

August 10 -> 14c

	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
	1-2	3-4	5-6	7-8	1-2	3-4	5-6	7-8	1-2	3-4	5-6	7-8	1-2	3-4	5-6	7-8	1-2	3-4	5-6	
AM SNACK																				
CHOOSE 2 COMPONENTS	Apple Sauce 1/2c	1/2c	3/4c		Sliced Grapes (FF) 1/2c	1/2c	3/4c		Rice Chex Cereal 1/2c	1/2c	1c		Diced Peaches (FF) 1/2c	1/2c	3/4c		Banana 1/2c	1/2c	3/4c	
	Milk 4 oz	4 oz	8 oz		Milk 4 oz	4 oz	8 oz		Milk 4 oz	4 oz	8 oz		Milk 4 oz	4 oz	8 oz		Milk 4 oz	4 oz	8 oz	
BREAKFAST																				
GRAIN	Toasted Oats (W) 1/2c	2/3c	1/1c		Oatmeal (W) 1/4c	1/4c	1/2c		Mini Pancake (W) 1/2	1	1		Rice Krisp (W) 1/2c	2/3c	1/1c		Blueberry Pancake (W) 1/2 sl	1/2sl	1sl	
FRUIT OR JUICE	Apple Slices 1/4c	1/2c	1/2c		100% Apple Juice 1/4c	1/4c	1/2c		Apple Sauce 1/4c	1/2c	1/2c		Strawberries/FF 1/4c	1/2c	1/2c		100% Apple Juice 1/4c	1/4c	1/2c	
MILK	Milk 4 oz	8 oz	8 oz		Milk 4 oz	8 oz	8 oz		Milk 4 oz	8 oz	8 oz		Milk 4 oz	8 oz	8 oz		Milk 4 oz	8 oz	8 oz	
LUNCH																				
MEAT/MEAT ALT.	Spaghetti/Meat Sauce 1oz	1 1/2oz	2oz		Sweet/Sour Chicken 1oz	1 1/2oz	2oz		Meat Turkey Sausage Egg 1oz	1 1/2oz	2oz		Bean Soup 1/4c	1/2c	1/2c		Mini Corn Dogs 1oz	1 1/2oz	2oz	
VEGETABLE	Roef Potato 1oz	1oz	1oz		STIR FRY Veggies 1/8c	1/4c	1/2c		Chesse 1/8c	1/4c	1/2c		Cherry Pot 1/8c	1/4c	1/2c		Peas 1/8c	1/4c	1/2c	
GRAIN	Orzo (W) 1/2 sl	1/2sl	1sl		Rice (W) 1/4c	1/4c	1/2c		Carrots (FF) 1/8c	1/4c	1/2c		Cherry Pot 1/8c	1/4c	1/2c		Carrots (FF) 1/8c	1/4c	1/2c	
FRUIT	Pineapple 1/8c	1/4c	1/2c		Peaches 1/8c	1/4c	1/2c		Orange 1/8c	1/4c	1/2c		FRUIT Salsa (FF) 1/8c	1/4c	1/2c		Grapes (FF) 1/8c	1/4c	1/2c	
MILK	Milk 4 oz	8 oz	8 oz		Milk 4 oz	8 oz	8 oz		Milk 4 oz	8 oz	8 oz		Milk 4 oz	8 oz	8 oz		Milk 4 oz	8 oz	8 oz	
PM SNACK																				
CHOOSE 2 COMPONENTS	100% Apple Juice 4 oz	4 oz	8 oz		Chesse 1/2 oz	1/2oz	1oz		peas 1/2c	1/2c	3/4c		Water 1/2 oz	1/2oz	1oz		Yogurt 1/2c	1/2c	3/4c	
					Water 4 oz	4 oz	8 oz		Water 4 oz	4 oz	8 oz		Water 1/2 oz	1/2oz	1oz		Water 4 oz	4 oz	8 oz	

AM/PM SNACK CHOICES
*Choose 2 of the following 5 components for snacks:
Milk Grain Fruit Vegetable Meal/Meat Alt.

Compass Early Learning Center

NORTH
827 W. 14th Court
Bloomington, IN 47404
812-339-3429

DOWNTOWN
219 E. 4TH Street
Bloomington, IN 47408
812-727-3737

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