

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	Greek Vanilla Yogurt	WG Oatmeal	WW Muffins with cream cheese	Pancakes
Meats/Meats Alternat			----	----	Eggs
Lunch					
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruits/Vegetables	Calabacitas	Shredded Carrots with Lime	Tomatoes Sauce/Spinach	Broccoli, carrots & Cauliflower	Lettuce
Fruits/Vegetables	Apples	Strawberries	Banana	Melon	Watermelon
Grains/Breads	WW Mac and Cheese	Tortilla	Fideo	Spaghetti and Lean ground beef	WW Bread
Meats/Meats Alternat	---	Beans with cheese (burritos)	Shredded Chicken thighs (Chicken noodle soup)	---	Ham and cheese (Sandwiches)
PM Snack					
Milk	---	---	---	---	---
Fruits/Vegetables	Oranges	Bananas	---	Manzana	---
Grains/Breads	Saltines	Goldfish	Graham crackers	Saltines	Club Crackers
Meats/Meats Alternat	----	---	---	---	Cheese stick
Beverage	---	---	Milk	---	---

Menu Cycle: Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruits/Vegetables	Honey Dew	Strawberries	Pineapple	Mixed berries	Blueberries
Grains/Breads	WG Waffles	WG Pancakes	Bolillo	smoothie with	WW Bread
Meats/Meats Alternat			Refried Beans & cheese (moyetes)	WG Oatmeal	Eggs

Lunch					
Milk	1% Milk	1% Milk	1% Milk	Green beans	1% Milk
Fruits/Vegetables	Tomatoes sauce	Broccoli	Carrot, peas, and corn	Melon	Broccoli, coliflower, carrtos
Fruits/Vegetables	Melon	Pineapple	Watermelon	Potatoes and carrots	Strawberries
Grains/Breads	Club Crackers	Pasta and	Elbow pasta	Tortilla	Flour Tortillas
Meats/Meats Alternat	Lentils	Lean ground Beef	Ensalada de Pollo: shredded chicken thighs with mayo or cream	Ground beef (Picadillo)	Cheese (Quesadillas)
Beverage	---	Tomato Sauce			

PM Snack					
Milk	---	---	---	---	---
Fruits/Vegetables	Bananas	Apples	---	Cucumbers w/lime	Apples
Grains/Breads	---	Cheese sticks	Animal crackers	Saltines	Graham Crackers
Meats/Meats Alternat	Town House crackers	---	---	Water	-----
Beverage	---	---	Milk	---	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	Melon	Strawberries	Bananas	Peaches
Grains/Breads	WW Bagels	Rice	Bread	WG Life Cereal	WG Pancakes
Meats/Meats Alternat	Cream cheese	(Arroz con leche)	Beans and Cheese (Moyetes)	---	Huevo
Lunch					
Milk	1% Milk	Tomatoes and lettuce	1% Milk	1% Milk	1% Milk
Fruits/Vegetables	Cucumbers w/lime	Honeydew	Carrots	Broccoli	Tomatillo Sauce
Fruits/Vegetables	Strawberries	Frito pie	Honey Dew	Oranges	Watermelon
Grains/Breads	Mac and Cheese	WG Beans/lean ground	WW Bun	Spaghetti and	Flour tortilla
Meats/Meats Alternat	---	Beef	Chicken Thighs	lean ground Beef	Beans and cheese
Beverage		---	Shredded BBQ sauce	---	(Burritos)
PM Snack					
Milk	---	---	---	---	---
Fruits/Vegetables	---	Banana	Apples	Apples	---
Grains/Breads	Graham crackers	Goldfish	Saltines	Goldfish	Town House
Meats/Meats Alternat	---	---	---	---	Cheese sticks
Beverage	Milk	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	Pineapple
Grains/Breads	Kix Cereal	smoothie with WG	Flour Tortillas	WW English	WW Toast-Bread
Meats/Meats Alternat		Oatmeal	Cheese	Muffins	Eggs
		---	(Quesadillas)	Cream cheese	
Lunch					
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruits/Vegetables	Tomatoes and lettuce	Carrots, peas and	Cucumbers	Green Beans	Calabacitas: corn, onion,
Fruits/Vegetables	Watermelon	corn	Banana	Oranges	and tomatoes.
Grains/Breads	Frito pie	Pineapple	Town house crackers	Spaghetti and	Melon
Meats/Meats Alternat	WG Beans/lean	Rice	Lentejas	lean ground beef	Mexican Rice
Beverage	ground Beef	Chicken thighs	---	---	Shredded Cheese
	---	(arroz con pollo y			season
		verduras)			---
PM Snack					
Milk	---	---	---	---	---
Fruits/Vegetables	---	Banana	Pears	Apple	Oranges
Grains/Breads	Animal crackers	Goldfish	Club crackers	---	Saltines
Meats/Meats Alternat	---	---	---	Cheese sticks	---
Beverage	Milk	Water	Water	---	Water
				Water	

For months of 5 weeks, week 4 repeats