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| --- | --- | --- | --- | --- | --- |
| **WEEK 1** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **BREAKFAST****Grain, Fruit/Vegetable, Milk** |  CerealBananasMilk | Bagels w. Cream CheeseCantaloupeMilk |  French Toast SticksCantaloupeMilk | CerealBananasMilk | CerealBananasMilk |
| Substitutions |  |  |  |  |  |

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| **AM SNACK****2 separate components: Meat/Meat alt, Grain, Fruit//Vegetable, Milk** | Graham CrackersW. Soy Nut Butter | Cheese ItzMilk | Yogurt w. Fruit | Animal CrackersMilk | Cheese & Crackers |
| Substitutions |  | Inf/Tod Sub: Yogurt w. animal crackers |  |  |  |

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| **LUNCH****Meat/Meat alt, Grain, Fruit, Vegetable, Milk** | **Pasta w. Sauce** | **Chicken & Cheese Burrito** | **Turkey Burger** | **Soup & Sandwich** | **Pasta Salad** |
| Pasta w. SauceGreen BeansApple SlicesMilk | Chicken & Cheese Flour TortillaCornCantaloupeMilk | Turkey Burgers w. BunCucumbersApple SlicesMilk | Tomato SoupCheese SandwichApple SlicesMilk | Pasta Salad(beans, veggies, pasta)CantaloupeMilk |
| Substitutions |  |  |  |  |  |

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| **PM SNACK****2 separate components: Meat/Meat alt, Grain, Fruit//Vegetable, Milk** | Pita BreadCinnamon Butter |  Cucumbers  Ranch Dressing | Vanilla Wafers  Banana Slices  | Cheese & Crackers | Trail Mix |
| Substitutions |  |  |  |  | **reserved.** |

FUN NUTRITION FACTS: Whole Grains are a source of key nutrients like B vitamins (thiamin, riboflavin, niacin) and minerals (iron, magnesium), and fiber!

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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**

**\*\* Cereal =Rice Krispies, Cornflakes or Toasty O’**

**KinderCare may substitute food items as necessary. If foods are substituted we will e-mail a notification as well as post it at the Parent Center on the displayed menu months) are served whole milk. After 24 months, all children are served 1% milk.**

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| **WEEK 2** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **BREAKFAST****Grain, Fruit/Vegetable, Milk** |  CerealBananasMilk | Bagels w. Cream CheeseCantaloupeMilk | CerealBananasMilk | PancakesCantaloupe Milk | CerealBananasMilk |
| Substitutions |  |  |  |  |  |

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| **AM SNACK****2 separate components: Meat/Meat alt, Grain, Fruit//Vegetable, Milk** | CheeseCrackers | Yogurt Cereal Mix | Vanilla Wafers Banana Slices | Yogurtw. Fruit | Pita BreadCinnamon Butter |
| Substitutions |  |  |  |  |  |

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| **LUNCH****Meat/Meat alt, Grain, Fruit, Vegetable, Milk** | **Pasta w/ Sauce** | **BBQ Chicken Tacos** | **Soy Nut Butter/Jelly Sandwich** | **Veggie Stirfry** | **Vegetable Soup** |
| Pasta w/ SauceGreen BeansApple SlicesMilk | BBQ ChickenFlour TortillaCornApple SlicesMilk | Soy Nut Butter &Jelly SandwichCarrot SticksCantaloupeMilk | Veggie Stir Fry(Rice, Beans, Veggies)Milk | Vegetable SoupCheese SandwichApple SlicesMilk |
| Substitutions |  |  | Inf/Tod: Steamed Carrots |  |  |

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| **PM SNACK****2 separate components: Meat/Meat alt, Grain, Fruit//Vegetable, Milk** | Animal CrackersMilk | Cucumber SlicesHummus | Graham CrackersJelly | Carrot SticksRanch Dressing | Trail MixMIl |
| Substitutions |  |  |  | Inf/Tod: Banana w. Graham Crackers | **reserved.** |

FUN NUTRITION FACTS: Consuming dairy products has been linked to improved bone health for children. Intake of low fat dairy products is associated with reduced risk of heart disease and type II diabetes in adults

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