

Rockwell Collins Child Development Center - Week 1 Menu

| Meal Patterns | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------|-----------------------------------|--|-----------------------------|------------------------|----------------------------------|
| Breakfast | | | | | |
| Grain/Bread | Rice Chex (WG) | Breakfast Casserole (Eggs, Cheese, Hashbrowns) | Oatmeal (WG) | Waffles | English Muffin (WG) |
| Fruit or Vegetable | Peaches (Canned) | Diced Pears (Canned) | Blueberries (Frozen) | Mandarin Oranges | Banana (Fresh) |
| Milk, Fluid | Whole or 1% Milk | Whole or 1% Milk | Whole or 1% Milk | Whole or 1% Milk | Whole or 1% Milk |
| Infant Substitution | Cheerios | | Brown Sugar | Syrup | Butter/Jelly |
| Lunch | | | | | |
| Meat or Meat Alternative | Sloppy Joe with Lean Ground Beef | Pizza Casserole (Pork Sausage, sauce, cheese) | Pork Tenderloin | Meatballs & Gravy | Fish Sticks |
| Vegetable | Peas | Corn | Mixed Vegetables | Mashed Potatoes | Cauliflower w/Cheese |
| Fruit | Crushed Pineapple (Canned) | Cantaloupe (Fresh) | Tropical Fruit Mix (Canned) | Melon Medley (Fresh) | Berry Blend (Frozen) |
| Grain/Bread | Bun (WG) | Pasta in casserole (WG) | Roll | Bread (WG) | Dinner Roll w/Butter |
| Milk, Fluid | Whole or 1% Milk | Whole or 1% Milk | Whole or 1% Milk | Whole or 1% Milk | Whole or 1% Milk |
| Vegetarian | Lentil Sloppy Joe | Cheese Pizza Casserole | Rotini Bean Bake | Veggie Burger | Egg Salad |
| Infant Substitution | | Cheese Pizza Casserole Green Beans | Rotini Bean Bake | | Cottage Cheese |
| Snack | | | | | |
| Milk, fluid | Whole or 1% Milk | Whole or 1% Milk | Whole or 1% Milk | Whole or 1% Milk | Whole or 1% Milk |
| Juice, fruit or Vegetable | | | | | |
| Grain/Bread | Elfin Crackers | Strawberry Muffin | Banana Bars | Cinnamon Teddy Grahams | Cereal Snack Mix |
| Meat or Meat alternative | | | | | |
| Infant Substitution | Plain Graham Crackers/Diced Pears | Mango | Watermelon/Saltines | Club Crackers/Peas | Goldfish Crackers/Fruit Cocktail |

Rockwell Collins Child Development Center - Week 2 Menu

| Meal Patterns | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------|------------------------------------|--|----------------------------|----------------------------------|----------------------------------|
| Breakfast | | | | | |
| Grain/Bread | Kix Cereal (WG) | | Blueberry Bran Muffin | Toast (WG) | Cornflakes |
| Fruit or Vegetable | Blueberries | Hashbrowns | Apple (Fresh) | Fruit Cocktail | Mango (Frozen) |
| Milk, Fluid | Whole or 1% Milk | Whole or 1% Milk | Whole or 1% Milk | Whole or 1% Milk | Whole or 1% Milk |
| Other Foods | | Eggs | Applesauce (Infants-Trans) | Butter | |
| Lunch | | | | | |
| Meat or Meat Alternative | Macaroni & Cheese | Grilled Chicken Strips w/Sweet & Sour Sauce | Pork Sausage Patty | Goulash (ground beef & sauce) | Cheese Ravioli with Marinara |
| Vegetable | Green Beans | Stir Fry Vegetables | Sweet Potato Tots | Peas & Carrots | California Medley |
| Fruit | Watermelon (Fresh) | Oranges (Fresh) | Apricots (Canned) | Crushed Pineapple (Canned) | Fruit Cocktail (Canned) |
| Grain/Bread | Pasta in Macaroni & Cheese (WG) | Rice (WG) | Pancakes | Pasta in Casserole (WG) | Pasta in Ravioli |
| Milk, fluid | Whole or 1% Milk | Whole or 1% Milk | Whole or 1% Milk | Whole or 1% Milk | Whole or 1% Milk |
| Vegetarian | Macaroni & Cheese | Tofu Stir Fry | Greek Yogurt | Goulash with Black Beans | Cheese Ravioli with Marinara |
| Infant Substitution | | Mandarin Oranges (Infants/Trans) | Greek Yogurt | | |
| Snack | | | | | |
| Milk, fluid | Whole or 1% Milk | Water | Water | Whole or 1% Milk | Whole or 1% Milk |
| Juice, fruit or Vegetable | | | Diced Peaches | Banana | |
| Grain/Bread | Honey Graham Crackers | Ritz Crackers | | | Cinnamon Toast (WG) w/ Butter |
| Meat or Meat alternative | | Cheese Cubes | Wheat Crackers (WG) | | |
| Infant Substitution | Plain Graham Crackers | Crushed Pineapple | | Club Crackers | Tropical Fruit |

Rockwell Collins Child Development Center - Week 3 Menu

| Meal Patterns | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------|---|------------------------------------|-----------------------------|--|-----------------------------|
| Breakfast | | | | | |
| Grain/Bread | Toast (WG) | Bagel | Pancakes | Cheerios (WG) | French Toast Sticks |
| Fruit or Vegetable | Mandarin Oranges (Canned) | Strawberries (Frozen) | Tropical Fruit Mix (Canned) | Banana (Fresh) | Crushed Pineapple (Canned) |
| Milk, Fluid | Whole or 1% Milk | Whole or 1% Milk | Whole or 1% Milk | Whole or 1% Milk | Whole or 1% Milk |
| Other Foods | Jelly | Cream Cheese | Syrup | | Syrup |
| Lunch | | | | | |
| Meat or Meat Alternative | Chicken Nuggets | Chicken Broccoli & Rice Casserole | Turkey Meat with Marinara | Taco Meat with Ground Beef | Tuna Casserole |
| Vegetable | Sweet Potato Tots | Diced Carrots | Italian Blend Vegetable | Refried Beans/Tomato/Lettuce/ Cheese | Green Beans |
| Fruit | Warm Applesauce | Cantaloupe | Pears (Fresh) | Fruit Cocktail (Canned) | Watermelon |
| Grain/Bread | Bun (WG) | Rice in Casserole (WG) | Spaghetti (WG) | Tortilla | Pasta in Casserole |
| Milk, fluid | Whole or 1% Milk | Whole or 1% Milk | Whole or 1% Milk | Whole or 1% Milk | Whole or 1% Milk |
| Vegetarian | Veggie Burger | Tofu, Broccoli, and Rice Casserole | Pasta and Tofu | Add additional Vegetable - Beans are protein | Greek Yogurt |
| Infant Substitution | Veggie Burger | | Diced Pears (Canned) | | |
| Snack | | | | | |
| Milk, fluid | Whole or 1% Milk | Whole or 1% Milk | | Whole or 1% Milk | Whole or 1% Milk |
| Juice, fruit or Vegetable | | Apples and Caramel | Apple Juice | | |
| Grain/Bread | Cinnamon Teddy Grahams | | Animal Crackers | Soft Pretzel with Cheese | Whole Grain Cheese-Its |
| Meat or Meat alternative | | | | | |
| Infant Substitution | Crushed Pineapple/Plain Graham Crackers | Watermelon/Saltines | Club Crackers/Peas | Plain Graham Crackers/Madarin Oranges | Diced Carrots/WG Cheese-Its |

Rockwell Collins Child Development Center - Week 4 Menu

| Meal Patterns | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------|---|--------------------------|---------------------------------|--------------------------|-----------------------------------|
| Breakfast | | | | | |
| Grain/Bread | Waffles | Toast (WG) | Kix Cereal (WG) | Biscuits | English Muffin (WG) |
| Fruit or Vegetable | Honeydew (Fresh) | Mixed Berries (Frozen) | Sliced Strawberries (Frozen) | Mango (Frozen) | Apple (Fresh) Applesauce (I/T) |
| Milk, Fluid | Whole or 1% Milk | Whole or 1% Milk | Whole or 1% Milk | Whole or 1% Milk | Whole or 1% Milk |
| Other Foods | Syrup | Apple Butter | | Pork Sausage Gravy | Egg Patty & Cheese |
| Lunch | | | | | |
| Meat or Meat Alternative | Breaded Chicken Patty | Sliced Turkey with Gravy | Ham | Chicken Stroganoff | Cheese Pizza |
| Vegetable | Corn | Mashed Potatoes | Scalloped Potatoes | Italian Blend Vegetables | Mixed Vegetables |
| Fruit | Pear (Fresh) | Watermelon | Oranges (Fresh) | Peaches (Canned) | Melon Medely (Fresh) |
| Grain/Bread | Bun (WG) | Slice of Bread (WG) | Dinner Roll w/Butter | Pasta in Stroganoff | Crust on pizza |
| Milk, fluid | Whole or 1% Milk | Whole or 1% Milk | Whole or 1% Milk | Whole or 1% Milk | Whole or 1% Milk |
| Vegetarian | Cheese Quesadilla | Bean Casserole | Cottage Cheese | Tofu Stroganoff | Cheese Pizza |
| Infant Substitution | Cheese Quesadilla Green Beans Inf Diced Pears (Inf/Trans) | | Mandarin Oranges (Infant/Trans) | | |
| Snack | | | | | |
| Milk, fluid | Whole or 1% Milk | Whole or 1% Milk | Water | Water | Whole or 1% Milk |
| Fruit or Vegetable | | | | | |
| Grain/Bread | Honey Graham Crackers | Pumpkin Bar | Tortilla | Whole Wheat Crackers | Pita with Veggie Cream Cheese |
| Meat or Meat alternative | | | Turkey & Cheese | Cheddar Cheese Stick | |
| Infant Substitution | Plain Graham Crackers/Diced Peaches | Fruit Cocktail | Green Beans | Diced Pears | Club Crackers/Peas |

Rockwell Collins Child Development Center - Week 5 Menu

| Meal Patterns | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------|---|-----------------------------|---------------------------|--------------------------------------|---------------------------|
| Breakfast | | | | | |
| Grain/Bread | Corn Flakes | Bagel | | Rice Krispies | Pancakes |
| Fruit or Vegetable | Apples (Canned) | Blueberries (Frozen) | Hashbrown Patty | Diced Pears (Canned) | Mango (Frozen) |
| Milk, Fluid | Whole or 1% Milk | Whole or 1% Milk | Whole or 1% Milk | Whole or 1% Milk | Whole or 1% Milk |
| Other Foods | | Cream Cheese | Scrambled Eggs | | Syrup |
| Lunch | | | | | |
| Meat or Meat Alternative | Grilled Chicken Strips | Hamburger w/Cheese | Popcorn Chicken | Grilled Chicken Strips with Teriyaki | Cheese Ravioli & Marinara |
| Vegetable | Refried Beans/Tomato/Lettuce | Potato Wedges | Broccoli | Stir Fry Vegetables | Italian Vegetables |
| Fruit | Apricots (Canned) | Cantaloupe/Honeydew (Fresh) | Mandarin Oranges (Canned) | Banana | Tropical Fruit (Canned) |
| Grain/Bread | Tortilla | Bun (WG) | Bread (WG) | Rice (WG) | Pasta in Ravioli |
| Milk, fluid | Whole or 1% Milk | Whole or 1% Milk | Whole or 1% Milk | Whole or 1% Milk | Whole or 1% Milk |
| Vegetarian | Add extra vegetable - refried beans are protein | Veggie Burger | Cottage Cheese | Tofu Stir Fry | Cheese Ravioli & Marinara |
| Infant Substitution | | | | | |
| Snack | | | | | |
| Milk, fluid | Whole or 1% Milk | Whole or 1% Milk | Water | | Whole or 1% Milk |
| Juice, fruit or Vegetable | | | Diced peaches (Canned) | Grape Juice | |
| Grain/Bread | Cereal Snack Mix (WG) | Raspberry Muffin | Club Crackers | Soft Pretzel with Cheese | Goldfish (WG) |
| Meat or Meat alternative | | | | | |
| Infant Substitution | Goldfish Crackers/Mango | Diced Carrots | | Plain Graham Crackers/Watermelon | Green Beans |