Lehigh Valley Children's Centers





School-	Age	Daily	Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
		1BreakfastWhole Grain Corn Chex Banana Unflavored Skim MilkSnack Raisins Whole Grain Saltine Crackers w/Cheese Slices Water	2 <u>Breakfast</u> Whole Grain Cheerios Diced Pears Unflavored Skim Milk <u>Snack</u> Yogurt Whole Grain Maple Bites Water	3 <u>Breakfast</u> Whole Grain Waffles w/Syrup Applesauce Unflavored Skim Milk <u>Snack</u> Whole Wheat Animal Crackers Mandarin Oranges Water
6 Breakfast Whole Grain Kix Cereal Bananas Unflavored Skim Milk <u>Snack</u> Whole Grain Cinnamon Crisp Bites Fresh Apples Water	7 Breakfast 100% Whole Wheat Bagel w/Cream Cheese 100% Pineapple Juice Unflavored Skim Milk Snack Whole Grain Vegg Crackers Cheese Sticks Water	8 Breakfast Whole Grain Pancake Fresh Apple Unflavored Skim Milk <u>Snack</u> Whole Grain Educational Crackers Mixed Fruit Water	9 <u>Breakfast</u> Whole Grain Life Cereal Mixed Fruit Unflavored Skim Milk <u>Snack</u> Whole Grain Tostado Chips w/Shredded Cheese & Salsa Water	10 Breakfast 100% Whole Wheat Bread w/Cream Cheese 100% Orange Juice Unflavored Skim Milk <u>Snack</u> Whole Wheat Hard Pretzels Diced Pears Water







		rige Dung		
Monday	<u>Tuesday</u>	Wednesday	<u>Thursday</u>	<u>Friday</u>
13 <u>Breakfast</u> Whole Grain French Toast Sticks Applesauce Unflavored Skim Milk <u>Snack</u> Whole Grain Blueberry Lemon Crisp Sliced Peaches Water	14BreakfastWhole GrainWaffle w/SyrupPeachesUnflavored Skim MilkSnackWhole GrainCheese It CrackersMandarin OrangesWater	15 <u>Breakfast</u> Whole Grain English Muffins Bananas Unflavored Skim Milk <u>Snack</u> Whole Grain Breadstick Crackers String Cheese Water	16 <u>Breakfast</u> Whole Grain Corn Chex Banana Unflavored Skim Milk <u>Snack</u> Whole Wheat Animal Crackers Mandarin Oranges Water	17 <u>Breakfast</u> Whole Grain Raisin Bread Fresh Apples Unflavored Skim Milk <u>Snack</u> Whole Grain Saltine Crackers Fresh Oranges Water
20 <u>Breakfast</u> Rice Krispies Sliced Peaches Unflavored Skim Milk <u>Snack</u> Whole Grain Corn Muffins Fresh Apples Water	21 <u>Breakfast</u> Whole Grain Kix Cereal Mixed Fruit Unflavored Skim Milk <u>Snack</u> Whole Grain Goldfish Crackers Applesauce Water	22 Breakfast Whole Grain Multi Grain Cheerios Applesauce Unflavored Skim Milk <u>Snack</u> Whole Wheat Graham Crackers Pears Water	23 <u>Breakfast</u> Corn Flakes Diced Pears Unflavored Skim Milk <u>Snack</u> Whole Grain Soft Pretzel Rods **2 Per Child** Cheese Dip Water	24 <u>Breakfast</u> Whole Grain Pancakes Grapes Unflavored Skim Milk <u>Snack</u> Whole Grain Saltine Crackers Soy Butter Raisins Water







<u>Monday</u>	<u>Tuesday</u>	Wednesday	<u>Thursday</u>	<u>Friday</u>
<u>27</u> ALL	28 <u>Breakfast</u> Whole Grain Corn Chex Banana Unflavored Skim Milk	29 <u>Breakfast</u> Whole Grain Wheat Chex Peaches Unflavored Skim Milk	30 <u>Breakfast</u> Rice Krispie Cereal Orange Wedges Unflavored Skim Milk	31 <u>Breakfast</u> Whole Grain French Toast Sticks Applesauce Unflavored Skim Milk
LVCC CENTERS CLOSED	<u>Snack</u> Fresh Carrot Sticks Dipped Soy Butter Water	<u>Snack</u> Whole Grain Blueberry Mini Loaves Bananas Water	<u>Snack</u> Whole Grain Goldfish Crackers Applesauce Water	<u>Snack</u> Whole Grain Blueberry Lemon Crisp Sliced Peaches Water