

menu

WEEK 1 KinderCare at Rancho Carrillo

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Whole-grain Toasty O's cereal, served with fresh apple slices and 1% low-fat milk	English muffin toasted with sun butter, served with fresh Banana slices and 1% low-fat milk	Whole-grain French toast sticks, served with fresh melon and 1% low-fat milk	Whole-grain bagel toasted with cream cheese, served with applesauce and 1% low-fat milk	Crispy rice cereal, served with fresh sliced oranges and 1% low-fat milk

LUNCH

Bean & Cheese Burrito	Chicken Teriyaki Bowl	Cheese Pizza	Spaghetti with Meat Sauce	Grilled Cheese & Tomato Soup
Black beans and cheese baked inside a flour tortilla, served with corn, Mango, and 1% low-fat milk	Diced chicken served over whole-grain brown rice, with mixed vegetables, fresh strawberries, and 1% low-fat milk	Cheese pizza with a whole-grain crust, served with tender steamed broccoli, pineapple, and 1% low-fat milk	Chicken crumble meat sauce poured over whole-grain pasta, served with fresh zucchini, peach slices, and 1% low-fat milk	Grilled cheese sandwich on whole-grain bread, served with tomato soup, fresh apples, and 1% low-fat milk

VEGETARIAN OPTION

Teriyaki Bean & Rice Bowl	Spaghetti, Marinara, & Parmesan
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AFTERNOON SNACK

Yogurt and Blueberries	Cheese cubes and a crunchy snack mix of Chex™ cereal, and cheese crackers	Whole-grain graham crackers and 1% low-fat milk	Whole-grain crackers and sliced cheese	Wheat crackers and hummus bean dip
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Water is available to children throughout the day and at all meals and snacks. If no beverage is specified the beverage offered will be water.
Children (age 12-24 months) are served whole milk. After 24 months, all children are served 1% milk.

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menu

WEEK 2 KinderCare at Rancho Carrillo

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chex™ cereal, served with fresh orange Slices and 1% low-fat milk.	English Muffin served with Jelly, fresh sliced Banana and 1% low-fat milk	Whole-grain pancakes, served with fresh melon and 1% low-fat milk	Whole-grain oatmeal, topped with raisins, mango and 1% low-fat milk	Kix® cereal, served with peach slices and 1% low-fat milk

LUNCH

Mac 'n' Cheese with Refried Beans	Sweet & Sour Chicken Rice Bowl	Mini Cheeseburger Slider	Cracker Stackers	Sun Butter & Jelly Sandwich
Macaroni noodles, cheese, and refried beans served with green peas, pineapple, and 1% low-fat milk	Diced chicken served over whole-grain brown rice, with a freshly mixed garden salad, fresh strawberries, and 1% low-fat milk	Beef patty with cheese on a whole-grain bun, served with steamed broccoli, peaches, and 1% low-fat milk	Turkey and cheese slices with Town House® crackers, served with fresh celery sticks, fresh orange slices, and 1% low-fat milk	Sun butter and jelly sandwich on whole-grain bread, fresh carrot sticks, fresh apple slices, and 1% low-fat milk

VEGETARIAN OPTION

	Sweet & Sour Bean & Rice Bowl	Veggie Slider		
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AFTERNOON SNACK

Cottage cheese with pears	Cereal mix of Toasty O's, Kix®, and Chex™ cereals, served with 1% low-fat milk	Fresh celery and carrot sticks, served with humus	Yogurt and blueberries	Whole-grain graham crackers and Cream Cheese
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WEEK 3 KinderCare at Rancho Carrillo

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Corn Flakes cereal, served with peach slices and 1% low-fat milk	Warm whole-grain biscuits, served with fresh banana slices and 1% low-fat milk	Whole-grain bagel toasted with cream cheese, served with apple slices and 1% low-fat milk	Whole-grain French toast sticks, served with applesauce and 1% low-fat milk	Chex™ cereal, served with fresh orange slices and 1% low-fat milk

LUNCH

Veggie Pizza	Homemade Chicken & Pasta Casserole	Hot Turkey Sandwich	Crispy Chicken Burrito	Cracker Stackers
Cheese pizza with a whole-grain crust, served with mixed vegetables, fresh orange slices, and 1% low-fat milk	Diced chicken, cheese, and whole-grain pasta casserole, served with peas and carrots, fresh Strawberries, and 1% low-fat milk	Hot turkey sandwich on whole-grain bread, served with mashed potatoes, mango, and 1% low-fat milk	Chicken crumble and cheese baked in a flour tortilla, served with corn, blueberries, and 1% low-fat milk	Turkey and cheese slices with Town House® crackers, served with fresh celery sticks, fresh melon, and 1% low-fat milk

VEGETARIAN OPTION

Cheesy Pasta Casserole	Veggie Slider Sandwich	Crispy Cheese Quesadilla
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AFTERNOON SNACK

Pita Bread and hummus bean dip	Cottage cheese with pineapple	Fresh broccoli and cheese cubes	Yogurt and whole grain graham crackers	Fresh apple slices and sun butter
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WEEK 4 KinderCare at Rancho Carrillo

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Crispy rice cereal, served with Mango and 1% low-fat milk	Whole-grain oatmeal with raisins served with Banana slices and 1% low-fat milk	Whole-grain pancakes, served with fresh sliced oranges and 1% low-fat milk	Warm whole-grain biscuit, served with Jelly, Peaches and 1% low-fat milk	Whole-grain Toasty O's cereal, served with mango and 1% low-fat milk

LUNCH

Homemade Baked Cheesy Rice	Mini Beef Sliders	Homemade Taco Mac 'n' Cheese	Turkey Sandwich with Tomato Soup	Turkey Breakfast Sandwich
Whole-grain rice with melted mozzarella cheese and chicken, served with steamed broccoli, pineapple, and 1% low-fat milk	Beef patty with cheese served on a whole-grain bun, served with mixed vegetables, Strawberries, and 1% low-fat milk	Chicken crumble, cheese, and macaroni noodles, served with a freshly mixed garden salad, strawberries, and 1% low-fat milk	Turkey sandwich on whole-grain bread, served with tomato soup, fresh melon, and 1% low-fat milk	Turkey-sausage and cheese sandwich on a toasted English muffin, served with a freshly mixed garden salad, fresh apple slices, and 1% low-fat milk

VEGETARIAN OPTION

	Veggie Pizza Slider	Taco Mac & BBQ Baked Beans	Grilled Cheese	
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AFTERNOON SNACK

Fresh apple slices and yogurt	Wheat crackers and cheese slices	Whole-grain bagel toasted with cream cheese and blueberries	Cheese crackers and fresh cucumber slices	Whole-grain graham crackers and 1% low-fat milk
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menu



BREAKFAST

MONDAY (DATE)	TUESDAY (DATE)	WEDNESDAY (DATE)	THURSDAY (DATE)	FRIDAY (DATE)
Kix® cereal, served with fresh orange slices and 1% low-fat milk	Whole-grain bagel toasted with cream cheese, served with mixed berries and 1% low-fat milk	English muffin toasted with cinnamon-maple sun butter, served with blueberries and 1% low-fat milk	Whole-grain French toast sticks, served with fresh banana slices and 1% low-fat milk	Chex™ cereal, served with fruit cocktail and 1% low-fat milk

LUNCH

Grilled Cheese & Tomato Soup	Turkey Breakfast Sandwich	Homemade Chicken & Pasta Casserole	Teriyaki Beef Sliders	Cracker Stackers
Grilled cheese sandwich on whole-grain bread, served with tomato soup, fresh sliced bananas, and 1% low-fat milk	Turkey-sausage and cheese sandwich on a toasted English muffin, served with a freshly mixed garden salad, apricots, and 1% low-fat milk	Diced chicken and whole-grain pasta with cheese, served with broccoli, mixed berries, and 1% low-fat milk	Beef patty on a whole-grain bun with teriyaki sauce, served with peas and carrots, pineapple, and 1% low-fat milk	Turkey and cheese slices with Town House® crackers, served with fresh celery sticks, fresh apple slices, and 1% low-fat milk

VEGETARIAN OPTION

	Veggie Breakfast Sandwich	Cheesy Pasta Casserole	Teriyaki Veggie Slider	Crackers & Cheese
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AFTERNOON SNACK

Animal crackers and 1% low-fat milk	Fresh celery sticks and sun butter topped with raisins	Fresh carrot sticks and a mix of pretzels, Chex™ cereal, and crackers	Yogurt and mango	Whole-grain pita bread and hummus bean dip
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