

Monthly Menu

For ages 1yr and older

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

For all other FNS nutrition assistance programs, State or local agencies, and their subrecipients, must post the following Nondiscrimination Statement:

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

We serve whole Milk to children 12 months to 24 months.

We serve 1% 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% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruits/Vegetables	Melon	Blueberries	Kiwi & banana	Strawberries	Apples
Grains/Breads	WG Life Cereal	WG Cereal	WG Oatmeal	Muffins	Pancakes
Meats/Meats Alternat		Greek Yogurt	----	----	Eggs
AM Snack					
Milk	---	---	---	---	---
Fruits/Vegetables	Strawberries	Oranges	Jicama	Honey Dew	Pears
Grains/Breads	Bagels	saltine crackers water	Kix Cereal	Gold fish	Yogurt
Meats/Meats Alternat	Cream Cheese	---	---	---	---
Beverage	Water	Water	Water	Water	Water
Lunch					
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruits/Vegetables	Broccoli, carrots & Cauliflower	Broccoli	Tomatoes Sauce/Spinach	Broccoli, carrots & Cauliflower	broccoli
Fruits/Vegetables	Apples	Watermelon	Banana	Melon	oranges
Grains/Breads	WW Mac and Cheese with turkey ham	Quesadillas	Fideo Soup	WW Spaghetti and Lean ground beef	WW tortilla
Meats/Meats Alternat		Ham and Cheese	Shredded Chicken thighs		WG Frijoles
Beverage	---	---	---	---	Charros con Queso
PM Snack					
Milk	---	---	---	---	---
Fruits/Vegetables	Cucumbers	Bananas	Apples	Pineapple	---
Grains/Breads	Animal crackers	Toast	Graham crackers	Saltines	Club Crackers
Meats/Meats Alternat		---			Cheese stick
Beverage	Milk	Milk	Milk	Water	Water

Menu Cycle: Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruits/Vegetables	Blueberries	Strawberries	Honey Dew	Blueberries	Peaches
Grains/Breads	Waffles	English Muffins with	WG Life cereal	WG Oatmeal	WW tortilla
Meats/Meats Alternat	Canadian bacon & cheddar cheese	Cream cheese	---	---	Eggs
AM Snack					
Milk	---	---	---	---	---
Fruits/Vegetables	Celery	Jicama	Baby carrots	Peaches	Apples
Grains/Breads	---	Gold Fish	Animal crackers	---	Cheezes crackers
Meats/Meats Alternat	Yogurt	---	---	Cheese sticks	---
Beverage	Water	Water	Water	Water	Water
Lunch					
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruits/Vegetables	Avocado	Broccoli	Mixed veggies	Tomatoes and lettuce	Salad
Fruits/Vegetables	Melon	Papaya	Honey Dew	Pineapple	Strawberries
Grains/Breads	WW Toast Bread	WW Spaghetti and	WB rice	Frito pie	Pizza
Meats/Meats Alternat	Shredded chicken	Shredded chicken	Chicken (chicken soup)	WG Beans/lean ground	Cheese
Beverage	thighs and queso fresco	thighs with alfredo pasta	---	beef	---
	---	---		---	
PM Snack					
Milk	---	Milk	---	---	---
Fruits/Vegetables	Pineapple	Apples	Banana	Mixed Fruit	Banana
Grains/Breads	---	Animal crackers	Ritz crackers	saltines	Graham crackers
Meats/Meats Alternat	Cheese sticks	---	---	---	---
Beverage	Water	---	Water	Water	Water

Menu Cycle: Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruits/Vegetables	Melon	Strawberries	Oranges	Peaches	Blueberries
Grains/Breads	Bagels	WG Oatmeal	Waffles	WG Life Cereal	Pancakes
Meats/Meats Alternat	Cream cheese	Cream cheese	---	---	Eggs
AM Snack					
Milk	---	---	---	---	---
Fruits/Vegetables	Baby Carrots	Pears	Celery	Jicama	Papaya
Grains/Breads	---	---	Saltines	Watermelon	Ritz Crackers
Meats/Meats Alternat	Yogurt	Cheese stick	---	---	---
Beverage	Water	Water	Water	Water	Water
Lunch					
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruits/Vegetables	Broccoli, carrots & Cauliflower	Carrot, peas and corn	Tomatoes soup	Broccoli	Mixed veggies
Fruits/Vegetables	Strawberries	Melon	Banana	Oranges	Watermelon
Grains/Breads	WW Mac and	Elbow pasta	Club crackers	WW Spaghetti and	WB rice
Meats/Meats Alternat	Cheese with turkey ham (with milk)	Ensalada de Pollo: shredded chicken things with mayo or cream	WG Lentils soup	lean ground beef	Chicken (chicken soup)
Beverage	---	---	---	---	---
PM Snack					
Milk	---	---	---	---	---
Fruits/Vegetables	Cucumbers	Banana	Honey Dew	Apples	Mixed fruit
Grains/Breads	Graham crackers	Goldfish	Saltines	Gold fish	Ritz crackers
Meats/Meats Alternat	---	---	---	---	---
Beverage	Water	Water	Water	Water	Water

Menu Cycle: Week Four

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruits/Vegetables	Strawberries	Banana & Kiwi	Blueberries	Pears	Papaya
Grains/Breads	English Muffins	WG Oatmeal	WG Life Cereal	WW Bread	Toast Bread
Meats/Meats Alternat	Cream cheese	---	Greek Yogurt	Cheddar cheese	Eggs
AM Snack					
Milk	---	---	---	---	---
Fruits/Vegetables	Oranges	Melon	Watermelon	HoneyDew	Celery & Ranch
Grains/Breads	Cheezees Crackers	---	Ritz crackers	Saltines crackers	Club Crackers
Meats/Meats Alternat	---	Yogurt	---	---	---
Beverage	Water	Water	Water	Water	Water
Lunch					
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruits/Vegetables	Tomatoes soup	Cabbage and Radish	Broccoli	Calabacitas: corn, onion, tomatoes and onion	Cucumbers
Fruits/Vegetables	Banana	Watermelon	Oranges	Melon	Strawberries
Grains/Breads	WG Corn Tortilla	Posole	Spaghetti and	Corn tortilla	Tortilla
Meats/Meats Alternat	Caldillo (Beef) soup	Chicken	lean ground beef	Ground beef	Bean burritos
Beverage	---	---	---	---	---
PM Snack					
Milk	---	---	---	---	---
Fruits/Vegetables	Cucumbers	Apple	Peaches	Banana	Apples
Grains/Breads	Animal crackers	---	Club crackers	Gold fish	Cheezees
Meats/Meats Alternat	---	Cheese sticks	---	---	---
Beverage	Water	Water	Water	Water	Water

For months of 5 weeks, week 4 repeats