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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| Whole-grain Toasty O’s cereal, served with fresh orange slices and 1% low-fat milk | English muffin toasted with cinnamon-maple sun butter, served with  apricots and 1% low-fat milk | Whole-grain French toast sticks, served with mixed berries 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 bananas and 1% low-fat milk |

**BREAKFAST**

**WEEK 1**

**West Springfield KinderCare**

**AFTERNOON SNACK**

**VEGETARIAN OPTION**

**LUNCH**

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| **Bean & Cheese Burrito** | **Chicken Teriyaki Bowl** | **Cheese Pizza** | **Spaghetti with Meat Sauce** | **Fish Sticks** |
| Refried beans and cheese baked inside a flour tortilla, served with corn, fruit cocktail, and 1% low-fat milk | Diced chicken served over whole-grain brown rice, with mixed vegetables, mango, 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, apricots, and 1% low-fat milk | Whole-grain fish sticks served with fresh cucumber slices, strawberries, and 1% low-fat milk |
|  | **Teriyaki Bean & Rice Bowl** |  | **Spaghetti, Marinara, & Parmesan** | **Veggie Slider** |
| Yogurt and fresh sliced bananas  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. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at http://www.ascr.usda.gov/complaint\_filing\_cust.html, 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.  **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.** | Cheese cubes and a crunchy snack mix of pretzels, Chex™ cereal, and cheese crackers | Whole-grain graham crackers and 1% low-fat milk | Whole-grain breadstick and sliced cheese | Wheat crackers and hummus bean dip |

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| Chex™ cereal, served with pears and 1% low-fat milk | Warm whole-grain breadstick served with cinnamon-maple sprinkle, fresh sliced bananas and 1% low-fat milk | Whole-grain pancakes, served with mixed berries and 1% low-fat milk | Whole-grain oatmeal, topped with raisins, fresh sliced bananas and 1% low-fat milk | Kix® cereal, served with peaches and 1% low-fat milk |

**WEEK 2**

**West Springfield KinderCare**

**BREAKFAST**

**AFTERNOON SNACK**

**VEGETARIAN OPTION**

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**LUNCH**

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| **Mac ‘n’ Cheese with Refried Beans** | **Sweet & Sour Chicken Rice Bowl** | **Mini Cheeseburger Slider** | **Homemade Chicken & Rice Casserole** | **Sun Butter & Jelly Sandwich** |
| Macaroni noodles, cheese, and refried beans served with green peas, apricots, and 1% low-fat milk | Diced chicken served over whole-grain brown rice, with a freshly mixed garden salad, pineapple, and  1% low-fat milk | Beef patty with cheese on a whole-grain bun, served with roasted potato wedges, peaches, and  1% low-fat milk | Diced chicken, cheese, and whole-grain brown rice casserole, served with mixed vegetables, fresh orange slices, and 1% low-fat milk | Sun butter and jelly sandwich on whole-grain bread, served with yogurt, fresh carrot sticks, fresh apple slices, and 1% low-fat milk |
|  | **Sweet & Sour Bean & Rice Bowl** | **Veggie Slider** | **Cheesy Rice Casserole** |  |
| Applesauce and whole-grain graham crackers | Cereal mix of Toasty O’s, Kix®, and Chex™ cereals, served with 1% low-fat milk | Fresh celery and carrot sticks, served with cheese crackers | Yogurt and mango | Whole-grain Toasty O’s cereal served with 1% low-fat milk |

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| Corn Flakes cereal, served with blueberries and  1% low-fat milk | Warm whole-grain biscuits, served with peaches and 1% low-fat milk | Whole-grain bagel toasted with cream cheese, served with strawberries and  1% low-fat milk | Whole-grain French toast sticks, served with apricots and 1% low-fat milk | Chex™ cereal, served with fresh sliced bananas and 1% low-fat milk |

**WEEK 3**

**West Springfield KinderCare**

**BREAKFAST**

**AFTERNOON SNACK**

**VEGETARIAN OPTION**

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**LUNCH**

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| **Veggie Pizza** | **Homemade Chicken & Pasta Casserole** | **Hot Turkey Sandwich** | **Crispy Chicken Burrito** | **Egg Breakfast Biscuit** |
| Cheese pizza with a whole-grain crust, served with mixed vegetables, pineapple, and 1% low-fat milk | Diced chicken, cheese, and whole-grain pasta casserole, served with peas and carrots, fruit cocktail, 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 | Egg on a whole-grain biscuit, served with steamed green beans, fresh orange slices, and 1% low-fat milk |
|  | **Cheesy Pasta Casserole** | **Veggie Slider Sandwich** | **Crispy Cheese Quesadilla** |  |
| Whole-grain breadstick and hummus bean dip | Vanilla wafers and 1% low-fat milk | Fresh broccoli and cheese cubes | Yogurt and granola | Fresh apple slices and sun butter |

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| Crispy rice cereal, served with pears and 1% low-fat milk | Cinnamon-maple flavored whole-grain oatmeal, served with peaches and 1% low-fat milk | Whole-grain pancakes, served with fresh sliced oranges and 1% low-fat milk | Warm whole-grain biscuit, served with fruit cocktail and 1% low-fat milk | Whole-grain Toasty O’s cereal, served with mango and 1% low-fat milk |

**WEEK 4**

**West Springfield KinderCare**

**BREAKFAST**

**LUNCH**

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**AFTERNOON SNACK**

**VEGETARIAN OPTION**

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| **Homemade Baked Cheesy Penne** | **Mini Beef Pizza Sliders** | **Homemade Taco**  **Mac ‘n’ Cheese** | **Turkey Sandwich with Tomato Soup** | **Fish Sandwich** |
| Whole-grain pasta with melted mozzarella cheese, served with steamed broccoli, fruit cocktail, and 1% low-fat milk | Beef patty with cheese served on a whole-grain bun, served with mixed vegetables, pears, 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 sliced bananas, and 1% low-fat milk | Whole-grain fish sticks served on a whole-grain bun, with green peas, blueberries, and 1% low-fat milk |
|  | **Veggie Pizza Slider** | **Taco Mac & BBQ Baked Beans** | **Grilled Cheese** | **Sun Butter Sandwich & Yogurt** |
| 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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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| 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 |

**WEEK 5**

**West Springfield KinderCare**

**BREAKFAST**

**AFTERNOON SNACK**

**VEGETARIAN OPTION**

**LUNCH**

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| **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 |
|  | **Veggie Breakfast Sandwich** | **Cheesy Pasta Casserole** | **Teriyaki Veggie Slider** | **Crackers & Cheese** |
| 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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