

Niagara County Community College
 Child Development Center
 Fall 2023 Menu

Cycle 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Waffles Peaches Milk	Bagels with Butter Raspberries Milk	Scrambled Eggs (WGR)Toast Strawberries Milk	Muffins Bananas Milk	French Toast Sticks Mandarin Oranges Milk
Lunch	Fish Sticks (WGR) Seasoned Brown Rice Broccoli Watermelon Milk	Chicken Patty On (WGR) Roll With Butter noodles Mixed Vegetables Pears Milk	Cheese Raviolis With Meatballs (WGR) Texas Toast Chef Salad Pineapples Milk	Cheeseburger on (WGR) Roll White Rice Caesar Salad Watermelon Milk	Grilled Cheese On (WGR) Bread Chicken Noodle Soup Broccoli Mixed Fruit Milk
Snack	Cucumber With Ranch Apple Slices Water	Chex Mix Bananas Water	Graham Crackers Blueberries Water	Pretzel Bites With Cheese Strawberries Water	String Cheese Stick (WGR) Crackers Peaches Water

*All pastas and breads are whole wheat or whole grain rich (WGR)

* All salads and pitas are made with romaine lettuce

*1-Year-old: Whole Milk Only. 2-5year old: Nonfat Milk Only. Lactose free Milk is also available to medically eligible children.

***** Peanut-free menu (no oils/by-products) No pork or juice served.**

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Cycle 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Waffles Peaches Milk	French Toast Sticks Bananas Milk	Bagels with Butter Strawberries Milk	Scrambled Eggs (WGR)Toast Blueberries <i>Milk</i>	(WGR) Cheerios Mandarin Oranges Milk
Lunch	Chicken Nuggets Mashed Potatoes (WGR) Texas Toast Broccoli Mixed Fruit Cup Milk	Ground Beef Tacos (WGR) Tortilla Shell Lettuce, Cheese, Tomatoes, Sour Cream Tatar Tots Pineapples Milk	Fettuccini Alfredo With Grilled Chicken (WGR) Dinner Roll Chef Salad Watermelon Milk	French Toast With Breakfast Sausage Broccoli Mixed Fruit Milk	Homemade Pizza Caesar Salad With Grilled Chicken Strawberries Milk
Snack	Yogurt Mandarin Oranges Water	String Cheese Stick (WGR) Crackers Strawberries Water	Animal Crackers Apples Slices Water	Graham Crackers Raspberries Water	Chex Mix Peaches Water

*All pastas and breads are whole wheat or whole grain rich (WGR)

* All salads and pitas are made with romaine lettuce

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Cycle 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	French Toast Sticks Peaches Milk	Muffins Raspberries Milk	Scrambled Eggs (WGR)Toast Strawberries Milk	Bagels with Butter Blueberries Milk	(WGR) Cheerios Mandarin Oranges Milk
Lunch	Cheeseburger on (WGR) Roll White Rice Broccoli Watermelon Milk	Chicken Fingers Mashed Potatoes (WGR)Texas Toast Caesar Salad Pears Milk	Cheese Raviolis With Meatballs (WGR) Texas Toast Chef Salad Pineapples Milk	Grilled Cheese On (WGR) Bread Chicken Noodle Soup Mixed Vegetables Mixed Fruit Milk	French Toast With Breakfast Sausage Broccoli Strawberries Milk
Snack	Cucumber With Ranch Apple Slices Water	String Cheese Stick (WGR) Crackers Bananas Water	Pretzel Bites With Cheese Blueberries Water	(WGR) Goldfish Raspberries Water	Graham Crackers Peaches Water

*All pastas and breads are whole wheat or whole grain rich (WGR)

* All salads and pitas are made with romaine lettuce

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Cycle 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	(WGR) Cheerios Mandarin Oranges Milk	Waffles Bananas Milk	Bagels with Butter Strawberries Milk	French Toast Sticks Blueberries Milk	Scrambled Eggs (WGR) Toast Peaches
Lunch	Turkey and Cheese Sandwich (WGR) Bread Butter Noodles Broccoli Mixed Fruit Cup Milk	Shredded Chicken Tacos (WGR) Tortilla Shell Lettuce, Cheese, Tomatoes, Sour Cream Tatar Tots Pineapples Milk	Mac and Cheese With BBQ Grilled Chicken (WGR) Dinner Roll Broccoli Watermelon Milk	Chicken Patty On (WGR) Roll With Butter noodles Mixed Vegetables Pears Milk	Homemade Pizza Caesar Salad With Grilled Chicken Strawberries Milk
Snack	Yogurt Peaches Water	Chex Mix Strawberries Water	Animal Crackers Apples Slices Water	(WGR) Goldfish Raspberries Water	String Cheese Stick (WGR) Crackers Mandarin Oranges Water

*All pastas and breads are whole wheat or whole grain rich (WGR)

* All salads and pitas are made with romaine lettuce

*1-Year-old: Whole Milk Only. 2-5year old: Nonfat Milk Only. Lactose free Milk is also available to medically eligible children.

***** Peanut-free menu (no oils/by-products) No pork or juice served.**