

Discovery Learning Center
612 Park View Drive Eldridge, IA 52748
563-285-7212

FALL MENU WEEK # 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Donut Apple Slices Milk	Oatmeal Raisins Milk	Waffle w/syrup Orange slices Milk	Crescent w/Cinnamon Apple Sauce Milk	Cereal 100% Juice Milk
AM Snack	Granola Bar Milk	Pretzels 100% Juice	Wheat Thins Milk	Vanilla Wafers 100% Juice	Toaster Pastry Milk
Lunch	Tuna Casserole Carrots Mixed fruit Milk	Fish Sticks Tater Tots Pears Bread Milk	Chili Tomatoes Corn Bread Peaches Milk	Beef Enchiladas Spanish Rice Refried Beans Milk	Chicken Alfredo Corn Pineapple Tidbits Milk
PM Snack	Animal Crackers 100% Juice	Peanut butter Crackers Milk	Saltine Crackers Sliced Cheese Water	Rice Crispy Treats Milk	Snack Mix (can include mixture of cereal, pretzels & variety of crackers) 100% Juice

- * Children under 24 months will not be served hard pretzels or raisins
- * Children under 24 months will be served whole milk
- * Children 2 years old and up will be served 1% or Fat Free milk
- * Breads are whole grain or enriched
- * Cereals are whole grain, enriched or fortified
- * Water is offered with every meal and snack

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FALL MENU WEEK # 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal Banana Milk	Pancake w/syrup Apple Sauce Milk	Bagels w/cream cheese Apple slices Milk	Oatmeal Raisins Milk	Cinnamon Roll Fresh Orange Slices Milk
AM Snack	Graham Crackers Milk	Toaster Pastry Water	Ritz 100% Juice	Orange Slices Crackers Milk	Pretzels (Graham Crackers for under 24 months) 100% Juice
Lunch	Grilled Cheese Tomato Soup Pears Milk	Lasagna Green Beans Peaches Milk	Chili Crackers Corn Pineapple Milk	Ham & Cheese Quesadilla Carrots Mandarin Oranges Milk	Baked Ziti w/Sausage Mixed Vegetables Mixed Fruit Milk
PM Snack	Animal Crackers 100% Juice	Vanilla Wafers Milk	Cottage Cheese Peaches Water	Cheese Its 100% Juice	Snack Mix (can include mixture of cereal, pretzels & variety of crackers) Milk

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FALL MENU WEEK # 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cinnamon Toast Fresh Grapes Milk	Cereal Fresh Banana Milk	French Toast Sticks Fresh Apple Slices Milk	Toast w/Jelly Fresh Orange Slices Milk	Toaster Pastry Fresh Fruit Mix Milk
AM Snack	Rice Cakes W/Peanut Butter Water	Gold Fish 100% Juice	Animal Crackers Milk	Check Mix 100% Juice	Ritz Crackers Milk
Lunch	Mac & Cheese Mixed Fruit Corn Milk	Hot Dog Wraps W/Cheese Corn Tropical Fruit Mix Milk	Chicken & Black Bean Chili Green Beans Peaches Saltine Crackers Milk	Corn Chip Pie Lettuce Salad Pineapple Tidbits (crushed pineapple under 24 months) Milk	Meat Loaf Muffins Stuffing Peas Pears Milk
PM Snack	Yogurt Apple Slices Water	Graham Crackers 100% Juice	Sliced Cheese Crackers Water	Wheat Thins Milk	Snack Mix (can include mixture of cereal, pretzels & variety of crackers) 100% Juice

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FALL MENU WEEK # 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Pancakes Apple Sauce Milk	English Muffins Banana Milk	Toast w/Jelly Fresh Orange Slices Milk	Cereal 100% Juice Milk	Cinnamon Rolls Fresh Apple Slices Milk
AM Snack	Vanilla Wafers Milk	Pretzels 100% Juice	String Cheese Crackers Water	Animal Crackers 100% Juice	Ants on a Log *Graham Crackers for under 24 months Milk
Lunch	Spaghetti w/Meat Sauce Corn Fresh Orange Slices Milk	Beans & Weenies Corn & Peas Mix Pears Bread Milk	Chili Mac Grapes Mixed Veggies Milk	Corn Dogs Tater Tots Peaches Milk	Chicken Teriyaki & Rice Casserole Mixed Fruit Green Beans Milk
PM Snack	Crackers 100% Juice	Cottage Cheese Pineapple Water	Granola Bar Milk	Gold Fish 100% Juice	Snack Mix (can include mixture of: cereal, pretzels & variety of crackers) Milk

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