



**CSUDH- Infant-Toddler Development Center**

**Sample Menu**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <b>AM:</b> Corn Flakes (1/4 cup) & Apples (1/4 cup) <b>PM:</b> String cheese (1 oz.) & Wheat thins (1/2 cup)	3 <b>AM:</b> English Muffins (1/2 serving) & Oranges (1/4 cup) <b>PM:</b> Pretzel Sticks (1/2 cup) & Apples (1/4 cup)	4 <b>AM:</b> Wheat toast (1/2 slice) & Peaches (1/4 cup) <b>PM:</b> Nutri-grain Bar (1/2 bar) & Pears (1/4 cup)	5 <b>AM:</b> Boiled Egg (1 egg) & Toast (1/2 slice) <b>PM:</b> Mandarin (1/4 cup) & Graham Crackers (1/2 cup)	6	7
8	9 <b>AM:</b> Raisin Bran (1/4 cup) & Apples (1/4 cup) <b>PM:</b> Turkey (1 oz.), Cheese (1 oz.) & Ritz Crackers (1/2 cup)	10 <b>AM:</b> Cheerios (1/4 cup) & Pears (1/4 cup) <b>PM:</b> Tuna (1 oz.) & Ritz Crackers (1/2 cup)	11 <b>AM:</b> Yogurt w/fruit (1 cup) <b>PM:</b> Cheese (1 oz.) Quesadilla (1/2 tortilla)	12 <b>AM:</b> Waffles (1 waffle) & Bananas (1/2 fruit) <b>PM:</b> Pretzel Sticks (1/2 cup) & Apples (1/4 cup)	13	14
15	16 <b>AM:</b> Nutri-grain Bars (1/2 bar) & Oranges (1/4 cup) <b>PM:</b> Applesauce (1/4 cup) & Graham Crackers (1/2 cup)	17 <b>AM:</b> Cheerios (1/4 cup) & Oranges (1/4 cup) <b>PM:</b> Tortilla chips (1/2 cup) & guacamole (1 oz.)	18 <b>AM:</b> Yogurt w/ fruit (1 cup) & Oranges (1/4 cup) <b>PM:</b> Pretzel Sticks (1/2 cup) & Apples (1/4 cup)	19 <b>AM:</b> Wheat toast (1/2 slice) & Peaches (1/4 cup) <b>PM:</b> String cheese (1 oz.) & Wheat thins (1/2 cup)	20	21
22	23 <b>AM:</b> Raisin Bran (1/4 cup) & Apples (1/4 cup) <b>PM:</b> Sunflower butter (1 oz.) sandwich (1/2 slice)	24 <b>AM:</b> Waffles (1 waffle) & Bananas (1/2 fruit) <b>PM:</b> Nutri-grain Bars (1/2 bar) & Apples (1/4 cup)	25 <b>AM:</b> Cheerios (1/4 cup) & Oranges (1/4 cup) <b>PM:</b> Turkey (1 oz.), Cheese (1 oz.) & Ritz Crackers (1/2 cup)	26 <b>AM:</b> Yogurt w/fruit (1 cup) <b>PM:</b> Cheese (1 oz.) Quesadilla (1/2 tortilla)	27	28
29	30 <b>AM:</b> Cheerios (1/4 cup) & Pears (1/4 cup) <b>PM:</b> Tuna (1 oz.) & Ritz Crackers (1/2 cup)					<b>Water will be served with snack*****</b>