

March 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..

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
				Snack: Yogurt & Fruit ¹ Lunch: Turkey & cheese on wheat bread Cucumbers & Carrots Apples Milk Snack: Veggie straws
Snack: Nutrigrain bar & Milk ⁴ Lunch: Pancakes Sausage Green Beans Pineapple Milk Snack: Goldfish and Applesauce	Snack: Fruit bread & Milk ⁵ Lunch: Meatballs Rice Peas Peaches Snack: Breadsticks w/marinara	Snack: Oatmeal, apples & Milk ⁶ Lunch: Cheese pizza Vegetable blend Oranges Milk Snack: Pretzels w/cream cheese	Snack: Graham crackers, fruit & Milk ⁷ Lunch: Macaroni & Cheese Broccoli Grapes Milk Snack: Trail mix	Snack: Bagel w, cream cheese ⁸ Lunch: Taco Salad: Turkey taco meat Lettuce, tomato, cheese Tortilla chips or flour tortilla Oranges Milk Snack: Veggie straws & fruit
Snack: Nutrigrain bar & Milk ¹¹ Lunch: Fish sticks Carrots Grapes Milk Snack: Goldfish & Applesauce	Snack: Cinnamon bread w/cream cheese & Milk ¹² Lunch: Spaghetti Garlic Bread Peas Oranges Milk Snack: Jello & Graham crackers	Snack: Biscuit w/jelly & Milk ¹³ Lunch: Turkey Stroganoff Broccoli Bread and Butter Apples Milk Snack: Veggie straws & fruit	Snack: Graham crackers, fruit & Milk ¹⁴ Lunch: Chicken Nuggets Green Beans Pears Milk Snack: String cheese & crackers	Snack: Yogurt & Fruit ¹⁵ Lunch: Stromboli Cucumbers Oranges Milk Snack: Pizza Dip
Snack: Cottage Cheese & Peaches ¹⁸ Lunch: Pancakes Sausage Green Beans Pears Milk Snack: String cheese & crackers	Snack: Cherry crisp & Milk ¹⁹ Lunch: Turkey/cheese nachos/soft taco Corn Grapes Milk Snack: Soft pretzels w/queso	Snack: English Muffin w/jelly & Milk ²⁰ Lunch: Hamburger on a bun Carrots and Cucumbers Oranges Milk Snack: Veggie straws & fruit	Snack: Graham crackers, fruit & Milk ²¹ Lunch: Macaroni & Cheese Broccoli Apples Milk Snack: Trail mix	Snack: Bagel w/cream cheese ²² Lunch: Cheesy Chicken Quesadilla Corn Peaches Milk Snack: Goldfish & Applesauce
Snack: Goldfish & Applesauce ²⁵ Lunch: Grilled Cheese /Tomato Soup Peas Grapes Milk Snack: Trail Mix	Snack: Fruit bread & Milk ²⁶ Lunch: Chicken Parmesan Buttered Noodles Green Beans Pineapple Milk Snack: Pretzel sticks & yogurt	Snack: Nutrigrain bar & Milk ²⁷ Lunch: BBQ Turkey Cups Cucumbers Peaches Milk Snack: Chips & Salsa	Snack: Graham crackers, fruit & Milk ²⁸ Lunch: Fish Sticks Creamed Corn Pears Milk Snack: String cheese & crackers	