

**Menu**

**EMU Children's Institute**

**2024**

Week 1	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>Breakfast</b>  <b>Served: 7:30 – 9:00</b>                      1. Fluid Milk                      2. Fruit, Vegetable, or Juice                      3. Grain/Bread                      Other/Combination Foods</p>	<p>Milk  <b>W.G.</b> *Cereal                      *Blueberries</p>	<p>Milk  <b>W.G.</b>*Mini maple waffles                      *Peaches</p>	<p>Milk  <b>W.G.</b>*Cereal                      *Banana</p>	<p>Milk  <b>WG</b> *Cereal                      *Strawberries</p>	<p>Milk  <b>WG</b>*Cereal                      *Plum</p>
<p><b>Entrees</b></p>	<p><b>Chicken Quesadilla</b>                      H.M.</p>	<p><b>Turkey Meatballs</b>                      H.M.</p>	<p><b>Cheese Pizza</b> H.M.</p>	<p><b>Sweet and Sour</b>  <b>Chicken</b>                      H.M.</p>	<p><b>Sloppy Joe Sliders</b>                      H.M.</p>
<p><b>Lunch</b>  <b>Served: 12:00 – 1:00</b>                      1. Fluid Milk                      2. Meat or Meat Alternate                      3. Fruit or Vegetable                      4. Fruit or Vegetable                      5. Grain/Bread                      Other/Combination Foods</p>	<p>Milk                      Mexican Cheese                      Chicken                      Broccoli                      Honeydew                      Salsa                      Flour Tortilla</p>	<p>Milk                      Ground Turkey                      Egg Noodles                      Cauliflower                      Diced Mango                       M.A Bean Burger</p>	<p>Milk                      Mozzarella Cheese                      Pizza Dough                      Pizza Sauce                      Tossed Salad                      Pears                       M.A. Meatless Meatballs</p>	<p>Milk                      Chicken                      Steamed Rice                      Vegetable Stir Fry                      Apple Sauce                       M.A. Meatless Chicken Nuggets</p>	<p>Milk                      Ground Beef                      Cucumbers                      Mandarin Oranges                      Hawaiian Roll                       M.A. Veggie Sloppy Joe</p>
<p><b>PM Snack</b>  <b>Served: 3:00 – 4:30</b>                      (serve 2 of 4)                      1. Fluid Milk                      2. Meat or Meat Alternate                      3. Fruit, Vegetable, or Juice                      4. Grain/Bread</p>	<p>Garlic Breadstick                      *Cucumbers                      w/ ranch</p>	<p>*Graham Crackers                      *Pears</p>	<p>*Soft Pretzels                      *Carrots and Broccoli                      w/ ranch</p>	<p>*Crackers                      *Watermelon</p>	<p>*Teddy Grahams                      *Cantaloupe</p>

\* **HM = Homemade**

\* **MA = Meat Alternative**

\* **WG = Whole Grain**

\*Crackers available for Staff to choose from: Butter, Graham Crackers, Cheez-Its, Chex Mix,

\*Cold cereals available for Staff to choose from: Cheerios/Kix/Life/Corn Flakes//Rice Chex/Corn Chex/

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> <b>Served: 7:30 – 9:00</b> 1. Fluid Milk 2. Fruit, Vegetable, or Juice 3. Grain/Bread Other/Combination Foods	Milk <b>W.G.*Cereal</b> *Cantaloupe	Milk <b>W.G.*Bagel and Cream Cheese</b> *Apple	Milk <b>W.G.* Cereal</b> *Blackberries	Milk <b>WG *Muffins</b> *Banana	Milk <b>WG *English Muffin</b> with strawberry Jam *Strawberries
<b>Entrees</b>	<b>Breakfast for Lunch</b> <b>H.M.</b>	<b>Grilled Ham and Cheese Sandwich</b> <b>H.M.</b>	<b>Rotini in Beef Sauce H.M.</b>	<b>Soft Turkey Tacos</b> <b>H.M.</b>	<b>Macaroni and Cheese H.M.</b>
<b>Lunch</b> <b>Served: 12:00 – 1:00</b> 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit or Vegetable 4. Fruit or Vegetable 5. Grain/Bread Other/Combination Foods	Milk French Toast Sticks Turkey Patty Hashbrown Mandarin Oranges  M.A. Impossible Sausage Patties	Milk American Cheese Ham Honeydew Sweet Potato Whole Grain Bread  M.A. Meatless Chicken	Milk Watermelon Pasta Beef Sauce Brussels Sprouts  M.A. Lentil Bolognese	Milk Ground Turkey Pineapple Red Peppers Flour Tortilla Salsa Mexican Cheese M.A. Baja Bean Tacos	Milk Noodles Cheese Green beans Blueberries
<b>PM Snack</b> <b>Served: 3:00 – 4:30</b> <b>(serve 2 of 4)</b> 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	*Tortilla Chips and Cheese *Watermelon	*Crackers and Cheese	*Graham Crackers w/ sunbutter	Cheese Breadstick Marinara/ ranch	*Crackers *blackberries

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> <b>Served: 7:30 – 9:00</b> 1. Fluid Milk 2. Fruit, Vegetable, or Juice 3. Grain/Bread Other/Combination Foods	Milk <b>W.G.*Cereal</b> *Grapes	Milk <b>W.G.*Cereal</b> *Plum	Milk <b>W.G. Yogurt</b> *Strawberries	Milk <b>WG *Pancakes</b> *Peaches	Milk <b>WG *Cereal</b> *Blueberries
<b>Entrees</b>	<b>Chicken Alfredo</b> <b>H.M.</b>	<b>Pizza Quesadilla</b> <b>H.M.</b>	<b>Roasted Turkey with</b> <b>Gravy</b> <b>H.M.</b>	<b>Pollock Nuggets</b> <b>H.M.</b>	<b>Homestyle Meatloaf</b> <b>H.M.</b>
<b>Lunch</b> <b>Served: 12:00 – 1:00</b> 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit or Vegetable 4. Fruit or Vegetable 5. Grain/Bread Other/Combination Foods	Milk Chicken Alfredo Sauce Rotini Pasta Steamed baby carrots pineapple  M.A. Vegan Chicken Strips	Milk Mexican Cheese Mango Fruit Cup Sweet Potato Puffs Salsa Flour Tortilla	Milk Turkey Butternut Squash Croissant Turkey Gravy Cantaloupe  M.A. Vegan Chicken Strips	Milk Watermelon French Fries Pollock Nugget Roll  M.A. Vegan Chicken tenders	Milk Meatloaf Mandarin Oranges Cauliflower Cornbread  M.A. lentil Barley Meatloaf
<b>PM Snack</b> <b>Served: 3:00 – 4:30</b> <b>(serve 2 of 4)</b> 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	*Graham Crackers *Pears	*English Muffin with Cheese	*Crackers *Applesauce	*Garlic breadstick *red bell peppers Marinara/ranch	*Crackers *carrots and cauliflower w/ ranch

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Week 4	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>Breakfast</b> Served: 7:30 – 9:00</p> <ol style="list-style-type: none"> <li>Fluid Milk</li> <li>Fruit, Vegetable, or Juice</li> <li>Grain/Bread</li> </ol> <p>Other/Combination Foods</p>	<p>Milk <b>W.G.*</b> English Muffin with grape Jam *Mandarin Oranges</p>	<p>Milk <b>W.G.*</b>Cereal *Strawberries</p>	<p>Milk <b>W.G.*</b> Bagels w/ Cream Cheese *Pears</p>	<p>Milk <b>WG *Cereal</b> *Raspberries</p>	<p>Milk <b>WG * Blueberry</b> Muffins *Peaches</p>
<b>Entrees</b>	<b>Baked Chicken Fritter H.M.</b>	<b>Cheese Tortellini Marinara H.M.</b>	<b>Cheeseburger H.M.</b>	<b>Chicken Spinach Tzatziki Wrap H.M.</b>	<b>Breakfast for lunch H.M.</b>
<p><b>Lunch</b> Served: 12:00 – 1:00</p> <ol style="list-style-type: none"> <li>Fluid Milk</li> <li>Meat or Meat Alternate</li> <li>Fruit or Vegetable</li> <li>Fruit or Vegetable</li> <li>Grain/Bread</li> </ol> <p>Other/Combination Foods</p>	<p>Milk Chicken Breast Mexican Cheese Biscuit Honeydew Mashed Potatoes Gravy  M.A. Vegan Chicken</p>	<p>Milk Noodle Cheese Peas Pears Marinara Sauce</p>	<p>Milk Ground Beef Hamburger Bun Watermelon Tater Tots  M.A. Black Bean Burger</p>	<p>Milk pineapple Chicken Tzatziki Sauce Spinach Cucumbers Flour tortilla  M.A. Roasted Red Pepper Hummus and Feta Wrap</p>	<p>Milk Pancakes Turkey Patty Sweet Potato Tots Blueberries  M.A. Impossible Sausage Patties</p>
<p><b>PM Snack</b> Served: 3:00 – 4:30 (serve 2 of 4)</p> <ol style="list-style-type: none"> <li>Fluid Milk</li> <li>Meat or Meat Alternate</li> <li>Fruit, Vegetable, or Juice</li> <li>Grain/Bread</li> </ol>	<p>*Nutri Grain Bars *Apples</p>	<p>*Teddy Grahams *red peppers</p>	<p>*Tortilla Chips and Cheese *Banana</p>	<p>*Soft Pretzel w/ cheese</p>	<p>*Crackers *Pears</p>

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