Center: Starling International Child Care & Learning Complex (804) 346-2000

Monthly Menu Plan (Non-Infant)

Month of: May 2024

Sponsor: CHILD CARE RESOURCES INC. (855) 427-2888







Monday	Tuesday	Wednesday	Thursday	Friday
13	14	15	16	17
L: Cheddar Cheese, Bread	L: Turkey Ground, Flour	L: Turkey Ground, Elbow	L: Turkey Ground, Macaroni	L: Chicken Breasts, Rice
100% Whole Wheat (1oz	Tortillas (1oz eq/28g)(WG),	Pasta (1oz eq/28gm/1/2c)	Noodles (1oz eq/28g)(WG),	(1oz eq/28gm/1/2c)(WG),
eq/28gm)(WG), Garden	Potatoes, fresh, all sizes,	(WG), Mixed Vegetables,	Tomato Sauce / Paste,	Mixed Vegetables, Fruit
Salad, Applesauce, Lowfat	Peaches / Nectarines, Lowfat	Peaches / Nectarines, Lowfat	Mandarin Oranges, Lowfat	Cocktail (no syrup), Lowfat
Milk - 1%	Milk - 1%	Milk - 1%	Milk - 1%	Milk - 1%
soup and Grilled cheese 1% or Whole Milk Wg Bread Cheese Mixed Vegetables Oranges	Chorizo Potato tacos 1% or Whole Milk WG tortilias turkey  Lettuce , Salsa, Potato Diced Pears	Turkey Stroganoff 1% or Whole Milk WG noodle Turkey Mixed Vegetable Diced Pears	Mini Shelis & Meat Sc. 1% or Whole Milk WG Shelis Turkey Tomato Sauce, Mixed Veg Peaches	Chicken Fried Rice 1% or Whole Milk WG Rice Chicken Mixed Veg Diced Pears
Oncode mixed regellated ordinges	Ecade, Galas, Folia Disca Fear	mined vegetable blocd i card	rainey romano codoc, mineo veg r comeo	mined reg bloca i caro
	D: Beef Ground, Whole	D: Turkey Ground, Macaroni	D: Chicken Breasts, Rice	D: Turkey Ground, Noodles -
	Grain Chips(WG), Black	Noodles (1oz eq/28g)(WG),	(1oz eq/28gm/1/2c), Mixed	Other(WG), Mixed
	Beans, Applesauce, Lowfat	Tomato Sauce / Paste,	Vegetables, Applesauce,	Vegetables, Mandarin
	Milk - 1%	Applesauce, Lowfat Milk - 1%	Lowfat Milk - 1%	Oranges, Lowfat Milk - 1%
	Beef Nachos 1% or Whole Milk WG Tortilla Chips Beef Salsa, Lettuce, tomato Diced Peaches	Mini Shelis & Meat Sc. 1% or Whole Milk WG Shelis Turkey Tomato Sauce, Mixed Veg Peaches	Chicken Fried Rice 1% or Whole Milk WG Rice Chicken Mixed Veg Diced Pears	Turkey Stroganoff 1% or Whole Milk WG noodle Turkey Mixed Vegetable Diced Pears
20	21	22	23	24
L: Cheddar Cheese,	L: Chicken Breasts, Whole	L: Beef Ground, Noodles -	L: Turkey Ground, Rice (1oz	L: Turkey Ground, Rolls -
Noodles - Other(WG), Mixed	Grain Chips(WG), Lettuce	Other(WG), Onions / Onion	eq/28gm/1/2c)(WG), Mixed	Wheat(WG), Peas and
Vegetables, Mixed Fruit,	And Tomato, Applesauce,	Rings, Mandarin Oranges,	Vegetables, Applesauce,	Carrots, Peaches /
Lowfat Milk - 1%	Lowfat Milk - 1%	Lowfat Milk - 1%	Lowfat Milk - 1%	Nectarines, Lowfat Milk - 1%
Mac and Cheese 1% or Whole Milk Wg Noodles	Taco Salad 1% or Whole Milk WG Chips Chicken Salsa,	Chill Mac 1% or Whole Milk WG Noodle Beef onlons,	Turkey Stir Fry 1% or Whole Milk WG Rice Turkey Mixed	Shepherds Pie 1% or Whole Milk Wg Roll Turkey Peas,
Cheddar, Mozzarelia Mixed Veg Mandarin Oranges	Lettuce, Beans Apple Sauce	peppers Peaches	Veg Diced Pears	com, carrots Tropical
D: Cheddar Cheese, Rice	D: Turkey Ground, Macaroni	D: Turkey Ground, Rice (1oz	D: Turkey Ground, Rolls -	D: Beef Ground, Noodles -
(1oz eq/28gm/1/2c)(WG),	Noodles (1oz eq/28g)(WG),	eq/28gm/1/2c)(WG), Mixed	Wheat(WG), Peas, Peaches /	Other(WG), Peppers, Green,
Broccoli, Applesauce,	Mixed Vegetables,	Vegetables, Pear, canned	Nectarines, Lowfat Milk - 1%	
Lowfat Milk - 1%				Milk - 1%
Brocoli Cheddar Casserole 1% or Whole Milk Wg Rice Cheddar, Mozz Broccoli Apple Sauce	Mexican Rice 1% or Whole Milk WG Rice Turkey Beans, Tomatoes, corn Apple Sauce	Turkey Stir Fry 1% or Whole Milk WG Rice Turkey Mixed Veg Diced Pears	Shepherds Pie 1% or Whole Milk Wg Roll Turkey Peas, com, carrots Tropical	Chill Mac 1% or Whole Milk WG Noodle Beef onlons, peppers Peaches
27	28	29	30	31
L: Great Northern Beans,	L: Beef Ground, Tortilla	L: Tuna Salad, Buns -	L: Turkey Ground, Pasta	L: Beef Ground,
Brown Rice, WG (1oz/28g)	Chips - WGR (1 oz/28g)	Whole Grain (1oz/28g)(WG),	Misc (WG)(WG), Tomato	Cornbread/Corn Muffin - WGR
(WG), Broccoli, Tropical	(WG), Black Beans, Fruit	Celery, Pear, canned #10,	Sauce / Paste, Peaches /	(1oz/34g)(WG), Mixed
Fruit, Lowfat Milk - 1%		Lowfat Milk - 1%	Nectarines, Lowfat Milk - 1%	
	Milk - 1%			Lowfat Milk - 1%
Garden Rice Pilaf 1% or Whole Milk WG Rice Black Beans Brocoli/Cauliflower Diced Peaches	Frito Pie 1% or Whole Milk tortilla Chip Beef Beans, Tomatoes Peaches	Tuna Salad 1% or Whole Milk WG Buns Tuna Onion, Celery Pears	Pizza Casserole 1% or Whole Milk Rotini Turkey, Turk Peperoni Tomato Sauce apple sauce	Chili 1% or Whole Milk Combread Beef Mixed Vegetables Diced Pears
D: Mozzarella Cheese,	D: Turkey Ground, Penne	D: Turkey Burger, Pasta	D: Beef Ground,	D: Chicken Breasts, Brown
Pasta Misc (WG 1oz	Pasta(WG), Peppers, Green,	Misc (WG)(WG), Tomato	Cornbread/Corn Muffin - WGR	Rice, WG (1oz/28g)(WG),
eq/28gm)(WG), Cauliflower,	Applesauce, Lowfat Milk - 1%		(1oz/34g)(WG), Mixed	Peas and Carrots,
Applesauce, Lowfat Milk -		Lowfat Milk - 1%	, ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	Applesauce, Lowfat Milk - 1%
1%			Lowfat Milk - 1%	
Tomato Basii pasta 1% or Whole Milk Wg Pasta Mozz, Parm Broc, Cauliflower mix Apple Sauce	Taco Pasta 1% or Whole Milk WG Penne Ground Turkey Onlons, Peppers Diced Pears	Pizza Casserole 1% or Whole Milk Rotini Turkey, Turk Peperoni Tomato Sauce apple sauce	Chili 1% or Whole Milk Combread Beef Mixed Vegetables Diced Pears	Curry Chicken 1% or Whole Milk WG Rice Chicken Chickpeas, carrots Oranges