

**Knowledge Universe Menu Spring-Summer 2012**

**Week 1**

Center #	Date:	Date:	Date:	Date:	Date:
BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	Milk	Milk	Milk	Milk	Milk
Fruit	Banana (C)	Applesauce (C)	Strawberries (C)	Fruit Cocktail (A,C)	Cranberries (C)
Grain-Bread	Cornflakes	Oatmeal (WG)	English Muffin	French Toast Stick (WG) [CN #079381]	Biscuit
Age Appropriate Sub.					
LUNCH	Taco Mac 'N Cheese, HM	Cracker Stackers, HM	Chicken Rice Bowl, HM	Chicken Quesadilla, HM	Tuna Sandwich, HM
Meat-Meat Alternate	Turkey Taco Meat	Sliced Turkey, Cheese	Diced or Pulled Chicken	Diced Chicken, Shredded Cheese	Tuna
Grain-Bread	Mac 'N Cheese (WG)	Wheat Wafers (WG)	Brown Rice (WG)	Flour Tortilla	Bread (WG)
Vegetables	Peas (C)	Country Vegetable Soup (A,C)	Mixed Vegetables (A,C)	Vegetarian Beans	Green Salad
Fruit	Peaches	Cranberries	Pears	Apples (C)	Apricots (A)
Milk	Milk	Milk	Milk	Milk	Milk
Age Appropriate Sub.		Townhouse crackers			
PM SNACK					
Milk			Milk		Milk
Meat-Meat Alternate	Sliced Cheese			Strawberry Yogurt	
Vegetable-Fruit-Juice		100% Apple Juice (C)	Banana slices (C)	100% Grape Juice (C)	Carrot Stick (A) & Broccoli
Grain-Bread	Wheat Wafer (WG)	Cinnamon Toast (WG), HM			
Age Appropriate Sub.	Townhouse Crackers				Bananas (C)

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. All juice served is 100% full-strength fruit juice. Children (age 12-24 months) are served whole milk. After 24 months, all children are served 1% milk. \*Age appropriate substitution required -see substitution list \*\*My product analysis statement on file. ☐ No Documentation of minimum portion required, HM = Homemade -Recipe on File. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339, or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

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**Week 3**

Center #	Date:	Date:	Date:	Date:	Date:
BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	Milk	Milk	Milk	Milk	Milk
Fruit	Apricots (A)	Fruit Cocktail (A, C)	Bananas (C)	Pears	Oranges (C)
Grain-Bread	Oatmeal (WG)	French Toast Sticks (WG) [CN #079381]	Crispy Rice	English Muffin	Cornflakes
Age Appropriate Sub.					
LUNCH	Meatloaf	Chicken & Pasta, HM	Turkey & Cheese Sandwich, HM	Cheeseburger, HM	Cheese Pizza
Meat-Meat Alternate	Meatloaf (CN # 562320)	Chicken	Sliced Turkey, Cheese	Beef Patty, Cheese	Cheese Pizza (CN # 069623)
Grain-Bread	Bread (WG)	Pasta (WG)	Bread (WG)	Bun (WG)	**Crust (WG)
Vegetables	Mashed Potatoes	Broccoli (A,C)	Tomato Soup (A, C)	Roasted Potatoes	Green Salad
Fruit	Apples (C)	Peaches	Applesauce (C)	Apricots (A)	Strawberries (C)
Milk	Milk	Milk	Milk	Milk	Milk
Age Appropriate Sub.					
PM SNACK					
Milk				Milk	
Meat-Meat Alternate		Strawberry Yogurt			Cheese Cubes
Vegetable-Fruit-Juice	Pears	Apples (C)	100% Grape Juice (C)		100% Apple Juice (C)
Grain-Bread			Bread (WG) with Soy Nut Butter	Animal Crackers	
Age Appropriate Sub.		Lightly Steamed Carrots & Bell Peppers			

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**Week 2**

Center #	Date:	Date:	Date:	Date:	Date:
BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	Milk	Milk	Milk	Milk	Milk
Fruit	Peaches	Strawberries (C)	Pears	Banana (C)	Oranges (C)
Grain-Bread	Toasty O's (WG)	Pancake (WG)	Bagel	Muffin Square, HM	Waffle (WG)
Age Appropriate Sub.					
LUNCH	Vegetarian Chili, HM	Turkey Tacos, HM	Fish Sticks	Spaghetti w/ Meat Sauce, HM	Veggie Pizza
Meat-Meat Alternate	Vegetable Chili	Turkey Taco Meat**	Fish Sticks (CN # 072640)	Ground Beef Crumble (CN #058857)	Cheese Pizza (CN # 069623)
Grain-Bread	Cornbread, HM	Flour Tortilla	Brown Rice (WG)	Pasta (WG)	** Crust (WG)
Vegetables	Green Salad	Vegetarian Beans	Broccoli (A, C)	Mixed Vegetables (A, C)	Peas (C)
Fruit	Apples (C)	Cranberries	Fruit Cocktail (A, C)	Peaches	Pineapple (C)
Milk	Milk	Milk	Milk	Milk	Milk
Age Appropriate Sub.					
PM SNACK					
Milk		Milk			Milk
Meat-Meat Alternate			Cottage Cheese	Vanilla Yogurt	
Vegetable-Fruit-Juice	100% Grape Juice (C)	Celery Sticks w/ Soy Nut Butter & Carrots (A)	Pineapple (C)	100% Apple Juice (C)	
Grain-Bread	Cheese Crackers				Sweet Potato Bread
Age Appropriate Sub.		Bananas			

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**Week 4**

Center #	Date:	Date:	Date:	Date:	Date:
BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	Milk	Milk	Milk	Milk	Milk
Fruit	Peaches	Strawberries (C)	Fruit Cocktail (A, C)	Banana (C)	Peaches
Grain-Bread	Muffin Squares, HM	Biscuit	Toasty O's (WG)	Bagel	Pancake (WG)
Age Appropriate Sub.					
LUNCH	BBQ Chicken Sandwich, HM	Tuna Noodle Casserole, HM	Bean Burrito, HM	Cheesy Chicken & Rice, HM	Cheeseburger Soup, HM
Meat-Meat Alternate	Diced Chicken	Tuna	Vegetarian Beans	Chicken	Beef Crumble (CN # 058857)
Grain-Bread	Bun/Roll (WG)	Mac 'N Cheese (WG)	Flour Tortilla	Brown Rice (WG)	Breadstick
Vegetables	Carrots (A)	Green Peas (C)	Bell Pepper Strips (C)	Corn	Tomato Soup (A, C)
Fruit	Cranberries	Oranges (C)	Pineapple (C)	Apricots (A)	Fruit Cocktail (A, C)
Milk	Milk	Milk	Milk	Milk	Milk
Age Appropriate Sub.					
PM SNACK					
Milk		Milk			Milk
Meat-Meat Alternate	Vanilla Yogurt			Cottage Cheese	
Vegetable-Fruit-Juice	100% Apple Juice (C)	Celery Sticks w/ Soy Nut Butter & Carrots [A]	100% Grape Juice (C)	Pineapple	
Grain-Bread				Bread Stick	
Age Appropriate Sub.		Bananas			Graham Crackers

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