1/2 C. 1/2 1/4 C.	100 % Orange Juice Bread w/ Honey	1/2 C. 1/2 Slice	100 % Orange Juice Banana Bread	1/2 C. 1/2 slice	100 % Orange Juice Cheerios	1/2 C. 1/2 C.
<b>Lunch Time: 11:30- 12:30 Meat, Fish, Poultry, Eggs, etc.</b>	Pancake*	1	Spaghetti w/ Meat Sauce	1/2 C.	Chicken and Rice Casserole	1/2 C.	Fish Sticks*	3-4	Turkey and Cheese Sandwich*	1 sandwich
<b>Protein Content</b>	Sausage Patty	1.5 oz.	Ground Beef/Meat Sauce	1.5 oz./ (1/2 C.)	Chicken	1.5 oz.	Fish	1.5 oz.	Turkey Cheese	1 oz. 1 oz.
<b>Vegetable/Fruit/ Salad</b>	Tater Tots	1/4 C.	Lettuce Diced Tomatoes	1/4 C.	Broccoli*	1/4 C.	Peas and Carrots	1/4 C.	Carrots	4-5
<b>Vegetable/Fruit/ Salad</b>	Strawberries	1/4 C.	Fresh Pear	1/2	Mixed Fruit	1/4 C.	Pineapple	1/4 C.	Grapes	1/4 C.
<b>Bread, Rice or Pasta</b>	Pancake	1	Spaghetti Noodles	1/2 C.	Rice	1/2 C.	Bread	1/2 Slice	Bread	1 Slice
<b>Milk</b>	Milk	6 oz.	Milk	6 oz.	Milk	6 oz.	Milk	6 oz.	Milk	6 oz.
<b>P.M. Snack Time: 2:30-3:30</b>	Graham Crackers Banana	2 squares 1/2	Cottage Cheese Grapes	1/4 C. 1/2 C.	Pretzels Sliced Cucumbers*	1/2 C. 5	Honey Bunny Crackers Yogurt	1/2 C. 1/4 C.	Cheese Stick Applesauce	1 stick 1/2 C.

Condiments may be served with meals and snacks: Ranch Dressing, Sour Cream, Ketchup, BBQ sauce, and Syrup.

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<b>Week 4</b>	Monday		Tuesday		Wednesday		Thursday		Friday	
	Food Item	Amount	Food Item	Amount	Food Item	Amount	Food Item	Amount	Food Item	Amount
<b>Breakfast Time: 5:30-7:30</b>	Cheerios Apple Milk	1/2 C. 1/4 6 oz.	Granola Banana Milk	1/8 C. 1/2 6 oz.	Toast w/ Cream Cheese Tangerine Milk	1/2 slice  1 oz. 1 6 oz.	French Toast Sticks Banana Milk	3 sticks  1/2 6 oz.	Corn Chex Applesauce Milk	1/2 C. 1/2 C. 6 oz.
<b>A.M. Snack Time: 8:30-9:30</b>	100% Apple Juice Bagel w/ Cream Cheese	1/2 C.  1  1 oz.	100% Apple Juice Peach Cobbler Biscuit	1/2 C.  1/2	100% Apple Juice  Cheerios	1/2 C.  1/2 C.	100% Apple Juice  Zucchini Bread	1/2 C.  1/2 slice	100% Apple Juice  Shredded Wheat	1/2 C.  1/2 C.
<b>Lunch Time: 11:30- 12:30 Meat, Fish, Poultry, Eggs, etc.</b>	Chicken Nugget*	4-6	Meatloaf	1	Bosco Stick W/ Marina Sauce	1	Chicken and Noodles	1/2 C.	Bologna and Cheese Sandwich	1 sandwich
<b>Protein Content</b>	Chicken	1.5 oz.	Beef Patty	1.5 oz.	Cheese Yogurt	1 oz. 1/2 C.	Chicken	1.5 oz.	Bologna Cheese	1 oz. 1 oz.
<b>Vegetable/Fruit/ Salad</b>	Green Beans	1/4 C.	Sweet Potatoes	1/4 C.	Peas and Carrots	1/4 C.	Raw Broccoli*	1/4 C.	Banana	1/2
<b>Vegetable/Fruit/ Salad</b>	Peaches	1/4 C.	Applesauce	1/4 C.	Strawberries	1/4 C.	Mandarin Oranges	1/4 C.	Raw Carrots*	4
<b>Bread, Rice or Pasta</b>	Oyster Crackers	1/4 C.	Roll	1/2	Pretzels	1/4C.	Noodles	1/2 C.	Bun	1
<b>Milk</b>	Milk	6 oz.	Milk	6 oz.	Milk	6 oz.	Milk	6 oz.	Milk	6 oz.
<b>P.M. Snack Time: 2:30-3:00</b>	Cheese Stick Carrots*	1 stick 4	Cottage Cheese Pineapple	1/4 C. 1/2 C.	Honey Bunny Crackers Apple	1/2 C.  1/4	Rice Krispy Treat Grapes	1 square  1/2 C.	Cheese Cubes Cucumbers*	1/2 oz. 1/2 C.

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BROOKSHIRE LEARNING CENTER

**Toddler Menu**

	Monday		Tuesday		Wednesday		Thursday		Friday	
Week 1	Food Item	Amount	Food Item	Amount	Food Item	Amount	Food Item	Amount	Food Item	Amount
Breakfast Time: 6:30-7:30	Vanilla Chex w/ Milk Mandarin Oranges	1/2 C. 4 oz. 1/4 C.	Bagel W/ Cream Cheese Milk Banana	1/2 Bagel 1 oz. 4 oz. 1/2	Bread Milk Applesauce	1/2 slice 4 oz. 1/4 C.	Cheerios Milk Pears	1/2 C. 4 oz. 1/4 C.	Apple Cinn. Muffin Milk Banana	1/2 4 oz. 1/2
A.M. Snack Time: 8:30-9:30	100% Apple Juice Honey Bunny Crackers	1/2 C. 1/2 C.	100% Apple Juice Peach Cobbler Biscuit	1/2 C. 1/2	100% Apple Juice Yogurt	1/2 C. 1/4 C.	100% Apple Juice Zucchini Bread	1/2 C. 1/2 slice	100% Apple Juice Cheerios	1/2 C. 1/2 C.
Lunch Time: 11:30- 12:30 Meat, Fish, Poultry, Eggs, etc.	Cheeseburger	1	Taco	1	Cheese Ravioli W/ Marinara Sauce	1/4 C.	Cheese Pizza	1 Slice	Chicken Patty Sandwich	1 sandwich
Protein Content	Hamburger Patty Cheese Slice	1 oz. 1 oz.	Ground Beef Shredded Cheese	1 oz. 1 oz.	Cheese	1 oz.	Cheese	1 oz.	Chicken Patty Cheese Sauce	1 oz. 1/2 oz.
Vegetable/Fruit/ Salad #1	Corn	1/8 C.	Lettuce/Diced Tomatoes	1/8 C.	Green Beans	1/8 C.	Carrots (Cooked)	1/8 C.	California Blend	1/8 C.
Vegetable/Fruit/ Salad #2	Mandarin Oranges	1/8 C.	Peaches	1/8 C.	Applesauce	1/8 C.	Tropical Fruit	1/8 C.	Peaches	1/8 C.
Bread, Rice or Pasta	Bun	1	Tortilla	1/2	Bread	1/2 Slice	Pizza Crust	1 slice	Bread	2 slices
Milk	Milk	4 oz.	Milk	4 oz.	Milk	4 oz.	Milk	4 oz.	Milk	4 oz.
P.M. Snack Time: 2:30-3:30	Townhouse Crackers Yogurt Milk	5 1/4 C. 4 oz.	Graham Cracker Pineapples Milk	2 Squares 1/2 C. 4 oz.	Cottage Cheese Diced Tomato Milk	1/4 C. 1/2 C. 4 oz.	Goldfish Crackers Milk	1/2 C. 4 oz.	Cheese Slice Saltines Milk	1 slice 5 4 oz.

\*Condiments may be served with meals: Ranch Dressing, Sour Cream, BBQ, Syrup and Ketchup

	Monday		Tuesday		Wednesday		Thursday		Friday	
Week 2	Food Item	Amount	Food Item	Amount	Food Item	Amount	Food Item	Amount	Food Item	Amount
Breakfast Time: 6:30-7:30	Cheerios Pineapple Milk	1/2 C. 1/4 C. 4 oz.	French Toast Sticks Mandarin Oranges Milk	2  1/4 C. 4 oz.	Bagel W/ Cream Cheese Peaches Milk	1/2 Bagel 1 oz. 1/4 C. 4 oz.	Toast Applesauce Milk	1/2 Slice 1/4 C. 4 oz.	Corn Chex Banana Milk	1/2 C. 1/2 4 oz.
A.M. Snack Time: 8:30-9:30	100% Grape Juice Goldfish Crackers	1/2 C. 1/2 C.	100% Grape Juice Boiled Egg Van. Chex	1/2 C. 1/2 1/4 C.	100% Grape Juice Honey Bunny Crackers	1/2 C. 1/2 C.	100% Grape Juice Banana Bread	1/2 C. 1/2 slice	100% Grape Juice Cheerios	1/2 C. 1/2 C.
Lunch Time: 11:30- 12:30 Meat, Fish, Poultry, Eggs, etc.	Sausage Gravy w/ Biscuit	1/4 C.	Macaroni and Cheese	1/4 C.	Salisbury Steak	1	Lasagna	1/4 C.	Sub Sandwich	1 sandwich
Protein Content	Sausage Gravy	1/4 C.	Cheese	1 oz.	Beef Patty	1 oz.	Ground Beef Cheese	1 oz. 1 oz.	Turkey Ham Cheese	1 oz. 1 oz. 1 oz.
Vegetable/Fruit/ Salad #1	Hash browns	1/8 C.	Broccoli (Cooked)	1/8 C.	Peas and Carrots	1/8 C.	Diced Cucumber	1/8 C.	Lettuce	1/8 C.
Vegetable/Fruit/ Salad #2	Mandarin Oranges	1/8 C.	Pears	1/8 C.	Mashed Potatoes	1/8 C.	Pineapple	1/8 C.	Tomato Slice	1 (Diced)
Bread, Rice or Pasta	Biscuit	1/2	Elbow Macaroni	1/4 C.	Bread	1/2 Slice	Lasagna Noodles	1/4 C.	Bun Goldfish Cr.	1 1/4 C.
Milk	Milk	4 oz.	Milk	4 oz.	Milk	4 oz.	Milk	4 oz.	Milk	4 oz.
P.M. Snack Time: 2:30-3:30	Graham Cracker Milk	2 Squares 4 oz.	Oyster Crackers Milk	1/2 C. 4 oz.	Cottage Cheese Peaches Milk	1/4 C. 1/2 C. 4 oz.	Ritz Crackers Milk	5 4 oz.	Cheese Slice Applesauce Milk	1 1/2 C. 4 oz.

\*Condiments may be served with meals: Ranch Dressing, Sour Cream, BBQ, Syrup and Ketchup

	Monday		Tuesday		Wednesday		Thursday		Friday	
Week 3	Food Item	Amount	Food Item	Amount	Food Item	Amount	Food Item	Amount	Food Item	Amount
Breakfast Time: 6:30-7:30	Cheerios Applesauce Milk	1/2 C. 1/4 C. 4 oz.	Apple Cinn. Muffin Pears Milk	1/2 Muffin 1/4 C. 4 oz.	Bagel w/ Cream Cheese Banana Milk	1 1 oz. 1/2 4 oz.	French Toast Sticks Applesauce Milk	2 1/4 C. 4 oz.	Corn Chex Mandarin Oranges Milk	1/2 C. 1/4 C. 4 oz.
A.M. Snack Time: 8:30-9:30	100 % Orange Juice Goldfish Crackers	1/2 C. 1/2 C.	100 % Orange Juice Boiled Egg Vanilla Chex	1/2 C. 1/2 1/4 C.	100 % Orange Juice Bread w/ Honey	1/2 C. 1/2 Slice	100 % Orange Juice Banana Bread	1/2 C. 1/2 slice	100 % Orange Juice Cheerios	1/2 C. 1/2 C.
Lunch Time: 11:30- 12:30 Meat, Fish, Poultry, Eggs, etc.	Pancakes	1	Spaghetti w/ Meat Sauce	1/4 C.	Chicken and Rice Casserole	1/4 C.	Fish Sticks	2	Turkey and Cheese Sandwich	1 sandwich
Protein Content	Sausage Patty	1 oz.	Ground Beef	1 oz.	Chicken	1 oz.	Fish	1 oz.	Turkey Cheese	1 oz. 1oz.
Vegetable/Fruit/ Salad	Tater Tots	1/8 C.	Lettuce	1/8 C.	Broccoli (Cooked)	1/8 C.	Peas and Carrots	1/8 C.	Carrots (Cooked)	1/8 C.
Vegetable/Fruit/ Salad	Strawberries	1/8 C.	Diced Tomatoes	1/8 C.	Mixed Fruit	1/8 C.	Pineapple	1/8 C.	Banana	1/2
Bread, Rice or Pasta	Pancake	1	Spaghetti Noodles	1/4 C.	Rice	1	Bread	1/2 Slice	Bread	1/2 Slice
Milk	Milk	4 oz.	Milk	4 oz.	Milk	4 oz.	Milk	4 oz.	Milk	4 oz.
P.M. Snack Time: 2:30-3:30	Graham Cracker Banana Milk	2 squares 1/2 4 oz.	Cottage Cheese Club Crackers Milk	1/4 C. 4 4 oz.	Goldfish Crackers Milk	1/2 C. 4 oz.	Honey Bunny Crackers Yogurt Milk	1/2 C. 1/4 C. 4 oz.	Cheese Slice Applesauce Milk	1 1/2 C. 4 oz.

\*Condiments may be served with meals: Ranch Dressing, Sour Cream, BBQ, Syrup and Ketchup

	Monday		Tuesday		Wednesday		Thursday		Friday	
Week 4	Food Item	Amount	Food Item	Amount	Food Item	Amount	Food Item	Amount	Food Item	Amount
Breakfast Time: 6:30-7:30	Cheerios Applesauce Milk	1/2 C. 1/4 C. 4 oz.	Kix Cereal Banana Milk	1/2 C. 1/2 4 oz.	Toast w/ Cream Cheese Mandarin Oranges Milk	1/2 slice 1 oz. 1/4 C. 4 oz.	French Toast Sticks Banana Milk	2 sticks  1/2 6 oz.	Corn Chex Applesauce Milk	1/2 C. 1/4 C. 4 oz.
A.M. Snack Time: 8:30-9:30	100% Apple Juice Bagel w/ Cream Cheese	1/2 C. 1 1 oz.	100% Apple Juice Peach Cobbler Biscuit	1/2 C. 1/2	100% Apple Juice Cheerios	1/2 C. 1/2 C.	100% Apple Juice Zucchini Bread	1/2 C. 1/2 slice	100% Apple Juice Kix Cereal	1/2 C. 1/2 C.
Lunch Time: 11:30- 12:30 Meat, Fish, Poultry, Eggs, etc.	Chicken Nuggets	4	Meatloaf	1 Patty	Bosco Stick	1	Chicken and Noodles	3/4 C.	Bologna and Cheese Sandwich	1 sandwich
Protein Content	Chicken	1 oz.	Beef Patty	1 oz.	Yogurt Cheese	1/4 C. 1 oz.	Chicken	1 oz..	Bologna Cheese	1 oz. 1 oz.
Vegetable/Fruit/ Salad	Green Beans	1/8 C.	Sweet Potatoes	1/8 C.	Peas and Carrots	1/8 C.	Broccoli (Cooked)	1/8 C.	Carrots (Cooked)	1/8 C.
Vegetable/Fruit/ Salad	Peaches	1/8 C.	Applesauce	1/8 C.	Strawberries	1/8 C.	Mandarin Oranges	1/8 C.	Banana	1/2
Bread, Rice or Pasta	Oyster Cracker	1/4 C.	Roll	1	Breadstick Goldfish Crackers	1 1/4 C.	Noodles	1/4 C.	Bun	1
Milk	Milk	4 oz.	Milk	4 oz.	Milk	4 oz.	Milk	4 oz.	Milk	4 oz.
P.M. Snack Time: 2:30-3:00	Saltines Cheese Slice Milk	5 1 4 oz.	Cottage Cheese Pineapple Milk	1/4 C. 1/2 C. 4 oz.	Honey Bunny Crackers Milk	1/2 C. 4 oz.	Veggie Straws Milk	1/4 C. 4 oz.	Cheese Slice Cucumbers (Diced) Milk	1 1/2 C. 4 oz.

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