

The Children's Center at Burke Gilman Garden's Menu, Week 1 (May 30- June 3)

(Children under 2 years of age receive whole milk, children 2 and older receive fat free milk;*whole grain rich item served)

Meal	Portion	Monday	Portion	Tuesday	Portion	Wednesday	Portion	Thursday	Portion	Friday
Breakfast		CENTER CLOSED	1 oz eq. 1/3 cup 3/4 cup	Whole Grain Toast (WGR) w/ Jam Apple Milk	1 oz eq. 1/3 cup 3/4 cup	English Muffins (WGR) w/ Sunbutter Mixed Berries Milk	1 oz eq. 1/3 cup 3/4 cup	Rice Cereal Bananas Milk	1 oz eq. 1/3 cup 3/4 cup	waffles oranges Milk
AM Snack			1 oz eq. 1/3 cup	Veggie soup w/ potato, celery, corn, onion and carrot Saltines Water	1 oz eq. 1/3 cup	Trail Mix (Cheerios, life cereal, goldfish, Pretzels) Cucumber Water	1 oz eq. 3/4 cup	Tortilla Chips w/ (Salsa, black beans and corn) Bell pepper slices Water	1 oz eq. 1/3 cup	Yogurt with mix berries Graham cracker Water
Lunch			4 oz 1 each 1/4 cup 3/4 cup	Chicken Pot Pie w/ Peas & Carrot Biscuit Oranges Milk	4 oz 1/4 cup 1 serving 3/4 cup	Turkey "Fried" Brown Rice (WGR) Carrots, Greens, Yellow Wax Beans Apples Milk	4 oz 1/4 cup 1/4 cup 3/4 cup	Moroccan Chickpea Stew Tomatoes, Spinach and Quinoa (WGR) Pears Milk	4 oz 1/4 cup 1/4 cup 3/4 cup	Turkey Sloppy Joe on Whole Wheat Bun (WGR) Peas Berry crumble Milk
PM Snack			1 oz eq. 1/3 cup	Pita chip w/ hummus pears Water	1 oz eq. 1/3 cup	Cheese Broccoli with quinoa Ritz Water	1 oz eq. 1/3 cup	Sunbutter & Jelly Wraps (WGR) Apples Slices Water	 1/3 cup	Bake potato, squash, beet Multi-grain cracker Water

Toddler Class will have steamed vegetables and applesauce in place of hard vegetables and apples.

The Children's Center at Burke Gilman Garden's Menu, Week 2 (June 6- June 10)

(Children under 2 years of age receive whole milk, children 2 and older receive fat free milk; *whole grain rich item served)

Meal	Portion	Monday	Portion	Tuesday	Portion	Wednesday	Portion	Thursday	Portion	Friday
Breakfast	1 oz eq.	Cheerios (WGR)	1 oz eq.	Whole Wheat Bagels (WGR) w/ Cream Cheese	1 oz eq.	English Muffin with Jam	1 oz eq.	Waffles	1 oz eq.	Greek Yogurt w/ Granola
	1/3 cup 3/4 cup	Strawberries Milk	1/3 cup 3/4 cup	Kiwi Milk	1/3 cup 3/4 cup	Apple Slices Milk	1/3 cup 3/4 cup	Blueberries Milk	1/3 cup 3/4 cup	Pear Slices Milk
AM Snack	1 oz eq.	Bake potatoes w/ Cheese	1 oz eq.	Club Crackers w/ Sliced Cheese	1 oz eq.	Multi Grain Crackers (WGR)	1 oz eq.	Egg Salad w/ Fried Onion	1 oz eq.	Fruit Smoothy w/ Spinach
	1/3 cup	Saltines Water	1/3 cup	Sliced Pears Water	1/3 cup	Orange Wedges Water	1/3 cup	Saltines Water	1/3 cup	Animal Crackers
Lunch	4 oz	White Beans	1 each	Red Beans & Brown Rice (WGR)	4 oz	BBQ Pulled Chicken w/ whole wheat bun (WGR)	4 oz	Black Bean & Cheese Quesadilla on Whole Wheat Tortilla (WGR)	6 oz	Thai Crispy Chicken
	1/4 cup	Peas & Onions on Pasta (WGR) w/Tomato Sauce	1/4 cup	Green Beans	1/4 cup	Carrots	1/4 cup	Corn, Bell Peppers & Onion	1/4 cup	Brown Rice (WGR) w/ Broccoli, Snap Peas, Red Pepper, Bean Sprouts, Water Chestnuts
	1/4 cup	Melon Wedges	1 serving	Orange Wedges	1/4 cup	Apple Slices	1/4 cup	Pears	1/4 cup	Apple Crumble
	3/4 cup	Milk	3/4 cup	Milk	3/4 cup	Milk	3/4 cup	Milk	3/4 cup	Milk
PM Snack	1 oz eq.	Graham cracker	1 oz eq.	Couscous Salad (Couscous, cucumber, tomato and lemon juice)	1 oz eq.	Pita Bread w/ Melted Cheese	1 oz eq.	Pita Chips and Hummus	1 oz eq.	Ritz and String Cheese
	1/3 cup	Apple Slices Water	1/3cup	Milk	1/3 cup	Bell pepper Water	1/3 cup	Watermelon Water	1/3 cup	Cucumber Rounds Water

Toddler Class will have steamed vegetables and applesauce in place of hard vegetables and apples.

The Children's Center at Burke Gilman Garden's Menu, Week 3 (June 13-June 17)

(Children under 2 years of age receive whole milk, children 2 and older receive fat free milk; *whole grain rich item served)

Meal	Portion	Monday	Portion	Tuesday	Portion	Wednesday	Portion	Thursday	Portion	Friday
Breakfast	1 oz eq.	Rice Cereal (WGR)	1 oz eq.	Whole Wheat Toast w/ Sunbutter	1 oz eq.	Greek Yogurt w/ Granola	1 oz eq.	English Muffin (WGR) w/ Jam	1 oz eq.	Waffles
	1/3 cup 3/4 cup	Pineapple Cubes Milk	1/3 cup 3/4 cup	Blueberries Milk	1/3 cup 3/4 cup	Pear Slices Milk	half 3/4 cup	Mango Cubes Milk	1/3 cup 3/4 cup	Orange Wedges Milk
AM Snack	1 oz eq.	Mashed Potatoes w/ Cheese	1 oz eq.	Tuna Melts (on English Muffin w/ Melted Cheese)	1 oz eq.	Triscut	1 oz eq.	Yogurt w/ Blueberries	1 oz eq.	Wheat thins
	1/3 cup	Spinach salad Water	3/4 cup	Milk	1/3 cup	Banana Water	1/3 cup	Animal Crackers Water	1/3 cup	Cantaloupe Cubes Water
Lunch	6 oz	White Beans w/ Tomato on Pasta (WGR)	6 oz	Hamburger w/ Cheese, Lettuce, & Tomato on Whole Wheat Bun (WGR)	4 oz	Pinto Bean, Brown Rice & Cheddar Burrito on Whole Wheat Tortilla (WGR)	4 oz	Orange Sesame Ginger Chicken/ Brown Rice (WGR),	4 oz	Chicken Parmesan w/ Whole Wheat Bun (WGR)
	1/4 cup	Green Beans	1/4 cup	Carrot	1/4 cup	Corn Succotash	1/4 cup	Cauliflower	1/4 cup	Peas & Carrots
	1/4 cup	Melon Wedges	1/4 cup	Oranges	1/4 cup	Apples	1/4 cup	Pears	4-Jan	Peach Crumble
	3/4 cup	Milk	3/4 cup	Milk	3/4 cup	Milk	3/4 cup	Milk	3/4 cup	Milk
PM Snack	1 oz eq.	Trail Mix (cheerios, life cereal, goldfish, pretzels, raisins)	1 oz eq.	Pretzels	1 oz eq.	Tortilla Wraps w/ Hummus and Peppers	1 oz eq.	Potato with green salad, Fried onion, and italian dressing	1/2 serving	Pita chips
	1/3 cup	Pear Slices Water	1/3 cup	Ants On a Log (Celery, Soy Nut Butter, and Raisins) Water	1/3 cup	Milk	1/3 cup	Ritz cracker Water	1/3 cup	Carrots w/ Hummus Water

Toddler Class will have steamed vegetables and applesauce in place of hard vegetables and apples.

The Children's Center at Burke Gilman Garden's Menu, Week 4 (June 20-June 24)

(Children under 2 years of age receive whole milk, children 2 and older receive fat free milk; *whole grain rich item served)

Meal	Portion	Monday	Portion	Tuesday	Portion	Wednesday	Portion	Thursday	Portion	Friday
Breakfast		Center Closed	1 oz eq. 1/3 cup 3/4 cup	Whole Wheat Bagels (WGR) w/ Cream Cheese Blueberries Milk	1 oz eq. 1/3 cup 3/4 cup	English Muffins w/ Sunbutter Mix berries Milk	1 oz eq. 1/3 cup 3/4 cup	Whole Wheat Toast (WGR) w/ Jam Apple Milk	1 oz eq. 1/3 cup 3/4 cup	Cheerios (WGR) pear Milk
AM Snack		Center Closed	1 oz eq. 1/2 serving	Cheese broccoli with quinoa Orange Wedges Water	1 oz eq. 1/2 serving 3/4 cup	Rice Rollers Pear Slices Milk	1 oz eq. 1/3 cup	Triscuits Melon Cubes Water	1/2 serving 1/2 cup	Greek Yogurt w/ cereal Bananas Water
Lunch		Center Closed	6 oz 1/4 cup 3/4 cup	Mini Chicken Corn Dog (WGR) w/ ketchup & mustard, carrot Oranges Milk	4 oz 1/4 cup 3/4 cup	Ground Turkey w/ Corn, Bell Pepper, & Onion on Brown Rice (WGR) Apples Milk	2 oz 1/4 cup 3/4 cup	Chicken Pot Pie w/ Peas & Carrots & Biscuit (WGR) Pear Milk	4 oz 1 serving 3/4 cup	Chicken Enchilada Casserole w/ Corn, Peppers, & Onions in Whole Wheat Tortilla (WGR) Fruit Crumble Milk
PM Snack		Center Closed	1 oz eq. 1/3 cup	Tortilla chips with bean and salsa Carrot Sticks Water	1 oz eq. 1/3 cup	Grilled Cheese Sandwiches Tomato Soup Water	1 oz eq. 1 serving	Hard boiled eggs, fried onion, cheese, salad Saltines Water	1 oz eq. 1/3 cup	Pita bread with cheese Cucumber Rounds Water

Toddler Class will have steamed vegetables and applesauce in place of hard vegetables and apples.

The Children's Center at Burke Gilman Garden's Menu, Week 1 (June 27-July 1)

(Children under 2 years of age receive whole milk, children 2 and older receive fat free milk; *whole grain rich item served)

Meal	Portion	Monday	Portion	Tuesday	Portion	Wednesday	Portion	Thursday	Portion	Friday
Breakfast	1 oz eq.	Greek Yogurt w/ Granola (WGR)	1 oz eq.	Whole Wheat Bagels (WGR) w/ Cream Cheese	1 oz eq.	English Muffins w/ Jam	1 oz eq.	Waffles	1 oz eq.	Life Cereal
	1/3 cup	Blueberries	1/3 cup	Orange	1/3 cup	Apple	1/3 cup	Pears	1/3 cup	Kiwi
	3/4 cup	Milk	3/4 cup	Milk	3/4 cup	Milk	3/4 cup	Milk	3/4 cup	Milk
AM Snack	1 oz eq.	Wheat Thins	1 oz eq.	Cereal Bar	1 oz eq.	Pita Bread	1 oz eq.	Graham Crackers w/ Mixed Berries	1 oz eq.	Bread Sticks w/ Marinara Sauce
	1/3 cup	Oranges	1/3 cup	Bananas	1/3 cup	Hummus	1/3 cup	Greek Yogurt	1/3 cup	Broccoli
				water		Water		Water		water
Lunch	1 serving	Black Bean Burrito Bowl w/ cheese, corn, peppers, onions, & salsa/cilantro lime	1 serving	Turkey Franks w. macaroni & Cheese (WGR)	1 serving	Whit Bean & Pesto Brown Rice (WGR) w/tomato	1 serving	Tofu Pad Thai w/ whole wheat Yakisoba Noodles (WGR) & Tamarind sauce	4 oz serving	
	1/4 cup	Melon Wedges	1/4 cup	Peas & carrot	1/4 cup	Broccoli & Cauliflower	1/4 cup	Edamame & Carrots	2 oz	
			1/4 cup	Orange	1/4 cup	apple	1/4 cup	Pears	1 roll	
	3/4 cup	Milk	3/4 cup	Milk	3/4 cup	Milk	3/4 cup	Milk	3/4 cup	
PM Snack	1 oz eq.	Cheese quesadilla with baby Spinach	1 oz eq.	Tortilla Chips w/ Black Bean Salsa	1 oz eq.	Multigrain Crackers (WGR)	1 oz eq.	Pasta Salad with Mixed Veggies	1 oz eq.	Trailmix (life cereal, cheerios, pretzel, gold fish, animal cracker)
	1/3 cup	Milk	1/3 cup	Broccoli	1/3 cup	Cucumber	1/3 cup	Oranges	1/3 cup	Ants on a log (Celery, soy nut butter and raisin)
				Water		Water		Water		Water

Toddler Class will have steamed vegetables and applesauce in place of hard vegetables and apples.