

Wellington KinderCare 300419

WEEK #1 Date	MONDAY —	TUESDAY —	WEDNESDAY —	THURSDAY —	FRIDAY —
BREAKFAST Grain, Fruit/Vegetable, Milk	WG Toasty O's Cereal Fresh Sliced Oranges+ 1% Low Fat Milk	English Muffin Diced Apricots* 1% Low Fat Milk	WG French Toast Sticks Fruit Cocktail+* 1% Low Fat Milk	Crispy Rice Cereal Fresh Sliced Bananas+ 1% Low Fat Milk	WG Bagel Applesauce+ 1% Low Fat Milk
Special for ages 1 & 2			Fruit Cocktail+* (no grapes)		
LUNCH Meat/Meat alt, Grain, Fruit, Vegetable, Milk	Bean & Cheese Burrito	White Bean & Vegetable Soup, HM	Chicken Teriyaki Bowl	Cheese Pizza	Fish Sticks
	Refried Beans & Cheese Flour Tortilla Corn Fruit Cocktail+* 1% Low Fat Milk	Country Vegetable Soup+* White Beans WG Biscuit Mixed Berries 1% Low Fat Milk	Diced Chicken WG Brown Rice Mixed Vegetables+* Diced Mango* 1% Low Fat Milk	Cheese Pizza on WG Crust~ Steamed Broccoli+* Diced Peaches 1% Low Fat Milk	Fish Sticks~ Fresh Garden Salad Mix Diced Strawberries 1% Low Fat Milk
Special for ages 1 & 2	Fruit Cocktail+* (no grapes)	Diced Mixed Berries+	Fully Cooked Diced Vegetables	Fully Cooked Diced Vegetables	Fully Cooked Diced Vegetables
PM SNACK 2 separate components: Meat/Meat alt, Grain, Fruit/Vegetable, Milk	Vanilla Yogurt Fresh Sliced Bananas+	Cheese Cubes Crunchy Snack Mix (Pretzels, Chex Cereal, Cheese Crackers)	WG Skeeter Graham Crackers 1% Low Fat Milk	Low Fat Cottage Cheese Diced Apricots*	Cheese Crackers 1% Low Fat Milk
Special for ages 1 & 2		Chex Cereal			

FUN NUTRITION FACTS: Whole Grains are a source of key nutrients like B vitamins (thiamin, riboflavin, niacin) and minerals (iron, magnesium), and fiber!

**Vitamin C+ source
Vitamin A* source
Whole Grain (WG)**

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Children (age 12-24 months) are served whole milk. After 24 months, all children are served 1% milk.**

~CN Label on file~Mfr. Product Analysis Statement on file

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**GROW
HAPPY**



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WEEK #2 Date	MONDAY —	TUESDAY —	WEDNESDAY —	THURSDAY —	FRIDAY —
BREAKFAST Grain, Fruit/Vegetable, Milk	Cornflakes Cereal Diced Pears 1% Low Fat Milk	WG Biscuit Fresh Sliced Bananas+ 1% Low Fat Milk	WG Pancakes Mixed Berries+ 1% Low Fat Milk	Chex Cereal Diced Pineapple+ 1% Low Fat Milk	WG Oatmeal Fresh Sliced Bananas+ 1% Low Fat Milk
Special for ages 1 & 2			Diced Mixed Berries+		
LUNCH Meat/Meat alt, Grain, Fruit, Vegetable, Milk	Mac 'N Cheese with Refried Beans WG Mac 'N Cheese▪ Refried Beans Green Peas+ Diced Pineapple+ 1% Low Fat Milk	Chicken Parmesan with Spaghetti Diced Chicken & Cheese WG Pasta Fresh Zucchini Diced Apricots* 1% Low Fat Milk	Mini Cheeseburger Slider Beef Patty▪& Cheese WG Bun Roasted Potato Wedges+ Diced Peaches 1% Low Fat Milk	Chicken & Rice Casserole, HM Diced Chicken & Cheese WG Brown Rice Mixed Vegetables+* Fresh Sliced Oranges+ 1% Low Fat Milk	Vegetarian Bean Chili, HM Vegetarian Bean Chili▪ WG Breadstick Steamed Green Beans+ Fresh Sliced Apples+ 1% Low Fat Milk
Special for ages 1 & 2		Fully Cooked Diced Vegetables		Fully Cooked Diced Vegetables	Applesauce+
PM SNACK 2 separate components: Meat/Meat alt, Grain, Fruit/Vegetable, Milk	Homemade Cereal Mix (WG Toasty O's, Kix, Chex) 1% Low Fat Milk	Fresh Celery and Carrot Sticks* Hummus	Applesauce+ 1% Low Fat Milk	Low Fat Cottage Cheese Diced Pears	WG Bread Sun Butter
Special for ages 1 & 2		Fully Cooked Diced Vegetables			

FUN NUTRITION FACTS: Consuming dairy products has been linked to improved bone health for children. Intake of low fat dairy products is associated with reduced risk of heart disease and type II diabetes in adults

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**GROW
HAPPY**

Vitamin C+ source
Vitamin A+ source
Whole Grain (WG)



KinderCare
LEARNING CENTERS

Wellington KinderCare 300419

WEEK #3 Date	MONDAY —	TUESDAY —	WEDNESDAY —	THURSDAY —	FRIDAY —
BREAKFAST Grain, Fruit/Vegetable, Milk	WG Biscuit Diced Peaches 1% Low Fat Milk	Cornflakes Cereal Blueberries+ 1% Low Fat Milk	WG Cinnamon Raisin Bagel Diced Strawberries+ 1% Low Fat Milk	WG French Toast Sticks Diced Apricots+ 1% Low Fat Milk	Chex Cereal Fresh Sliced Bananas+ 1% Low Fat Milk
Special for ages 1 & 2				Diced Apricots+	
LUNCH Meat/Meat alt, Grain, Fruit, Vegetable, Milk	Chicken & Pasta Casserole, HM Diced Chicken & Cheese WG Pasta Steamed Green Beans+ Diced Pears 1% Low Fat Milk	Veggie Pizza Cheese Pizza on WG Crust~ Mixed Vegetables+* Diced Pineapple+ 1% Low Fat Milk	Black Bean & Cheese Burrito Black Beans & Cheese Flour Tortilla Corn Blueberries+ 1% Low Fat Milk	Hot Turkey Sandwich Sliced Turkey▪ WG Bread Mashed Potatoes+ Diced Mango* 1% Low Fat Milk	Sweet & Sour Chicken Diced Chicken WG Brown Rice Fresh Garden Salad Mix Diced Pears 1% Low Fat Milk
Special for ages 1 & 2		Fully Cooked Diced Vegetables			Fully Cooked Diced Vegetables
PM SNACK 2 separate components: Meat/Meat alt, Grain, Fruit/Vegetable, Milk	Vanilla Wafers 1% Low Fat Milk	Multi-Color Bell PepperStrips+& Carrot Sticks* Hummus	WG Breadstick Cheese Cubes	Strawberry Yogurt Granola	Fresh Sliced Apples+ 1% Low Fat Milk
Special for ages 1 & 2		Fully Cooked Diced Vegetables	Sliced Cheese	WG Graham Crackers	Applesauce+

FUN NUTRITION FACTS: Vitamin A keeps eyes and skin healthy and helps to protect against infections. Vitamin C helps heal cuts and wounds, keeps teeth and gums healthy, and aids in iron absorption.

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**GROW
HAPPY**

Vitamin C+ source
Vitamin A+ source
Whole Grain (WG)



KinderCare
LEARNING CENTERS

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WEEK #4 Date	MONDAY —	TUESDAY —	WEDNESDAY —	THURSDAY —	FRIDAY —
BREAKFAST Grain, Fruit/Vegetable, Milk	Crispy Rice Cereal Diced Pears 1% Low Fat Milk	WG Oatmeal Diced Strawberries+ 1% Low Fat Milk	WG Pancakes Fresh Sliced Oranges+ 1% Low Fat Milk	WG Biscuit Fruit Cocktail+* 1% Low Fat Milk	WG Toasty O's Cereal Diced Mango* 1% Low Fat Milk
Special for ages 1 & 2				Fruit Cocktail+* (no grapes)	
LUNCH Meat/Meat alt, Grain, Fruit, Vegetable, Milk	Baked Cheesy Penne, HM Mozzarella Cheese WG Pasta Steamed Broccoli+* Fruit Cocktail+* 1% Low Fat Milk	Teriyaki Beef Sliders Beef Patty•& Cheese WG Bun Mixed Vegetables+* Diced Pineapple+ 1% Low Fat Milk	Taco Mac 'N Cheese, HM Diced Chicken WG Macaroni 'N Cheese▪ Steamed Cauliflower Diced Strawberries+ 1% Low Fat Milk	Tuna Salad Wrap Tuna Flour Tortilla Green Peas+ Blueberries+ 1% Low Fat Milk	Turkey Sandwich with Tomato Soup Sliced Turkey▪ WG Bread Tomato Soup+* Mixed Berries+ 1% Low Fat Milk
Special for ages 1 & 2	Fruit Cocktail+* (no grapes)	Fully Cooked Diced Vegetables			Diced Mixed Berries+
PM SNACK 2 separate components: Meat/Meat alt, Grain, Fruit/Vegetable, Milk	Fresh Sliced Apples+ Strawberry Yogurt	Wheat Wafers Sliced Cheese	WG Bagel Sun Butter	Diced Peaches 1% Low Fat Milk	WG Graham Crackers 1% Low Fat Milk
Special for ages 1 & 2	Applesauce+				

FUN NUTRITION FACTS: Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Fruits contain many essential nutrients like vitamin C, potassium, and folate.

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**GROW
HAPPY**

Vitamin C+ source
Vitamin A+ source
Whole Grain (WG)



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LEARNING CENTERS

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WEEK #5 Date	MONDAY —	TUESDAY —	WEDNESDAY —	THURSDAY —	FRIDAY —
BREAKFAST Grain, Fruit/Vegetable, Milk	Kix Cereal Fresh Sliced Bananas+ 1% Low Fat Milk	WG Bagel Diced Peaches 1% Low Fat Milk	English Muffin Blueberries+ 1% Low Fat Milk	WG French Toast Sticks Fresh Sliced Bananas+ 1% Low Fat Milk	Chex Cereal Mixed Berries+ 1% Low Fat Milk
Special for ages 1 & 2					Diced Mixed Berries+

LUNCH Meat/Meat alt, Grain, Fruit, Vegetable, Milk	Turkey Breakfast Sandwich	Chicken & Pasta Casserole, HM	Mini Beef Pizza Sliders	Cracker Stackers	Tuna Casserole, HM
	Turkey Sausage* & Cheese English Muffin Roasted Potato Wedges+ Diced Apricots* 1% Low Fat Milk	Diced Chicken & Cheese WG Pasta Fresh Garden Salad Mix Mixed Berries+ 1% Low Fat Milk	Beef Patty* & Cheese WG Bun Peas & Carrots+* Diced Pears 1% Low Fat Milk	Sliced Turkey* & Cheese Townhouse Crackers Celery Sticks Fresh Sliced Apples+ 1% Low Fat Milk	Tuna & Cheese WG Pasta Steamed Green Beans+ Diced Pineapple+ 1% Low Fat Milk
Special for ages 1 & 2		Diced Mixed Berries+, Fully Cooked Diced Vegetables		Applesauce+, Fully Cooked Diced Vegetables	

PM SNACK 2 separate components: Meat/Meat alt, Grain, Fruit/Vegetable, Milk	Strawberry Yogurt Diced Pears	Animal Crackers Diced Apricots	Fresh Sliced Bananas+ 1% Low Fat Milk	Cucumber Slices Crunchy Snack Mix (Pretzels, Chex Cereal, Cheese Crackers)	Fresh Snap Peas & Carrot Sticks* Hummus
Special for ages 1 & 2				Chex Cereal	Fully Cooked Diced Vegetables

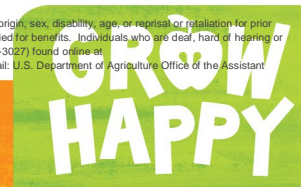
FUN NUTRITION FACTS: Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins. Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).

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Vitamin C* source
Vitamin A* source
Whole Grain (WG)



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