

Monthly Menu

For ages 1yr and older

La Esperanza Child Development Center participates in the Federal Food Program.

“Child and Adult Care Food Program, that all enrolled participants in attendance will be offered the same meals without physical segregation of, or other discriminatory action against, any child or adult participant on the basis of race, color, national origin, sex, age or disability. This policy applies to all centers included in the Child and Adult Care Food Program Agreement. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.”

We serve whole organic milk to children 12 months to 24 months.

We serve 1% organic milk to children 2 years and older.

We serve whole grain flour bread and tortillas

Most fruit and veggies are either fresh or frozen;

Beans, lentils, rice, meat, and chicken are cooked from scratch.

Menu Cycle: Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Milk	1% organic milk	1% organic milk	1% organic milk	1% organic milk	1% organic milk
Fruits/Vegetables	Blueberries	Banana and Blueberries	Kiwi & banana	Strawberries	Apples
Grains/Breads	Life Original Cereal	Cereal	Oat meal	Arroz con leche	Whole grain pancakes
Meats/Meats Alternat		Greek Yogurt	----	----	Eggs
AM Snack					
Milk	---	---	---	---	---
Fruits/Vegetables	Strawberries	Oranges	Celery	Honey Dew	Banana
Grains/Breads	Bagels	saltine crackers water	Graham crackers	Gold fish	cheese stick
Meats/Meats Alternat	Cream Cheese	---	---	---	---
Beverage	Water	Water	Water	Water	Water
Lunch					
Milk	1% organic milk	1% organic milk	1% organic milk	1% organic milk	1% organic milk
Fruits/Vegetables	Broccoli, carrots & Cauliflower	Tomatoes sauce	Tomatoes Sauce/Spinach	Broccoli, carrots & Cauliflower	broccoli
Fruits/Vegetables	Apples	Banana	Pears	Bananas	oranges
Grains/Breads	Mac and Cheese	Club crackers	Fideo Soup cheese	Spaghetti and	Whole wheat tortilla
Meats/Meats Alternat	with turkey ham	Lentils	Shredded Chicken	Lean ground beef	Frijoles Rancheros
Beverage	---	---	Breast	---	con Queso
PM Snack					
Milk	---	---	---	---	---
Fruits/Vegetables	Celery	Cucumbers	---	Toast	Yogurt
Grains/Breads	Saltines	Animal crackers	Kix Cereal	Pineapple	Club Crackers
Meats/Meats Alternat	---	---	Cheese stick	---	---
Beverage	Water	Water	Water	Water	Water

Menu Cycle: Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Milk	1% organic milk	1% organic milk	1% organic milk	1% organic milk	1% organic milk
Fruits/Vegetables	Apples	Strawberries	Mixed fruit	Blueberries	Strawberries
Grains/Breads	Whole grain waffles	English Muffins with	Cold cereal	Oatmeal	Whole wheat tortilla
Meats/Meats Alternat	Canadian bacon & cheddar cheese	Cream cheese	----	---	Eggs
AM Snack					
Milk	---	---	---	---	---
Fruits/Vegetables	Pears	Pineapple	Honey Dew	Mixed Fruit	Apples
Grains/Breads	----	---	Animal crackers	saltines	Cheezees crackers
Meats/Meats Alternat	Yogurt	Cheese sticks	---	---	---
Beverage	Water	Water	Water	Water	Water
Lunch					
Milk	1% organic milk	1% organic milk	1% organic milk	1% organic milk	1% organic milk
Fruits/Vegetables	Cucumbers	Broccoli/Tomatoe sauce	Mixed veggies	Cucumbers	Salad
Fruits/Vegetables	Pineapple	Apples	Banana	Pineapple	Banana
Grains/Breads	Whole wheat tortilla burrito w/	Spaghetti and	Whole brown rice	Frito pie	Pizza
Meats/Meats Alternat	BBQ Chicken	lean ground beef	Chicken (chicken soup)	Beans/lean ground beef	Cheese
Beverage	Drumstick	---	---	---	---
PM Snack					
Milk	---	Milk	---	---	---
Fruits/Vegetables	Celery and ranch	---	Peaches	Banana	Baby carrots
Grains/Breads	---	Rice Cakes	---	Ritz crackers	Graham crackers
Meats/Meats Alternat	Baby Carrots		Cheese stick	---	---
Beverage	Water	Water	Water	Water	Water

Menu Cycle: Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Milk	1% organic milk	1% organic milk	1% organic milk	1% organic milk	1% organic milk
Fruits/Vegetables	Blueberries	Strawberries	Oranges	Peaches	Blueberries
Grains/Breads	Whole wheat bagels	Oatmeal	Waffles	Cold Cereal	Pancakes
Meats/Meats Alternat	Cream cheese	Cream cheese	---	---	Eggs
AM Snack					
Milk	---	---	---	---	---
Fruits/Vegetables	Fresh Broccoli	Peaches	Cucumbers	Celery	Oranges
Grains/Breads	Graham Crackers	Goldfish	Saltines	ChexMix	Ritz Crackers
Meats/Meats Alternat	---	---	---	---	---
Beverage	Water	Water	Water	Water	Water
Lunch					
Milk	1% organic milk	1% organic milk	1% organic milk	1% organic milk	1% organic milk
Fruits/Vegetables	Broccoli, carrots & Cauliflower	Lettuce salad	Tomatoes soup	Angel sweet tomatoes,	Mixed veggies
Fruits/Vegetables	Apples	Apple	Banana	Pears	Mixed fruit
Grains/Breads	Mac and Cheese	Entomatadas/Enchiladas	Club crackers	Whole wheat grilled	Whole brown
Meats/Meats Alternat	with turkey ham	lean ground beef	Lentils soup	cheddar cheese	rice/patotoes
Beverage	---	---	---	---	Chicken (chicken soup)
PM Snack					
Milk	---	---	---	---	---
Fruits/Vegetables	---	Pears	Watermelon	Apples	Honey Dew
Grains/Breads	Chex Mix	---	Ritz crackers	Gold fish	Saltines
Meats/Meats Alternat	Yogurt	Cheese stick	---	---	---
Beverage	Water	Water	Water	Water	Water

Menu Cycle: Week Four

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Milk	1% organic milk	1% organic milk	1% organic milk	1% organic milk	1% organic milk
Fruits/Vegetables	Banana and Blueberries	Banana & Kiwi	Strawberries	Peaches	Mixed fruit
Grains/Breads	Cereal	Malt-o-Meal	Whole wheat English muffins	Rice (Arroz con leche)	Whole wheat Tortilla
Meats/Meats Alternat	Greek Yogurt	---	Cream cheese	Condese milk	Eggs
AM Snack					
Milk	---	---	---	---	---
Fruits/Vegetables	Oranges	Apples	Watermelon	HoneyDew	Celery & Ranch
Grains/Breads	Cheeze Crackers	---	Ritz crackers	Saltines crackers	Club Crackers
Meats/Meats Alternat	---	Cheese sticks	---	---	---
Beverage	Water	Water	Water	Water	Water
Lunch					
Milk	1% organic milk	1% organic milk	1% organic milk	1% organic milk	1% organic milk
Fruits/Vegetables	Tomatoes soup	Carrots	Broccoli	Broccoli, carrots & Cauliflower	Cucumbers
Fruits/Vegetables	Banana	Bananas	Oranges	Watermelon	Strawberries
Grains/Breads	Corn Tortilla	Fideo soup with	Spaghetti and	Mac and Cheese	Whole wheat tortilla
Meats/Meats Alternat	Caldillo (Beef) soup	Chicken	lean ground beef	with turkey ham	Pinto beans
Beverage	---	---	---	---	(rancheros)
PM Snack					
Milk	---	---	---	---	---
Fruits/Vegetables	Cucumbers	Melon	Pears	Banana	Apples
Grains/Breads	Rice Cakes	---	Club crackers	Gold fish	Cheeze
Meats/Meats Alternat	---	Yogurt	---	---	---
Beverage	Water	Water	Water	Water	Water

For months of 5 weeks, week 4 repeats