

BROOKSHIRE LEARNING CENTER

<i>Week 1</i>	Monday			Tuesday			Wednesday			Thursday			Friday		
	Food Item	3-5	6+	Food Item	3-5	6+	Food Item	3-5	6+	Food Item	3-5	6+	Food Item	3-5	6+
Breakfast: Time: 7:00-7:30	Cheerios	½ cup	1 cup	Toast	1 slice	1 slice	Chex	½ cup	1 cup	Toast	1 slice	1 slice	Chex	½ cup	1 cup
	Milk	6 oz.	8 oz.	Milk	6 oz.	6 oz.	Milk	6 oz.	6 oz.	Milk	6 oz.	6 oz.	Milk	6 oz.	6 oz.
A.M. Snack: Time: 9:30	Orange Juice	½ cup	¾ cup	Apple Juice	½ cup	¾ cup	Orange Juice	½ cup	¾ cup	Apple Juice	½ cup	¾ cup	Grape Juice	½ cup	¾ cup
	Chex	½ cup	1 cup	English Muffin	1	1	Frosted Mini Wheats	½ cup	1 cup	Bread w/sunbutter	1 slice	1+ slice	Life	½ cup	1 cup
				Cream Cheese											
Lunch: Time: 12:00 Meat/ meat alt.	Cheese Ravioli	3	5	Chicken Noodle	½ cup	1 cup	Taco	1	1	Chicken Patty	½	1	Turkey and Cheese Sandwich	½	1
Protein Content	Cheese	1.5 oz.	2 oz.	Chicken	1.5 oz.	2 oz.	Hamburger and cheese Lettuce	1.5 oz.	2 oz.	Chicken	1.5 oz.	2 oz.	Turkey Cheese	1 oz. .5 oz.	1 oz.
Vegetable/Fruit/ Salad #1	Green Beans	¼ cup	½ cup	Broccoli	¼ cup	½ cup	Green Beans	¼ cup	½ cup	Tater Tots	¼ cup	½ cup	Tropical Fruit Blend	¼ cup	½ cup
Vegetable/Fruit/ Salad #2	Frozen Fruit Mix	¼ cup	½ cup	Peaches	¼ cup	½ cup	Apple Sauce	¼ cup	½ cup	Peas	¼ cup	½ cup	Pickle Spear	1	2
Bread, Rice or Pasta	Breadstick	1	1	Pasta	¼ cup	½ cup	Tortilla Shell	1	1	Bun	1	1	Bread	2	2
Milk	Milk	6 oz.	8 oz.	Milk	6 oz.	8 oz.	Milk	6 oz.	8 oz.	Milk	6 oz.	8 oz.	Milk	6 oz.	8 oz.
P.M. Snack: Time: 3:00	Cheese Crackers	½ cup	1 cup	Cheese Stick	1	1	Animal Crackers	½ cup	1 cup	Gold Fish	½ cup	1 cup	Graham Crackers	1	2
	Apple	¼	½	Saltines	5	7	Orange	¼	½	Banana	½	1	Apple	¼	½

All juices are 100% fruit juice. All bread is made with whole grain white bread. Condiments are not listed, but may include ketchup, ranch, salsa and sour cream.

BROOKSHIRE LEARNING CENTER

<i>Week 2</i>	Monday			Tuesday			Wednesday			Thursday			Friday		
	Food Item	3-5	6+	Food Item	3-5	6+	Food Item	3-5	6+	Food Item	3-5	6+	Food Item	3-5	6+
<u>Breakfast:</u> Time: 7:00-7:30	Chex	½ cup	1 cup	Toast	1 slice	1 slice	Chex	½ cup	1 cup	Toast	1 slice	1 slice	Cheerios	½ cup	1 cup
	Milk	6 oz.	6 oz.	Milk	6 oz.	6 oz.	Milk	6 oz.	6 oz.	Milk	6 oz.	6 oz.	Milk	6 oz.	6 oz.
<u>A.M. Snack:</u> Time: 8:30-9:30	Orange Juice	½ cup	¾ cup	Apple Juice	½ cup	¾ cup	Orange Juice	½ cup	¾ cup	Apple Juice	½ cup	¾ cup	Grape Juice	½ cup	¾ cup
	Cheerios	½ cup	1 cup	Frosted Mini Wheats	½ cup	1 cup	Bread w/sunbutter	1 slice	1 slice	Chex	½ cup	1 cup	Blueberry Muffin	½	1
<u>Lunch:</u> Time: 11:30-12:30 Meat/meat alt.	Pizza	1	1	Chili/Bologna & Cheese Sandwich (Seasonal)	1/2 cup/1	1 cup/1	Chicken Nuggets	3	5	Hamburger Sandwich	1/2	1	Grilled Cheese Sandwich	1/2	1
Protein Content	Cheese	1.5 oz.	2 OZ.	Beef/Bologna	1.5 oz.	2 OZ.	Chicken	1.5 oz.	2 OZ.	Hamburger	1.5 OZ.	2 OZ.	Cheese	1.5 oz.	2 OZ.
Vegetable/Fruit/Salad #1	Green Beans	¼ cup	½ CUP	Corn/Pickle	¼ cup/1 spear	½ CUP/2 SPEARS	Corn	¼ cup	½ CUP	Sweet Potato Fries	¼ cup	½ CUP	Peas and Carrots	¼ CUP	½ CUP
Vegetable/Fruit/Salad #2	Orange	¼	½	Pineapple	¼ cup	½ CUP	Pears	¼ cup	½ CUP	Peaches	¼ cup	½ CUP	Salad	¼ CUP	½ CUP
Bread, Rice or Pasta	Crust			Corn Bread/Bread	1	2	Bread	1	2	Bun	½	1	Bread	1	2
Milk	Milk	6 oz.	8 OZ.	Milk	6 oz.	8 OZ.	Milk	6 oz.	8 OZ.	Milk	6 oz.	8 OZ.	Milk	6 oz.	8 OZ.
<u>P.M. Snack:1</u> Time: 3:00	Graham Crackers	1	2	Pretzels	½ cup	1 CUP	Ritz Crackers	3	6	Graham Cracker	1	2	Animal Crackers	½ cup	1 CUP
	Apple	¼	½	Apple	¼	½	Cheese Stick	1	1	Strawberry Yogurt	¼ CUP	½ CUP	Orange	¼	½

All juices are 100% fruit juice. All bread is made with whole grain white bread. Condiments are not listed, but may include ketchup, ranch, salsa and sour cream.

BROOKSHIRE LEARNING CENTER

<i>Week 3</i>	Monday			Tuesday			Wednesday			Thursday			Friday		
	Food Item	3-5	6+	Food Item	3-5	6+	Food Item	3-5	6+	Food Item	3-5	6+	Food Item	3-5	6+
Breakfast Time: 7:00-7:30	Cheerios	½ cup	1 cup	Toast	1 slice	1 slice	Chex	½ cup	1 cup	Toast	1 slice	1 slice	Chex	½ cup	1 cup
	Milk	6 oz.	6 oz.	Milk	6 oz.	6 oz.	Milk	6 oz.	6 oz.	Milk	6 oz.	6 oz.	Milk	6 oz.	6 oz.
A.M. Snack Time: 9:00-9:30	Orange Juice Bagel Strawberry Cream Cheese	½ cup ½	¾ cup 1	Apple Juice Cheerios	½ cup ½ cup	¾ cup 1 cup	Orange Juice Bread w/sunbutter	½ cup 1 slice	¾ cup 1 slice	Apple Juice Frosted Mini Wheats	½ cup ½ cup	¾ cup 1 cup	Grape Juice Life	½ cup ½ cup	¾ cup 1 cup
Lunch Time: 11:30-12:30 Meat/meat alt.	Spaghetti and Meat Sauce	½ cup	1 cup	Macaroni and Cheese	½ cup	1 cup	Cheese Quesadilla	1	1	Beef Pepperoni Calzone	1	1	Turkey and Cheddar Rollup	1	1
Protein Content	Hamburger	1.5 oz.	2 oz.	Cheese	1.5 oz.	2 oz.	Cheese	1.5 oz.	2 oz.	Beef Pepperoni Cheese	1 oz. .5 oz.	1 oz. 1 oz.	Cheese Turkey	.5 oz. 1 oz.	1 oz. 1 oz.
Vegetable/Fruit/Salad	Corn	¼ cup	½ cup	Parmesan Broccoli	¼ cup	½ cup	Corn	¼ cup	½ cup	Peaches	¼ cup	½ cup	Lettuce Salad	¼ cup	½ cup
Vegetable/Fruit/Salad	Orange	¼	½	Apricots	¼ cup	½ cup	Strawberry Yogurt	¼ cup	½ cup	Mixed Vegetables	¼ cup	½ cup	Mandarin Oranges	¼ cup	½ cup
Bread, Rice or Pasta	Garlic Bread Pasta	1 ¼ cup	1 ½ cup	Bread Pasta	1 ¼ cup	1 ½ cup	Tortilla	1	1	Crust			Crust		
Milk	Milk	6 oz.	8 oz.	Milk	6 oz.	9 oz.	Milk	6 oz.	8 oz.	Milk	6 oz.	8 oz.	Milk	6 oz.	8 oz.
P.M. Snack Time: 3:00	Pretzels	½ cup	1 cup	Graham Cracker Vanilla Yogurt	1 ¼ cup	2 ½ cup	Animal Crackers Bananas	½ cup ½	1 cup 1	Graham Crackers Orange	1 ¼	2 ½	Cheese Slice Saltines	1 3	2 6

All juices are 100% fruit juice. All bread is made with whole grain white bread. Condiments are not listed, but may include ketchup, ranch, salsa and sour cream.

BROOKSHIRE LEARNING CENTER

<i>Week 4</i>	Monday			Tuesday			Wednesday			Thursday			Friday		
	Food Item	3-5	6+	Food Item	3-5	6+	Food Item	3-5	6+	Food Item	3-5	6+	Food Item	3-5	6+
<u>Breakfast:</u> Time: 7:00-7:30	Cheerios Milk	½ cup 6 oz.	1 cup 6 oz.	Toast Milk	1 slice 6 oz.	1 slice 6 oz.	Chex Milk	½ cup 6 oz.	1 cup 6 oz.	Toast Milk	1 slice 6 oz.	1 slice 6 oz.	Chex Milk	½ cup 6 oz.	1 cup 6 oz.
<u>A.M. Snack:</u> Time: 9:00-9:30	Orange Juice Blueberry Muffin	½ cup ½	¾ cup 1	Apple Juice Cheerios	½ cup ½ cup	¾ cup 1 cup	Orange Juice Frosted Mini Wheats	½ cup 2 cups	¾ cup 1 cup	Grape Juice Life	½ cup ½ cup	¾ cup 1 cup	Orange Juice Bread w/sunbutter	½ cup 1	¾ cup 1
<u>Lunch:</u> Time: 11:30-12:30 Meat/meat alt.	Salisbury Steak and Gravy	1	1	Chicken and Cheese Nachos	1	1	Chicken and Rice Casserole	½ cup	1 cup	Chicken Breast w/Fettuccine Alfredo	1	1	Fish Sticks	3	4
Protein Content	Beef Patty	1.5 oz.	2 oz.	Chicken Cheese	1 oz. .5 oz.	1 oz. 1 oz.	Chicken	1.5 oz.	2 oz.	Chicken	1.5 oz.	2 oz.	Fish	1.5 oz.	2 oz.
Vegetable/Fruit/Salad	Mashed Potatoes	¼ cup	½ cup	Corn	¼ cup	½ cup	California Blend	¼ cup	½ cup	Apple	¼	½	French Fries	¼ cup	½ cup
Vegetable/Fruit/Salad	Green Beans	¼ cup	½ cup	Fruit Cocktail	¼ cup	½ cup	Apple	¼ cup	1/2cup	Spring Blend	¼ cup	½ cup	Peas	¼ cup	½ cup
Bread, Rice or Pasta	Bread	1 slice	1 slice	Tortilla Chips	¼ cup	½ cup	Rice	¼ cup	½ cup	Noodles	¼ cup	½ cup	Bread	1 slice	1 slice
	Milk	6 oz.	8 oz.	Milk	6 oz.	8 oz.	Milk	6 oz.	8 oz.	Milk	6 oz.	8 oz.	Milk	6 oz.	8 oz.
<u>P.M. Snack:</u> Time: 3:00	Vanilla Wafers Apple	½ cup ¼	1 cup ½	Cheese Crackers Apple	½ cup ¼	¼ ½	Pretzels Orange	½ cup ¼	1 cup ½	Animal Crackers Banana	½ cup ½	1 cup 1	Cheese Stick Ritz	1 3	1 6

All juices are 100% fruit juice. All bread is made with whole grain white bread. Condiments are not listed, but may include ketchup, ranch, salsa and sour cream.

BROOKSHIRE LEARNING CENTER – Toddler Menu

<i>Week 1</i>	Monday		Tuesday		Wednesday		Thursday		Friday	
	Food Item	1-2	Food Item	1-2	Food Item	1-2	Food Item	1-2	Food Item	1-2
<u>Breakfast:</u> Time: 7:00-7:30	Cheerios Milk	½ cup 6 oz.	Toast Milk	1 slice 6 oz.	Chex Milk	½ cup 6 oz.	Toast Milk	1 slice 6 oz.	Chex Milk	½ cup 6 oz.
<u>A.M. Snack:</u> Time: 9:30	Orange Juice Chex	½ cup ½ cup	Apple Juice English Muffin Cream Cheese	½ cup 1	Orange Juice Frosted Mini Wheats	½ cup ½ cup	Apple Juice Bread w/sunbutter	½ cup 1 slice	Grape Juice Life	½ cup ½ cup
<u>Lunch:</u> Time: 12:00 Meat/meat alt.	Cheese Ravioli	3	Chicken Noodle		Taco	1	Chicken Patty	1	Turkey and Cheese Sandwich	1 Sand- wich
Protein Content	Cheese	1 oz.	Chicken	1 oz.	Hamburger and cheese	1 oz.	Chicken	1 oz.	Turkey Cheese	.5 oz. .5 oz.
Vegetable/Fruit/ Salad #1	Green Beans	1/8 cup	Broccoli	1/8 cup	Green Beans	1/8 cup	Tater Tots	1/8 cup	Tropical Fruit Blend	1/8 cup
Vegetable/Fruit/ Salad #2	Frozen Fruit Mix	1/8 cup	Peaches	1/8 cup	Apple Sauce	1/8 cup	Peas	1/8 cup	Pickle Spear	1
Bread, Rice or Pasta	Breadsticks	1	Pasta	1/8 cup	Tortilla Shell	1	Bun	1	Bread	1 slices
Milk	Milk	6 oz.	Milk	6 oz.	Milk	6 oz.	Milk	6 oz.	Milk	6 oz.
<u>P.M. Snack:</u> Time: 3:00	Cheese Crackers Pineapple	½ cup ¼ cup	Cheese Stick Saltines	1 3	Animal Crackers Mandarin Orange	½ cup ¼ cup	Vanilla Wafers Banana	3 ½	Graham Crackers Pears	1 ¼ cup

All juices are 100% fruit juice. All bread is made with whole grain white bread. Condiments are not listed, but may include ketchup, ranch, salsa and sour cream.

BROOKSHIRE LEARNING CENTER- Toddler Menu

<i>Week 2</i>	Monday		Tuesday		Wednesday		Thursday		Friday	
	Food Item	1-2	Food Item	1-2	Food Item	1-2	Food Item	1-2	Food Item	1-2
<u>Breakfast:</u> Time: 7:00-7:30	Chex Milk	½ cup 6 oz.	Toast Milk	1 slice 6 oz.	Chex Milk	½ cup 6 oz.	Toast Milk	1 slice 6 oz.	Cheerios Milk	½ cup 6 oz.
<u>A.M. Snack:</u> Time: 8:30-9:30	Orange Juice Cheerios	½ cup ½ cup	Apple Juice Frosted Mini Wheats	½ cup ½ cup	Orange Juice Bread w/sunbutter	½ cup 1 slice	Apple Juice Chex	½ cup ½ cup	Grape Juice Blueberry Muffin	½ cup ¼
<u>Lunch:</u> Time: 11:30- 12:30 Meat/meat alt.	Pizza	1 slice	Chili/Bologna & Cheese Sandwich & (Seasonal)	1 sand- wich	Chicken Nugget	2	Hamburger Sandwich	1 Sandwich	Grilled Cheese Sandwich	1
Protein Content	Cheese	1 oz.	Beef/Bologna	1 oz.	Chicken	1 oz.	Hamburger	1 oz.	Cheese	1 oz.
Vegetable/Fruit/ Salad #1	Green Beans	1/8 cup	Corn/Pickle	1/8 cup/1 spear	Corn	1/8 cup	Sweet Potato Fries	1/8 cup	Peas and Carrots	1/8 cup
Vegetable/Fruit/ Salad #2	Pears	1/8 cup	Pineapple	1/8 cup	Pears	1/8 cup	Peaches	1/8 cup	Fruit Mix	1/8 cup
Bread, Rice or Pasta	Crust		Corn Bread/Bread	1 slice	Bread		Bun	1	Bread	1 slice
Milk	Milk	6 oz.	Milk	6 oz.	Milk	6 oz.	Milk	6 oz.	Milk	6 oz.
<u>P.M. Snack:</u> Time: 3:00	Graham Crackers Pears	1 ¼ cup	Cheese Crackers Peaches	½ cup ¼ cup	Ritz Crackers Cheese Stick	3 1	Graham Cracker Strawberry Yogurt	1 ¼ cup	Animal Crackers Pears	½ cup ¼ cup

All juices are 100% fruit juice. All bread is made with whole grain white bread. Condiments are not listed, but may include ketchup, ranch, salsa and sour cream.

BROOKSHIRE LEARNING CENTER- Toddler Menu

<i>Week 3</i>	Monday		Tuesday		Wednesday		Thursday		Friday	
	Food Item	1-2	Food Item	1-2	Food Item	1-2	Food Item	1-2	Food Item	1-2
Breakfast: Time: 7:00-7:30	Cheerios w/ Milk	½ cup 6 oz.	Toast Milk	1 slice 6 oz.	Chex w/ Milk	½ cup 6 oz.	Toast Milk	1 slice 6 oz.	Chex w/ Milk	½ cup 6 oz.
A.M. Snack: Time: 9:00-9:30	Orange Juice Bagel Strawberry Cream Cheese	½ cup ½	Apple Juice Cheerios	½ cup ½ cup	Orange Juice Bread w/sunbutter	½ cup 1 slice	Apple Juice Frosted Mini Wheats	½ cup ½ cup	Grape Juice Life	½ cup ½ cup
Lunch: Time: 11:30- 12:30 Meat/meat alt.	Spaghetti and Meat Sauce		Macaroni and Cheese		Cheese Quesadilla	1	Beef Pepperoni Calzone	1	Turkey and Cheddar Rollup	1 slice
Protein Content	Hamburger	1 oz.	Cheese	1 oz.	Cheese	1 oz.	Beef Pepperoni Cheese	.5oz .5oz	Cheese Turkey	.5 oz. .5 oz.
Vegetable/Fruit/ Salad	Corn	1/8 cup	Parmesan Broccoli	1/8 cup	Corn	1/8 cup	Peaches	1/8 cup	Carrots	1/8 cup
Vegetable/Fruit/ Salad	Peaches	1/8 cup	Apricots	1/8 cup	Strawberry Yogurt	1/8cup	Mixed Vegetables	1/8 cup	Mandarin Oranges	1/8 cup
Bread, Rice or Pasta	Garlic Bread Pasta		Bread Pasta	1 slice 1/8 cup	Tortilla	1	Crust	1	Crust	
Milk	Milk	6 oz.	Milk	6 oz.	Milk	6 oz.	Milk	6 oz.	Milk	6 oz.
P.M. Snack: Time: 3:00	Ritz Crackers	½ cup	Cheese Crackers	½ cup	Animal Crackers	½ cup	Graham Crackers	1 square	Cheese Slice	1
	Pears	¼ cup	Applesauce	¼ cup	Bananas	½	Pineapple	¼ cup	Saltines	3

All juices are 100% fruit juice. All bread is made with whole grain white bread. Condiments are not listed, but may include ketchup, ranch, salsa and sour cream.

BROOKSHIRE LEARNING CENTER- Toddler Menu

<i>Week 4</i>	Monday		Tuesday		Wednesday		Thursday		Friday	
	Food Item	Amount	Food Item	Amount	Food Item	Amount	Food Item	Amount	Food Item	Amount
<u>Breakfast:</u> Time: 7:00-7:30	Cheerios w/ Milk	½ cup 6 oz.	Toast Milk	1 slice 6 oz.	Chex w/ Milk	½ cup 6 oz.	Toast Milk	1 slice 6 oz.	Chex w/ Milk	½ cup 6 oz.
<u>A.M. Snack:</u> Time: 9:00-9:30	Orange Juice Blueberry Muffin	½ cup ¼	Orange Juice Cheerios	½ cup ½ cup	Orange Juice Frosted Mini Wheats	½ cup ½ cup	Orange Juice Life	½ cup ½ cup	Orange Juice Bread w/sunbutter	½ cup 1
<u>Lunch:</u> Time: 11:30- 12:30 Meat, Fish, Poultry, Eggs, etc.	Salisbury Steak and Gravy	1	Chicken and Cheese Taco	1	Chicken and Rice Casserole	¼ cup	Chicken Breast w/Fettuccine Alfredo	1	Fish Sticks	2
Protein Content	Beef Patty	1 oz.	Beef Cheese	.5 oz. .5 oz.	Chicken	.5 oz.	Chicken	.5 oz.	Fish	1 oz.
Vegetable/Fruit/ Salad	Mashed Potatoes	1/8 cup	Corn	1/8 cup	California Blend	1/8 cup	Spring Blend	1/8 cup	French Fries	1/8 cup
Vegetable/Fruit/ Salad	Green Beans	1/8 cup	Fruit Mix	1/8 cup	Peaches	1/8 cup	Applesauce	1/8 cup	Peas	1/8 cup
Bread, Rice or Pasta	Bread	1 slice	Soft Shell Tortilla	1	Rice		Noodles	1/8 slice	Bread	1 slice
Milk	Milk	6 oz.	Milk	6 oz.	Milk	6 oz.	Milk	6 oz.	Milk	6 oz.
<u>P.M. Snack:</u> Time: 3:00	Vanilla Wafers Milk	½ cup 6 oz.	Cheese Crackers Applesauce	½ cup ¼ cup	Graham Crackers Pineapple	1 square ¼ cup	Animal Crackers Banana	½ cup ½	Cheese Stick Ritz	1 3

All juices are 100% fruit juice. All bread is made with whole grain white bread. Condiments are not listed, but may include ketchup, ranch, salsa and sour cream.