State of Illinois
Department of Human Services - IMSHS

Menu 1 - 6 Years

Center Name: _____ Year: _____ **Week 1 of Cycle**

Monday			Tuesday			Wednesday			Thursday			Friday		
Breakfast	**1 - 3**	**3 - 6**	**Breakfast**	**1 - 3**	**3 - 6**	**Breakfast**	**1 - 3**	**3 - 6**	**Breakfast**	**1 - 3**	**3 - 6**	**Breakfast**	**1 - 3**	**3 - 6**
Cream of Wheat or Malt-O-Meal * Brown Sugar or Honey **	1/4 c 1t	1/2 c 1t	French Toast (whole wheat)	1	1 1/2	Peachy bran muffin with spreadable fruit	1 1T	1 1T	Scrambled eggs with green peppers, onions, tomato	1	1	Cheerios	1/4 c	1/2 c
Orange Sections	1/4 c	1/2 c	Fruit Juice Syrup or Spreadable Fruit	1T	1T	Honey-dew Melon	1/4 c	1/2 c	Flour tortilla	1	1	Banana slices	1/4 c	1/2 c
Milk	1/2 c	3/4 c	Strawberries (sliced) (fresh or frozen)	1/4 c	1/2 c	Milk	1/2 c	3/4 c	Grapefuit sections	1/4 c	1/2 c	Milk	1/2 c	3/4 c
(Whole wheat toast may be added as an extra)	1/2	1/2	Milk	1/2 c	3/4 c				Milk	1/2 c	3/4 c	(Whole wheat toast may be added as an extra)	1/2	1/2
Lunch			**Lunch**			**Lunch**			**Lunch**			**Lunch**		
Lasagna 2" X 4" piece (ground beef, cottage & mozzarella cheese, pasta)	1	1	Baked fish filet with Veracruz Salsa (green pepper, tomato, onion)	2oz 1/4 c	3.5oz 1/2 c	Enchilades	1oz	1.5oz	Pozole (pork, hominy, cabbage, tomato)	1.5oz 1/4 c	3oz 1/4 c	Tamale Pie (2.5"X4")	1	1
Spinach or Romaine salad	1/4 c	1/2 c	Spanish Rice	1/4 c	1/2 c	Mozzarella cheese	1/2oz	1/2oz	Corn Tortilla	1	1	Cooked Carrots	1/4 c	1/4 c
Whole Wheat Bread	1/2	1/2	Broccoli (fresh or frozen)	1/4 c	1/2 c	Spinach or Romaine salad with tomatoes	2T	4T	Cantaloupe	1/4 c	1/2 c	Sliced Cucumbers	1/4 c	1/4 c
Peach slices (fresh or frozen)	1/8	1/4	Apple slices	1/4 c	1/2 c	Zucchini succotash***	1/4 c	1/2 c	Milk	1/2 c	3/4 c	Watermelon	1/4 c	1/2 c
Milk	1/2 c	3/4 c	Milk	1/2 c	3/4 c	Watermelon	1/4 c	1/2 c				Milk	1/2 c	3/4 c
						Milk	1/2 c	3/4 c						
Snack			**Snack**			**Snack**			**Snack**			**Snack**		
Quesadillas: Corn Tortilla & Mozzarella cheese	1 1/2oz	1 1/2oz	Yogurt (low-fat vanilla)	1/4 c	1/2 c	Wheatsworth Crackers	4	4	Pumpkin Bread	1	1	Gelatin (orange/pinapple)	1/2oz	1/2oz
Tomato Juice	1/2 c	1/2 c	Pureed Raspberries	1/4 c	1/4 c	Cheddar Cheese sticks	1/2oz	1/2oz	Low-fat Cream Cheese spread	1T	1T	Graham Crackers	4	4
			Juice of choice (Vitamin C fortified)	1/2 c	1/2 c	Orange Juice	1/2 c	1/2 c	Apple Juice (Vitamin C fortified)	1/2 c	1/2 c	Milk	1/2 c	1/2 c
			Type: _____											

* May substitute with WIC-approved cold wheat cereal with milk.
** DO NOT SERVE HONEY TO INFANTS UNDER ONE YEAR OLD.
*** Prepare without corn kernels for children under two years old.

Breakfast served at: _____ , _____ , _____

Lunch served at: _____ , _____ , _____

Snack served at: _____ , _____ , _____

State of Illinois
Department of Human Services - IMSHS

Menu 1 - 6 Years

Center Name: _____ Year: _____ **Week 2 of Cycle**

Monday			Tuesday			Wednesday			Thursday			Friday		
Breakfast	**1 - 3**	**3 - 6**	**Breakfast**	**1 - 3**	**3 - 6**	**Breakfast**	**1 - 3**	**3 - 6**	**Breakfast**	**1 - 3**	**3 - 6**	**Breakfast**	**1 - 3**	**3 - 6**
Rice with milk, cinnamon, and raisins**	1/4 c	1/2 c	Boiled eggs (warm)	1	1	Oatmeal* with "swirly"	1/4 c	1/2 c	Whole Wheat Pancakes	1	1.5	Special K cereal	1/2 c	3/4 c
Orange Sections	1/4 c	1/2 c	Raisin** Toast	1	1	spreadable fruit	1 t	2 t	with warm applesauce	1/4 c	1/2 c	Blueberries ** or	1/4 c	1/4 c
Milk	1/2 c	3/4 c	Bananas	1/4 c	1/2 c	Cantaloupe	1/4 c	1/2 c	Kiwi	1/4	1/2 c	Strawberries (fresh or frozen)		
(Whole wheat toast may be added as an extra)	1/2	1/2	Milk	1/2 c	3/4 c	Milk	1/2 c	3/4 c	Milk	1/2 c	3/4 c	Milk	1/2 c	3/4 c
						(Whole Wheat toast may be added as an extra)	1/2	1/2				(Whole wheat toast may be added as an extra)	1/2	1/2
Lunch			**Lunch**			**Lunch**			**Lunch**			**Lunch**		
Circleville Pumpkin burger	1/2 c	1/2 c	Chicken/Broccoli casserole	1/2 c	3/4 c	Chili	1/2 c	3/4 c	Pork Guisado, with cabbage/tomato	1/2 oz	3oz	Pizza (4" X 4") piece	1	1.5
Whole Wheat bun	1	1	Brown Rice	1/4 c	1/2 c	Cheddar Cheese (grated or sticks)	1/2 oz	1/2 oz	Corn tortilla	1/4 c	1/2 c	Tossed salad (Romaine lettuce & tomatoes)	1/4 c	1/2 c
Cherry Tomatoes & Sliced Cucumbers	1/4 c	1/2 c	Corn ***	1/4 c	1/2 c	Wheatsworth crackers	4	4	Apricots (fresh)	1	1	No fat Italian dressing	1 T	2 T
Pinapple	1/4 c	1/2 c	Tangerines	1/4 c	1/2 c	Carrot **** & Celery	1/4 c	1/2 c	Milk	1	1	Watermelon	1/4 c	1/2 c
Milk	1/2 c	3/4 c	Milk	1/2 c	3/4 c	Apple (slices)	1/2	1		1/2 c	3/4 c	Milk	1/2 c	3/4 c
						Milk	1/2 c	3/4 c						
Snack			**Snack**			**Snack**			**Snack**			**Snack**		
Cheddar Cheese sticks	1/2 oz	1/2 oz	Banana/Strawberrry Shake	3/4 c	3/4 c	Strawberry Muffin	1	1	Frozen, pure juice bar or Vitamin C fortified juice choice	1	1	Whole Wheat/Cream Cheese (low fat) sandwich	1/2	1/2
Triscuits	4	4	(1/2 c Milk, 1/4 c Fruit)			Apple Juice	1/2 c	1/2 c	Type: _____	1/2 c	1/2 c	Orange Juice	1/2 c	1/2 c
Orange Juice	1/2 c	1/2 c	Animal Crackers	7	7	(Vitamin C fortified)			Graham Crackers	4	4			

* May substitute with WIC-approved cold wheat cereal with milk.
** DO NOT SERVE RAISINS TO CHILDREN UNDER TWO YEARS OLD; Raisin Toast - serve whole wheat for this age group.
*** Prepare without corn kernels for children under two years old.

Breakfast served at: _____ , _____ , _____

Lunch served at: _____ , _____ , _____

Snack served at: _____ , _____ , _____

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Department of Human Services - IMSHS

Menu 1 - 6 Years

Center Name: _____ Year: _____ **Week 3 of Cycle**

Monday			Tuesday			Wednesday			Thursday			Friday		
Breakfast	**1 - 3**	**3 - 6**	**Breakfast**	**1 - 3**	**3 - 6**	**Breakfast**	**1 - 3**	**3 - 6**	**Breakfast**	**1 - 3**	**3 - 6**	**Breakfast**	**1 - 3**	**3 - 6**
Oatmeal with cinnamon* Orange sections Milk (Whole wheat toast may be added as an extra)	1/2 c 1/4 c 1/2 c 1/2	3/4 c 1/2 c 3/4 c 1/2	Scrambled Eggs Flour Tortilla Cantaloupe Milk	1 1 1/4 c 1/2 c	1 1 1/2 c 3/4 c	Rice with milk and cinnamon Kiwi Slices Milk Whole wheat toast may be added as an extra)	1/4 c 1/4 c 1/2 c 1/2	1/2 c 1/2 c 3/4 c 1/2	Wheat Pancakes with warm applesauce Strawberries (fresh or frozen) Milk	1 1/4 c 1/4 c 1/2 c	2 1/2 c 1/2 c 3/4 c	Mini-Wheats Sliced Bananas Milk (Whole Wheat toast may be added as extra)	1/3 c 1/4 c 1/2 c 1/2	1/2 c 1/2 c 3/4 c 1/2
Lunch			**Lunch**			**Lunch**			**Lunch**			**Lunch**		
Black-Eyed Peas, Pinto or Northern beans with ham Cornbread Summer Salad with Low-fat dressing Watermelon Milk	1/2 c 1 1/4 c 1/4 c 1/2 c	3/4 c 1 1/2 c 1/2 c 3/4 c	Meatloaf with grated Carrots Baked or boiled potatoes Cauliflower & Broccoli Whole Wheat Bread Fresh Plums Milk	1.5 oz 1/2 c 1/4 c 1/2 1 1/2 c	3 oz 1/2 c 1/2 c 1/2 1 3/4 c	Tacos: corn tortillas, ground beef, cheese, spinach/romaine, tomatoes Yogurt or no-fat sour cream Corn** Apple slices Milk	1 1 oz 1/2 oz 1/4 c 1/4 c 1/4 1/2 c	2 2 oz 1/2 oz 1/4 c 1/2 c 1/4 3/4 c	Chicken and beef stew with Zucchini, tomato, carrots Corn Tortillas Cantaloupe Milk	3/4 c 1.5 oz 1/4 c 1 1/4 c 1/2 c	1 c 3 oz 1/2 c 1 1/2 c 3/4 c	Spaghetti (meat and noddles) Summer salad with low-fat dressing Whole wheat bread Orange sections Milk	1/2 c 1/4 c 1/2 1/4 c 1/2 c	3/4 c 1/2 c 1/2 1/2 c 3/4 c
Snack			**Snack**			**Snack**			**Snack**			**Snack**		
Low-fat vanilla yogurt With strawberries Apple juice (Vitamin C fortified)	1/2 c 1/2 c 1/4 c	1/2 c 1/2 c 1/4 c	Whole grain bagel or English muffin with Low-fat cream cheese Orange juice	1/2 1T 1/2 c	1/2 1T 1/2 c	Oatmeal-Raisin cookie Milk	1 1/2 c	1 1/2 c	Graham crackers Peanut butter Chocolate Milk	4 1T 1/2 c	4 1T 1/2 c	Triscuits with Bean Dip Grape juice (Vitamin C fortified)	4 2T 1/2 c	4 2T 1/2 c

* May substitute with WIC-approved cold wheat cereal with milk.
** **Corn:** Puree for children under 2 years old.
*** **Raisins:** Chop fine or omit for children under 2 year old.
**** **Peanut Butter:** DO NOT serve to children 2 years old.

Breakfast served at: _____ , _____ , _____

Lunch served at: _____ , _____ , _____

Snack served at: _____ , _____ , _____

State of Illinois
Department of Human Services - IMSHS

Menu 1 - 6 Years

Center Name: _____ Year: _____ **Week 4 of Cycle**

Monday			Tuesday			Wednesday			Thursday			Friday		
Breakfast	**1 - 3**	**3 - 6**	**Breakfast**	**1 - 3**	**3 - 6**	**Breakfast**	**1 - 3**	**3 - 6**	**Breakfast**	**1 - 3**	**3 - 6**	**Breakfast**	**1 - 3**	**3 - 6**
Cream of Wheat * Brown Sugar or Honey ** Orange Sections Milk (Whole wheat toast may be added as an extra)	1/3 c 1t 1/4 c 1/2 c 1/2	3/4 c 1t 1/2 c 3/4 c 1/2	Pinto Beans (whole or mashed) Grated cheddar cheese Flour tortilla Cantaloupe Milk	1/4 c 1/2 oz 1 1/4 c 1/2 c	1/2 c 1/2 oz 1 1/2 c 3/4 c	Banana bread with Low-fat cream cheese Orange sections Mllk	2 2T 1/4 c 1/2 c	2 2T 1/4 c 3/4 c	Scrambled Eggs with Potatoes Corn tortillas Fresh Kiwi Mllk	1 1 1/4 c 1/2 c	1 1 1/2 c 3/4 c	Bran Flakes Bananas\ Milk (whole wheat toast may be added as an extra)	1/2 c 1/4 c 1/2 c 1/2	3/4 c 1/2 c 3/4 c 1/2
Lunch			**Lunch**			**Lunch**			**Lunch**			**Lunch**		
Chicken & rice casserole Peas (frozen) *** Fresh apriocots Corn tortilla Milk	1/2 c 1/4 c 1 1 1/2 c	3/4 c 1/2 c 1 1 3/4 c	Albòndigas soup: meatballs, carrots, potatoes and other vegs. Whole Wheat flour tortilla Fresh Plums Milk	3/4 c 1 1 1/2 c	3/4 c 1 1 1/2 c	Sliced turkey sandwich (spinach or romaine leaves and tomatoes) Green beans (frozen) Pears (fresh) Milk	2 oz 1/4 c 1/4 c 1/2 1/2 c	2 oz 1/4 c 1/4 c 1/2 1/2 c	Tuna-Noodle casserole Mixed vegetables (frozen) Honeydew melon Milk	1 oz 1/4 c 1/2 c 1/4 c 1/2 c	2 oz 1/2 c 1/2 c 1/2 c 3/4 c	Beef burrito Rice Broccoli Peaches (fresh or frozen) Milk	1 1/4 c 1/4 c 1/4 c 1/2 c	1 1/4 c 1/4 c 1/4 c 1/2 c
Snack			**Snack**			**Snack**			**Snack**			**Snack**		
Fruit Flip (banana, 1/2 c. milk, and 1/4 c pineapple juice) Animal crackers	3/4 c 7	3/4 c 7	Raisin *** begel or whole wheat English muffin with Spreadable Fruit Grape juice (Vitamin C fortified)	1/2 c 2 T 1/2 c	1/2 c 2 T 1/2 c	Apple slices and Cheddar cheese sticks Milk or Vitamin C fortified Juice or choice Type: _____	1/3 c 1.5 oz 1.2 c 1/4 c	1/3 c 1.5 oz 1.2 c 1/4 c	Peanut butter cookies Milk	1 1/2 c	1 1/2 c	Graham crackers (Vitamin C fortified) Type: _____	4 1/4 c	4 1/4 c

* May substitute with WIC-approved cold wheat cereal with milk.
** DO NOT SERVE HONEY TO INFANTS UNDER ONE YEAR OLD.
*** Peas: Mash or puree for children under two years old.
**** No Raisins for children under two years old; serve whole wheat bread for this age group.
Serve cream cheese or spreadable fruit for this age groups; spread thinly for those 2 -3 years old.

Breakfast served at: _____ , _____ , _____

Lunch served at: _____ , _____ , _____

Snack served at: _____ , _____ , _____