

NEIGHBORHOOD CHILD & INFANT CARE CENTER

2/5 Components

October 2026

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk is served with breakfast	Whole Milk 1-2 years old 1% Milk 3-12 years old		1 Scrambled Eggs & Toast Fruit Cocktail	2 French Toast sticks Applesauce
5 Corn Flakes Sliced Apple	6 Turkey Sausage Biscuit Pears	7 Scrambled Eggs Hash Brown Slices Apple	8 Oatmeal w/ raisins toast	9 Waffles Fruit Cocktail
12 Center Closed 	13 Farina w/ toast	14 Turkey Bacon Hash Brown Applesauce	15 Pancakes w/ banana	16 Scrambled Eggs Toast Pears
19 Corn Flakes Apple slices	20 Scrambled Egg & Toast Peaches	21 Waffles Apple slices	22 Turkey Bacon Hash browns Fruit Cocktail	23 French Toast sticks Orange slices
26 Kix Cereal Slices Orange	27 Turkey Sausage w/ biscuits Applesauce	28 Scrambled Eggs & Toast Hash Brown Potatoes Fruit Cocktail	29 Pancake w/ banana	30 Oatmeal w/ raisins

	Ages 1-2	Ages 3-5	Ages 6-12
Fluid Milk	4 fl. oz	6 fl. oz	8 fl. oz
Meat/Meat Alt	1 oz	1 1/2 oz	2 oz
Fruits	1/8 cup (2 tbsp)	1/4 cup (4 tbsp)	1/2 cup (8 tbsp)
Grains	1/2 slice/serving	1/2 slice/serving	1 slice/serving

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LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
* Subject to change * Water is served daily			1 Chicken w/ rice mixed veg Pineapple	2 Mac & cheese spinach Applesauce
5 Cheese Ravioli w/mariana sauce green beans Whole Wheat Bread	6 Fish sticks Tater Tots 2 tbsp Spinach Pineapple	7 Spaghetti w sauce 2 tbsp Broccoli Whole Wheat Bread Fruit Cocktail	8 Chicken Nuggets Sweet Potatoes Fries Whole Wheat Bread Slices Peach	9 Chili w/ rice Steam Broccoli Whole Wheat Bread Slices Peach
12 Center Closed INDIGENOUS PEOPLES DAY	13 Grill Cheese sandwich Vegetable Soup	14 Hamburgers Sweet Potatoes fries Sliced Peaches	15 Baked chicken w/spanish rice w/ww bread Apple sauce	16 Mac & Cheese 2 tbsp Green Bean Fruit cocktail
19 Cheese Ravioli w/marinara sauce Steam Spinach Whole wheat Bread Diced pears	20 Fish sticks French Fries Green Beans Pears	21 Chicken Noodle Soup Crackers Apple slices	22 Chicken nuggets Sweet Potatoe fries Spinach Pears	23 Double Cheese Pizza Mixed Vegetable Pears Pears
26 Beef Meatball w/ww Linguini Spinach Apple sauce	27 Chicken Nuggets w/ French Fries Steam Broccoli Whole Wheat Bread Slices Peach	28 Turkey Chili w/ Kidney beans w/ WW Crackers Whole Wheat Bread Pineapple	29 Baked Chicken w/ Spanish rice w/ww bread Apple sauce	30 Fish sticks French Fries Green Beans Pears

	<u>Ages 1-2</u>	<u>Ages 3-5</u>
Fluid Milk	4 fl. oz	6 fl. oz
Meat/Meat Alternates	1 oz	1 1/2 oz
Vegetable	1/8 cup (2 tbsp)	1/4 cup (4 tbsp)
Fruits	1/8 cup (2 tbsp)	1/4 cup (4 tbsp)
Grains	1/2 slice	1/2 slice
5/5 componets		

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SNACK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
100% Apple Juice is served with snack Water is served daily			1 Pretzels	2 Goldfish
5 Graham crackers	6 Goldfish	7 Animal Crackers	8 Cheez-it	9 Fig bars
12 Center Closed 	13 Pretzels	14 Goldfish	15 Graham Crackers	16 Cheez-its
19 Rice Cakes	20 Animal Crackers	21 Fig bars	22 Pop Corners	23 Ritz Crackers w/ cheese
26 Tortilla Chips	27 Graham Crackers	28 Rice Cakes	29 Pretzels	30 Goldfish

	Ages 1-2	Ages 3-5	Ages 6-12
Fluid milk	4 fl. oz	4 fl. oz	8 fl. oz
Grains	1/2 serving	1/2 serving	1 serving

2/5 components