


April 2019

First Congregational Learning Center Menu

Infant Room: All food is served per DCFS guidelines and is cooked then mashed, grated or pureed.

Children under 2 are served whole milk.

Children 2 and older are served 1% milk..

Monday	Tuesday	Wednesday	Thursday	Friday
Snack: Nutrigrain bar & Milk 1 Lunch: Pancakes Sausage Green Beans Pineapple Milk Snack: Goldfish and Applesauce	Snack: Fruit bread & Milk 2 Lunch: Meatballs Brown Rice Peas Peaches Snack: Breadsticks w/marinara	Snack: Oatmeal, apples & Milk 3 Lunch: Cheese pizza Vegetable blend Oranges Milk Snack: Pretzels w/cream cheese	Snack: Graham crackers, fruit & Milk 4 Lunch: Macaroni & Cheese Broccoli Grapes Milk Snack: Trail mix	Snack: Bagel w, cream cheese 5 Lunch: Taco Salad: Turkey taco meat Lettuce, tomato, cheese Tortilla chips or flour tortilla Oranges Milk Snack: Veggie straws & fruit
Snack: Nutrigrain bar & Milk 8 Lunch: Fish sticks Carrots Grapes Milk Snack: Goldfish & Applesauce	Snack: Cinnamon bread w/cream cheese & Milk 9 Lunch: Bring Your Own Healthy Lunch Snack: Jello & Graham crackers	Snack: Biscuit w/jelly & Milk 10 Lunch: Mexican Lasagna Apples Milk Snack: Veggie straws & fruit	Snack: Graham crackers, fruit & Milk 11 Lunch: Chicken Nuggets Green Beans Pears Milk Snack: String cheese & crackers	Snack: Yogurt & Fruit 12 Lunch: Stromboli Cucumbers Oranges Milk Snack: Pizza Dip
Snack: Cottage Cheese & Peaches 15 Lunch: French Toast Sausage Green Beans Pears Milk Snack: String cheese & crackers	Snack: Cherry crisp & Milk 16 Lunch: Turkey/cheese nachos/soft taco Corn Grapes Milk Snack: Soft pretzels w/queso	Snack: English Muffin w/jelly & Milk 17 Lunch: Hamburger on a bun Carrots and Cucumbers Oranges Milk Snack: Veggie straws & fruit	Snack: Graham crackers, fruit & Milk 18 Lunch: Macaroni & Cheese Broccoli Apples Milk Snack: Trail mix	 19 Center Closed
Snack: Goldfish & Applesauce 22 Lunch: Grilled Cheese Peas Grapes Milk Snack: Trail Mix	Snack: Fruit bread & Milk 23 Lunch: Chicken Parmesan Buttered Noodles Green Beans Pineapple Milk Snack: Pretzel sticks & yogurt	Snack: Nutrigrain bar & Milk 24 Lunch: BBQ Turkey Cups Cucumbers Peaches Milk Snack: Chips & Salsa	Snack: Graham crackers, fruit & Milk 25 Lunch: Fish Sticks Creamed Corn Pears Milk Snack: String cheese & crackers	Snack: Yogurt & Fruit 26 Lunch: Turkey & cheese on wheat bread Cucumbers & Carrots Apples Milk Snack: Veggie straws
Snack: Nutrigrain bar & Milk 29 Lunch: Pancakes Sausage Green Beans Pineapple Milk Snack: Goldfish and Applesauce	Snack: Fruit bread & Milk 30 Lunch: Meatballs Brown Rice Peas Peaches Snack: Breadsticks w/marinara			