

Monthly Menu

For ages 1yr and older

La Esperanza Child Development Center participates in the Federal Food Program.

For all other FNS nutrition assistance programs, State or local agencies, and their subrecipients, must post the following Nondiscrimination Statement:

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

We serve whole Milk to children 12 months to 24 months.

We serve 1% Milk to children 2 years and older.

Most fruit and veggies are either fresh or frozen;

Beans, lentils, rice, meat, and chicken are cooked from scratch.

Due to chain supply issues this menu is subject to changes.

Menu Cycle: Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruits/Vegetables	Manzana	Blueberries	Strawberry/blueber	Melon	Oranges
Grains/Breads	WG bread	Greek Vanilla Yogurt	WG Oatmeal	WW Muffins with	Hashbrowns/tomato
Meats/Meats Alternat	Cream Cheese		----	cream cheese	Eggs/cheese
				----	Caserola
Lunch					
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruits/Vegetables	Lettuce	Shredded Carrots	Tomatoes Sauce/Spinach	Broccoli, carrots &	Calabacitas
Fruits/Vegetables	Fresas	with Lime	Sandia	Cauliflower	Apples
Grains/Breads	Corn Tortillas	Platano	Fideo	Melon	WW Mac and
Meats/Meats Alternat	Chicken and Cheese (Enchiladas)	Tortilla	Shredded Chicken	Spaghetti and	Cheese (no caldo)
		Beans with cheese (burritos)	thighs	Lean ground beef	
			(Caldo de fideo con pollo)	---	
PM Snack					
Milk	---	Milk	---	---	---
Fruits/Vegetables	Carrots	Bananas	---	Manzana	Oranges
Grains/Breads	---	---	Graham crackers	Saltines	---
Meats/Meats Alternat	Cheese Sticks	---	---	---	Cheese stick
Beverage	---	---	Milk	---	---

Menu Cycle: Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruits/Vegetables	Honey Dew	Strawberries,	Pineapple	Mixed berries	Blueberries
Grains/Breads	WG Waffles	Blueberries and	Bolillo	smoothie with	Hashbrowns/tomato
Meats/Meats Alternat		banana	Refried Beans &	WG Oatmeal	Eggs/cheese
		Greek Yogurt	cheese	---	Caserola
			(moyetes)		
Lunch					
Milk	1% Milk	1% Milk	1% Milk	Green beans	1% Milk
Fruits/Vegetables	Tomatoes sauce	Broccoli	Carrot, peas, and	Melon	Broccoli, coliflower,
Fruits/Vegetables	Melon	Pineapple	corn	Potatoes and	carrots
Grains/Breads	Club Crackers	Pasta and	Watermelon	carrots	Strawberries
Meats/Meats Alternat	Lentils	Lean ground Beef	Elbow pasta	Tortilla	Flour Tortillas
Beverage	---	Tomato Sauce	Ensalada de Pollo:	Ground beef	Cheese
		(caldo)	shredded chicken	(Picadillo no caldo)	(Quesadillas)
		---	thighs with mayo or		
			cream		
PM Snack					
Milk	---	---	---	---	---
Fruits/Vegetables	Apples	Bananas	---	Cucumbers w/lime	Oranges
Grains/Breads	---	Town House crackers	Graham Crakcers	Melon	Cheese Sticks
Meats/Meats Alternat	Cheese Sticks	---	---	Water	-----
Beverage		---	Milk	---	Water
				Water	

Menu Cycle: Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruits/Vegetables	Mixed berries	Strawberries,	Melon	apples	Peaches
Grains/Breads	WW Bagels	blueberries, banana	Bread	WG Bread	Hashbrowns/tomato
Meats/Meats Alternat	Cream cheese	Greek Yogurt	Beans and Cheese (Moyetes)	Cream Cheese	Eggs/cheese Caserola
Lunch					
Milk	1% Milk	Tomatoes and lettuce	1% Milk	1% Milk	1% Milk
Fruits/Vegetables	Cucumbers w/lime	Honeydew	Carrots	Celery	Peas and Carrots
Fruits/Vegetables	Strawberries	Frito pie	Honey Dew	Oranges	Watermelon
Grains/Breads	Mac and Cheese	WG Beans/lean ground	WW Bun	Spaghetti and	Flour tortilla
Meats/Meats Alternat	Cheese	Beef	Chicken Thighs	lean ground Beef	Beans and cheese
Beverage	(no caldo) ---	---	Shredded BBQ sauce	---	(Burritos)
PM Snack					
Milk	---	---	---	---	---
Fruits/Vegetables	---	Banana	Oranges	Apples	Cucumber
Grains/Breads	Graham crackers	---	Saltines	Broccoli	Watermelon
Meats/Meats Alternat	---	Cheese sticks	---	---	Water
Beverage	Milk	Water	Water	Water	

Menu Cycle: Week Four

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruits/Vegetables	Mixed berries	Blueberry and banana	Blueberries	Strawberries	Pineapple
Grains/Breads	Greek Yogurt	smoothie with WG	Bread	WW English	Hashbrowns/tomato
Meats/Meats Alternat		Oatmeal	Beans and Cheese (Moyetes)	Muffins	Eggs/cheese
		---		Cream cheese	Caserola
Lunch					
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruits/Vegetables	Carrots, peas and	Tomato Sauce	Tomatoes and	Green Beans	Calabacitas: corn, onion,
Fruits/Vegetables	corn	Cucumbers	lettuce	Oranges	and tomatoes.
Grains/Breads	Pineapple	Banana	Honeydew	Spaghetti and	Melon
Meats/Meats Alternat	Rice	Townhouse crackers	Frito pie	lean ground beef	Mexican Rice
Beverage	Chicken thighs (arroz con pollo y verduras no caldo)	WG Lentils	WG Beans/lean ground Beef	---	Shredded Cheese (no caldo)
		---	---		---
PM Snack					
Milk	---	---	---	---	---
Fruits/Vegetables	---	Banana	Cucumber	Apple	Oranges
Grains/Breads	Animal crackers	Cheese sticks	Watermelon	---	Saltines
Meats/Meats Alternat	---	---	---	Cheese sticks	---
Beverage	Milk	Water	Water	---	Water
				Water	

For months of 5 weeks, week 4 repeats