

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.

Most fruit and veggies are either fresh or frozen;

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

Due to chain supply issues this menu is subject to changes.

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	Oranges	Strawberries	Apples
Grains/Breads	WG Life Cereal	Kix Cereal	WG Oatmeal	WW Muffins with cream cheese	Pancakes
Meats/Meats Alternat		Greek Yogurt	----	----	
AM Snack					
Milk	---	---	---	---	---
Fruits/Vegetables	Pineapple	Oranges	---	Watermelon	Pears
Grains/Breads	Bagels	saltine crackers water	Cereal Cocoa Puffs	Goldfish	Yogurt
Meats/Meats Alternat	Cream Cheese	---	milk	---	---
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	Lettuce
Fruits/Vegetables	Apples	Strawberries	Banana	Melon	Watermelon
Grains/Breads	WW Mac and Cheese	Tortilla	Fideo	Spaghetti and	WW Bread
Meats/Meats Alternat	---	Beans (burritos)	Shredded Chicken thighs (Chicken noodle soup)	Lean ground turkey	Ham and cheese (Sandwiches)
Beverage				---	
PM Snack					
Milk	---	---	---	---	---
Fruits/Vegetables	Cucumbers	Bananas	Carrots	Honey Dew	---
Grains/Breads	Animal crackers	WW Toast with cream cheese	Graham crackers	Saltines	Club Crackers
Meats/Meats Alternat					Cheese stick
Beverage	---	---	Milk	---	Water
	Milk	Milk		Water	

Menu Cycle: Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruits/Vegetables	Melon	Strawberries	Honey Dew	Mixed berries	Blueberries
Grains/Breads	Waffles	WW English Muffins	WG Life cereal	smoothie with	WW Pancakes
Meats/Meats Alternat		with Cream cheese	----	WG Oatmeal	

AM Snack					
Milk	---	---	---	---	---
Fruits/Vegetables	Celery	Banana	Mixed Fruit	Pineapple	Pears
Grains/Breads	---	Graham crackers	Ritz crackers	---	GoldFish
Meats/Meats Alternat	Yogurt	---	---	Cheese sticks	---
Beverage	Water	Water	Water		Water
Lunch					
Milk	1% Milk	1% Milk	1% Milk	Green beans	1% Milk
Fruits/Vegetables	Tomatoes sauce	Broccoli	Carrot, peas, and	Melon	Salad
Fruits/Vegetables	Melon	Pineapple	corn	Tortilla	Strawberries
Grains/Breads	Club Crackers	Bow Tie and	Watermelon	Eggs	Flour Tortillas
Meats/Meats Alternat	Lentils	Lean ground turkey	Elbow pasta	(burrito)	Cheese
Beverage	---	Tomato Sauce	Ensalada de Pollo:		(Quesadillas)
		---	shredded chicken		
			thighs with mayo or		
			cream		
PM Snack					
Milk	---	---	---	---	---
Fruits/Vegetables	Bananas	Apples	Carrots	Cucumbers	Apples
Grains/Breads	---	Cheezees crackers	Animal crackers	Saltines	Animal crackers
Meats/Meats Alternat	Cheese sticks	---	---	Water	-----
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	Mixed berries	Oranges	Strawberries	Blueberries	Melon
Grains/Breads	WW Bagels	WG Oatmeal	Waffles	WG Life Cereal	Pancakes
Meats/Meats Alternat	Cream cheese	Cream cheese	---	---	
AM Snack					
Milk	---	---	---	---	---
Fruits/Vegetables	Pears	Carrots	Celery	Mixed fruit	Peaches
Grains/Breads	---	---	Saltines	Ritz crackers	Ritz Crackers
Meats/Meats Alternat	Yogurt	Cheese stick	---	---	---
Beverage	Water	Water	Water	Water	Water
Lunch					
Milk	1% Milk	Tomatoes and lettuce	1% Milk	1% Milk	1% Milk
Fruits/Vegetables	Broccoli, carrots & Cauliflower	Honeydew	Carrots	Broccoli	Tomatillo Sauce
Fruits/Vegetables	Strawberries	Frito pie	Apples	Oranges	Watermelon
Grains/Breads	Mac and Cheese	WG Beans/lean ground turkey	WW Bun	Spaghetti and lean ground turkey	Bread
Meats/Meats Alternat	---	---	Chicken Thighs with BBQ	---	Beans
Beverage	---	---	(Chicken Sandwich)	---	Shredded cheese (Moyetes)
PM Snack					
Milk	---	---	---	---	---
Fruits/Vegetables	Cucumbers	Banana	Honey Dew	Apples	Watermelon
Grains/Breads	Graham crackers	Goldfish	Saltines	Goldfish	Chex mixed
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	Mixed berries	Blueberry and banana	Blueberries	Strawberries	Oranges
Grains/Breads	Kix Cereal	smoothie with WG	WG Life Cereal	WW English	WW Toast-Bread
Meats/Meats Alternat		Oatmeal	Greek Yogurt	Muffins	Cream cheese
		---		Cream cheese	
AM Snack					
Milk	---	---	---	---	---
Fruits/Vegetables	Oranges	Melon	Watermelon	Honey Dew	Celery & Ranch
Grains/Breads	Cheezes 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	Broccoli	Carrots, peas and	Cucumbers	Green Beans	Calabacitas: corn, onion,
Fruits/Vegetables	Strawberries	corn	Watermelon	Oranges	and tomatoes.
Grains/Breads	Tortilla	Pineapple	Flour Tortilla	Spaghetti and	Melon
Meats/Meats Alternat	Beans	Rice	Cheese	lean ground turkey	Mexican Rice
Beverage	(Burritos)	Chicken thighs	(Quesadillas)	---	Shredded Cheese
		(arroz con pollo y	---		season
		verduras)			---
PM Snack					
Milk	---	---	---	---	---
Fruits/Vegetables	Cucumbers	Banana	Mix fruit	Apple	Pineapple
Grains/Breads	Animal crackers	Goldfish	Club crackers	---	Saltines
Meats/Meats Alternat	---	---	---	Cheese sticks	---
Beverage	Water	Water	Water	---	Water
				Water	

For months of 5 weeks, week 4 repeats