

KinderCare Center 000071 2015-2016

WEEK #1	MONDAY —	TUESDAY —	WEDNESDAY —	THURSDAY —	FRIDAY —
BREAKFAST	Whole Grain Toasty O's Cereal Fresh Sliced Bananas + 1% Low Fat Milk	English Muffin with Fruit Jelly or Sun Butter Chilled Halved Apricots* 1% Low Fat Milk	Whole Grain French Toast Sticks Applesauce + 1% Low Fat Milk	Gluten-Free Crispy Rice Fresh Sliced Oranges + 1% Low Fat Milk	Whole Grain Bagel with Cream Cheese Chilled Fruit Cocktail +* 1% Low Fat Milk
Special for ages 1 & 2		Applesauce +			Fruit Cocktail +* (no grapes)
LUNCH	Bean & Cheese Burrito on Flour Tortillas Steamed Corn Chilled Mixed Berries + 1% Low Fat Milk	Country Vegetable*Soup+* with Ground Turkey~ Whole Grain Biscuit Chilled Fruit Cocktail +* 1% Low Fat Milk	Beef~ Teriyaki Bowl with Whole Grain Brown Rice Steamed Mixed Vegetable +* Diced Mango* 1% Low Fat Milk	Cheese Pizza on Whole Grain Crust~ Green Salad with Dressing Chilled Diced Peaches 1% Low Fat Milk	Fish Sticks~ Whole Grain Bread Stick Roasted Potato Wedge+ Fresh Strawberries + 1% Low Fat Milk
Special for ages 1 & 2	Diced Mixed Berries +	Fruit Cocktail +* (no grapes)		Green Beans +	
SNACK	Whole Grain Graham Cracker with Sun Butter 1% Low Fat Milk	Sugar Snap Peas & Fresh Cucumber Slices with Hummus Low Fat Strawberry Yogurt	Whole Grain Biscuit with Cinnamon Maple Sprinkle 1% Low Fat Milk	Low Fat Cottage Cheese Chilled Apricot Halves*	Whole Grain Pita Bread with Hummus or Sun Butter 100% Apple Juice +
Special for ages 1 & 2		Lightly Steamed Vegetables			


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WEEK #2 Date	MONDAY —	TUESDAY —	WEDNESDAY —	THURSDAY —	FRIDAY —
BREAKFAST	Cornflakes Cereal Fresh Sliced Banana + 1% Low Fat Milk	Whole Grain Biscuit with Sun Butter or Jelly Chilled Diced Pears 1% Low Fat Milk	Whole Grain Pancakes Roasted Potato Wedge+ 1% Low Fat Milk	Gluten-Free Chex Cereal Chilled Pineapple Tidbits + 1% Low Fat Milk	Whole Grain Oatmeal with toppings Fresh Sliced Bananas + 1% Low Fat Milk
Special for ages 1 & 2					
LUNCH	Whole Grain Macaroni+ with 100% Cheese Sauce and Black Beans Steamed Peas + Pineapple Tidbits + 1% Low Fat Milk	Whole Grain Pasta with Ground Beef~ in Tomato Sauce Fresh Steamed Zucchini Chilled Apricot Halves* 1% Low Fat Milk	Mini Cheese Burger~ Slider on a Whole Grain Bun Baked Sweet Potato Tots* Chilled Diced Peaches 1% Low Fat Milk	Whole Grain Brown Rice and 100% White Diced Chicken Casserole Steamed Mixed Vegetable +* Fresh Sliced Oranges + 1% Low Fat Milk	Vegetarian Whole Bean Chili+ Fresh Cornbread Steamed Green Beans + Fresh Sliced Apples + 1% Low Fat Milk
Special for ages 1 & 2		Diced Steamed Zucchini			Applesauce +
SNACK	Homemade Cereal Mix (Whole Grain Toasty O's, Kix, Gluten Free Chex) 1% Low Fat Milk	Fresh Celery & Carrot Sticks* Creamy Hummus	Unsweetened Applesauce + with Cinnamon Sprinkle 1% Low Fat Milk	Low Fat Cottage Cheese Fresh Sliced Pears	Whole Grain Biscuit with Sun Butter & Jelly 100% Grape Juice +
Special for ages 1 & 2		Whole Grain Round Crackers			

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WEEK #3 Date	MONDAY —	TUESDAY —	WEDNESDAY —	THURSDAY —	FRIDAY —
BREAKFAST	Whole Grain Biscuit Chilled Diced Peaches 1% Low Fat Milk	Cornflakes Cereal Sliced Strawberries + 1% Low Fat Milk	Whole Grain Bagel with Cream Cheese Blueberries + 1% Low Fat Milk	Whole Grain French Toast Sticks Chilled Halved Apricots + 1% Low Fat Milk	Gluten Free Chex Cereal Fresh Sliced Bananas + 1% Low Fat Milk
Special for ages 1 & 2					

LUNCH	Chicken and Whole Grain Pasta Casserole Steamed Green Beans + Diced Pears 1% Low Fat Milk	Cheese Pizza on a Whole Grain Crust~ Mixed Green Salad Blueberries + 1% Low Fat Milk	Black Bean Burrito on Flour Tortilla Corn Chilled Diced Pineapple + 1% Low Fat Milk	Hot Turkey Sandwich on Whole Grain Bread Mashed Potatoes + Chilled Diced Pears 1% Low Fat Milk	Sweet & Sour Chicken Whole Grain Brown Rice Steamed Mixed Vegetables +* Diced Mango* 1% Low Fat Milk
Special for ages 1 & 2		Finely Shredded Lettuce	Lightly Steamed Flour Tortilla		

PM SNACK	Multi-Color Bell Pepper + Strips & Carrot Sticks* Hummus	Animal Crackers 1% Low Fat Milk	Whole Grain Breadstick 100% Grape Juice +	Strawberry Yogurt with Crushed Cereal 100% Apple Juice + 	Fresh Baked Apples + with Cinnamon Maple Sprinkle 1% Low Fat Milk
Special for ages 1 & 2	Lightly Steamed Vegetables +				

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WEEK #4 Date	MONDAY —	TUESDAY —	WEDNESDAY —	THURSDAY —	FRIDAY —
BREAKFAST	Gluten-Free Crispy Rice Chilled Diced Pears 1% Low Fat Milk	Whole Grain Oatmeal with Toppings Fresh Sliced Banana + 1% Low Fat Milk	Whole Grain Pancakes Roasted Potato Wedge+ 1% Low Fat Milk	Whole Grain Biscuit with Sun Butter Chilled Fruit Cocktail +* 1% Low Fat Milk	Whole Grain Toasty O's Cereal Fresh Strawberries + 1% Low Fat Milk
Special for ages 1 & 2				Fruit Cocktail +* (no grapes)	
LUNCH	Whole Grain Pasta and Shredded Cheese Bake Steamed Broccoli +* Chilled Fruit Cocktail +* 1% Low Fat Milk	Teriyaki Beef~ Slider on a Whole Grain Bun Steamed Mixed Vegetable +* Diced Pineapple Tidbits + 1% Low Fat Milk	Whole Grain Macaroni+ with 100% Cheese Sauce and Ground Turkey+ Steamed Cauliflower Fresh Strawberries + 1% Low Fat Milk	Tuna Salad Wrap in Flour Tortilla Steamed Green Peas + Blueberries + 1% Low Fat Milk	Cheeseburger Tomato Soup+* with Ground Beef~ & Shredded Cheese Whole Grain Breadstick Mixed Berries + 1% Low Fat Milk
Special for ages 1 & 2	Fruit Cocktail +* (no grapes)				Diced Mixed Berries +
SNACK	Low Fat Strawberry Yogurt topped with Cereal Fresh Celery & Carrot Sticks*	Whole Grain Round Wheat Crackers Cheese Slices	Whole Grain Pita Bread with Sun Butter 100% Apple Juice +	Chilled Diced Peaches topped with Cinnamon 1% Low Fat Milk	Corn Tortilla Chips with Salsa 1% Low Fat Milk
Special for ages 1 & 2	Steamed Carrot Sticks*				Warmed Flour Tortilla

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WEEK #5 Date	MONDAY —	TUESDAY —	WEDNESDAY —	THURSDAY —	FRIDAY —
BREAKFAST	Kix Cereal Fresh Sliced Bananas + 1% Low Fat Milk	Whole Grain Bagel with Cream Cheese Chilled Diced Peaches 1% Low Fat Milk	Whole Grain English Muffin Blueberries + 1% Low Fat Milk	Gluten-Free Chex Cereal Fresh Sliced Bananas + 1% Low Fat Milk	Whole Grain French Toast Sticks Mixed Berries + 1% Low Fat Milk
Special for ages 1 & 2					Diced Mixed Berries+

LUNCH	Turkey Sausage+ Breakfast Sandwich on Whole Grain English Muffin Roasted Potato Wedge+ Chilled Apricot Halves* 1% Low Fat Milk	Whole Grain Pasta and 100% White Diced Chicken & Cheesy Casserole Steamed Peas & Carrots +* Mixed Berries + 1% Low Fat Milk	Mini Beef Meatball~ Sandwich on a Whole Grain Bun Baked Sweet Potato Tots* Fresh Sliced Pears 1% Low Fat Milk	Whole Grain Round Wheat Crackers with Sliced Turkey+ & Cheese Slices Fresh Carrot Sticks* Fresh Sliced Apples + 1% Low Fat Milk	Whole Grain Pasta and Tuna Casserole Bake Steamed Green Beans + Diced Pineapple Tidbits + 1% Low Fat Milk
Special for ages 1 & 2		Diced Mixed Berries +		Unsweetened Applesauce +	

SNACK	Whole Grain Bread with Sun Butter & Jelly 1% Low Fat Milk	100% Cheese Cubes 100% Apple Juice +	Fresh Banana Slices + with Sun Butter 1% Low Fat Milk	Crunchy Snack Mix (Pretzels, Cheese Crackers, Gluten-Free Chex) 100% Grape Juice +	Low Fat Cottage Cheese Sugar Snap Peas & Fresh Cucumber Slices
Special for ages 1 & 2				Gluten-Free Chex Cereal	Steamed Snap Peas (Shelled)