

SAMPLE HISPANIC CHILD AND ADULT CARE MENU

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Breakfast 1% or fat-free milk Whole-wheat tortilla Pinto beans Blueberries	Breakfast 1% or fat-free milk Whole-wheat pancakes Strawberries	Breakfast 1% or fat-free milk Cinnamon oatmeal Pears	Breakfast 1% or fat-free milk Tomatoes Scrambled egg	Breakfast 1% or fat-free milk Bean and egg scramble Whole wheat toast
Snack Mango chunks Vanilla yogurt	Snack Orange Cottage cheese	Snack Guacamole Corn tortilla	Snack Peaches Pretzels	Snack Baked yuca “fries” Black bean dip
Lunch/Supper 1% or fat-free milk Mexican-spiced brown rice Ground beef and mushroom picadillo Peach	Lunch/Supper 1% or fat-free milk Whole-wheat chicken enchiladas Roasted zucchini Apple slices	Lunch/Supper 1% or fat-free milk Whole-wheat cheese quesadilla Roasted broccoli Pineapple cubes	Lunch/Supper 1% or fat-free milk Spiced tofu cubes Brown rice Roasted sweet potato Blueberries	Lunch/Supper 1% or fat-free milk Whole-wheat tortilla Adobo-spiced pulled chicken Roasted Brussel sprouts Bell pepper slices
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Breakfast 1% or fat-free milk Whole-wheat roll Baked plantain slices	Breakfast 1% or fat-free milk Whole-wheat cinnamon French toast Baked apples	Breakfast 1% or fat-free milk Breakfast tostada (Whole-wheat tortilla, avocado & fried egg)	Breakfast 1% or fat-free milk Cinnamon whole-wheat pancakes Banana	Breakfast 1% or fat-free milk Whole-wheat breakfast quesadilla with scrambled egg & cheese Mango chunks
Snack Mixed berries Cottage cheese	Snack Melon Vanilla yogurt	Snack Celery sticks Cheese stick	Snack Corn and black bean salsa Whole-wheat tortilla	Snack Pretzels Yogurt dip
Lunch/Supper 1% or fat-free milk Spiced chicken breast Brown rice Roasted broccoli Peach	Lunch/Supper 1% or fat-free milk Whole-wheat tortilla Taco-spiced ground beef Lettuce, tomato, and cucumber salad Orange	Lunch/Supper 1% or fat-free milk Brown rice Whole-grain breaded chicken fingers Black beans Pineapple	Lunch/Supper 1% or fat-free milk Seared and cubed tofu Pico de Gallo Brown rice Roasted zucchini Pear	Lunch/Supper 1% or fat-free milk Roasted bell pepper stuffed with quinoa Black beans and corn Apple slices

This institution is an equal opportunity provider.