

menu



Center #

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Date					
BREAKFAST <i>(substitute for 1-2 year olds)</i>	Whole-grain Kix Cereal	English Muffin with Sun Butter	Whole-grain French Toast	Whole-grain Bagel <i>(Whole-grain Biscuit)</i>	Crispy Rice Cereal
	Peaches	Pears	Mixed Berries <i>(Finely Diced Mixed Berries)</i>	Applesauce	Fresh Bananas
	1% Unflavored Low-fat Milk	1% Unflavored Low-fat Milk	1% Unflavored Low-fat Milk	1% Unflavored Low-fat Milk	1% Unflavored Low-fat Milk
LUNCH	Bean & Cheese Burrito	Chicken Teriyaki Bowl	Cheese Pizza	Baked Whole-grain Ravioli	Fish Sticks
VEGETARIAN OPTION		Teriyaki Bean & Rice Bowl			Veggie Slider
<i>(substitute for 1-2 year olds)</i>	Refried Beans and Cheese	Diced Chicken	Cheese Pizza on	Whole-grain Ravioli	
	Whole-grain Flour Tortilla	Whole-grain Brown Rice	Whole-grain Crust	Cheese	Whole-grain Fish Sticks
	Corn	Peas & Carrots	Fresh Spinach Salad <i>(Peas & Carrots)</i>	Fresh Zucchini <i>(Finely Diced Steamed Zucchini)</i>	Fresh Cucumber Slices <i>(Finely Diced Mixed Vegetables)</i>
	Broccoli <i>(Finely Diced Steamed Broccoli)</i>	Pineapple	Mango	Pears	Apricots
	1% Unflavored Low-fat Milk	1% Unflavored Low-fat Milk	1% Unflavored Low-fat Milk	1% Unflavored Low-fat Milk	1% Unflavored Low-fat Milk
AFTERNOON SNACK <i>(substitute for 1-2 year olds)</i>	Sun Butter & Jelly on	1% Unflavored Low-fat Milk	Yogurt	Fresh Carrot & Celery Sticks <i>(Steamed Carrots)</i>	Hummus Bean Dip
	Whole-grain Bread	Whole-grain Cheese Crackers <i>(Whole-grain Toasty O's)</i>	Fresh Bananas	Sliced Turkey	Whole-grain Pita Bread

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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 unflavored whole milk. After 24 months, all children are served unflavored 1% milk.

Items listed in parentheses and italics indicate suggested age appropriate substitutions for 1-2 year olds.

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KinderCare
LEARNING CENTERS

menu



Center #

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Date					
BREAKFAST <i>(substitute for 1-2 year olds)</i>	Whole-grain Toasty O's Cereal	Whole-grain Biscuit with Sun Butter	Whole-grain Pancake	Whole-grain Oatmeal	Whole-grain Chex Cereal
	Pears	Fresh Apple Slices <i>(Applesauce)</i>	Mixed Berries <i>(Finely Diced Mixed Berries)</i>	Fresh Bananas	Peaches
	1% Unflavored Low-fat Milk	1% Unflavored Low-fat Milk	1% Unflavored Low-fat Milk	1% Unflavored Low-fat Milk	1% Unflavored Low-fat Milk
LUNCH	Vegetarian Lo Mein	Sweet & Sour Chicken Rice Bowl	Mini Cheeseburger Silder	Breakfast Burrito	Grilled Cheese & Tomato Soup
VEGETARIAN OPTION		Sweet & Sour Bean Rice Bowl	Veggie Slider		
<i>(substitute for 1-2 year olds)</i>	Chickpeas	Diced Chicken	Beef Patty and Cheese	Egg Patty	Grilled Cheese Sandwich
	Whole-grain Pasta	Whole-grain Brown Rice	Whole-grain Bun	Whole-grain Flour Tortilla	Whole-grain Bread
	Mixed Vegetables <i>(Finely Diced Mixed Vegetables)</i>	Green Beans	Roasted Potato Wedges	Peas & Carrots	Tomato Soup
	Mandarin Oranges	Pineapple	Fresh Green Salad <i>(Green Beans)</i>	Fresh Orange Slices <i>(Mandarin Oranges)</i>	Fresh Cauliflower <i>(Finely Diced Steamed Cauliflower)</i>
	1% Unflavored Low-fat Milk	1% Unflavored Low-fat Milk	1% Unflavored Low-fat Milk	1% Unflavored Low-fat Milk	1% Unflavored Low-fat Milk
AFTERNOON SNACK <i>(substitute for 1-2 year olds)</i>	1% Unflavored Low-fat Milk	Fresh Bananas	Fresh Cucumber Slices <i>(Finely Diced Mixed Vegetables)</i>	Yogurt	Whole-grain Bagel <i>(Whole-grain Biscuit)</i>
	Whole-grain Crunchy Snack Mix Kix & Chex Cereal, Cheese Crackers	Cheese Cubes <i>(Cheese Slices)</i>	Sliced Turkey	Whole-grain Granola <i>(Whole-grain Chex Cereal)</i>	Blueberries
	<i>(Whole-grain Chex Cereal)</i>				

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Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Date					
BREAKFAST <i>(substitute for 1-2 year olds)</i>	Whole-grain Chex Cereal	English Muffin with Sun Butter	Whole-grain Bagel <i>(Whole-grain Biscuit)</i>	Whole-grain French Toast	Whole-grain Kix Cereal
	Apricots	Strawberries <i>(Finely Diced Strawberries)</i>	Peaches	Blueberries	Fresh Bananas
	1% Unflavored Low-fat Milk	1% Unflavored Low-fat Milk	1% Unflavored Low-fat Milk	1% Unflavored Low-fat Milk	1% Unflavored Low-fat Milk
LUNCH	Vegetarian Fiesta Rice Bowl	Hot Turkey Sandwich	Egg Breakfast Biscuit	Crispy Chicken Burrito	Cheese Pizza
VEGETARIAN OPTION		Veggie Slider Sandwich		Crispy Cheese Quesadilla	
<i>(substitute for 1-2 year olds)</i>	Pinto or Black Beans	Hot Turkey Sandwich	Egg Patty	Chicken Crumble and Cheese	Cheese Pizza on
	Whole-grain Brown Rice	Whole-grain Bread	Whole-grain Biscuit	Whole-grain Flour Tortilla	Whole-grain Crust
	Corn & Salsa	Mashed Potatoes	Green Peas	Fresh Zucchini <i>(Finely Diced Steamed Zucchini)</i>	Mixed Vegetables <i>(Finely Diced Mixed Vegetables)</i>
	Mango	Green Beans	Fresh Orange Slices <i>(Mandarin Oranges)</i>	Apricots	Pineapple
	1% Unflavored Low-fat Milk	1% Unflavored Low-fat Milk	1% Unflavored Low-fat Milk	1% Unflavored Low-fat Milk	1% Unflavored Low-fat Milk
AFTERNOON SNACK <i>(substitute for 1-2 year olds)</i>	Hummus Bean Dip	Applesauce	Yogurt	Fresh Broccoli <i>(Finely Diced Steamed Broccoli)</i>	1% Unflavored Low-fat Milk
	Whole-grain Pita Bread	Whole-grain Cheese Crackers <i>(Whole-grain Pita Bread)</i>	Blueberries	Cheese Slices	Fresh Apple Slices <i>(Applesauce)</i>

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Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Date					
BREAKFAST <i>(substitute for 1-2 year olds)</i>	Crispy Rice Cereal	Whole-grain Pancakes	Whole-grain Oatmeal	Whole-grain Biscuit	Whole-grain Toasty O's Cereal
	Pears	Fresh Orange Slices <i>(Mandarin Oranges)</i>	Strawberries <i>(Finely Diced Strawberries)</i>	Peaches	Fresh Bananas
	1% Unflavored Low-fat Milk	1% Unflavored Low-fat Milk	1% Unflavored Low-fat Milk	1% Unflavored Low-fat Milk	1% Unflavored Low-fat Milk
LUNCH	Cheeseburger Slider	Taco Mac 'N Cheese	Chickpea Biryani	Whole-grain Ravioli Spinach Salad	Fish Sandwich
VEGETARIAN OPTION	Veggie Slider	Mac 'N Cheese with Yogurt			Grilled Cheese Sandwich
<i>(substitute for 1-2 year olds)</i>	Beef Patty and Cheese	Chicken Crumble	Chickpeas	Whole-grain Ravioli	Whole-grain Fish Sticks on
	Whole-grain Bun	Macaroni & Cheese	Whole-grain Brown Rice	Cheese	Whole-grain Bun
	Roasted Potato Wedges	Broccoli <i>(Finely Diced Steamed Broccoli)</i>	Fresh Cauliflower & Green beans <i>(Finely Diced Steamed Cauliflower)</i>	Green Peas	Fresh Spinach Salad <i>(Green peas)</i>
	Pineapple	Mango	Mandarin Oranges	Apricots	Mashed Potatoes
	1% Unflavored Low-fat Milk	1% Unflavored Low-fat Milk	1% Unflavored Low-fat Milk	1% Unflavored Low-fat Milk	1% Unflavored Low-fat Milk
AFTERNOON SNACK <i>(substitute for 1-2 year olds)</i>	Whole-grain Bagel <i>(Whole-grain Biscuit)</i>	1% Unflavored Low-fat Milk	Sun Butter and Jelly on	Fresh Bananas	Yogurt
	Blueberries	Whole-grain Cheese Crackers <i>(Whole-grain Toasty O's Cereal)</i>	Whole-grain Bread	Cheese Cubes <i>(Cheese Slices)</i>	Fresh Cucumber Slices <i>(Finely Diced Mixed Vegetables)</i>

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