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| **WEEK 1** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **BREAKFAST**  **Grain, Fruit/Vegetable, Milk** | Cereal  Bananas  Milk | Bagels w. Cream Cheese  Cantaloupe  Milk | French Toast Sticks  Cantaloupe  Milk | Cereal  Bananas  Milk | Cereal  Bananas  Milk |
| Substitutions |  |  |  |  |  |

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| **AM SNACK**  **2 separate components: Meat/Meat alt, Grain, Fruit//Vegetable, Milk** | Graham Crackers  W. Soy Nut Butter | Cheese Itz  Milk | Yogurt w. Fruit | Animal Crackers  Milk | 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. Sauce  Green Beans  Apple Slices  Milk | Chicken & Cheese  Flour Tortilla  Corn  Cantaloupe  Milk | Turkey Burgers w. Bun  Cucumbers  Apple Slices  Milk | Tomato Soup  Cheese Sandwich  Apple Slices  Milk | Pasta Salad  (beans, veggies, pasta)  Cantaloupe  Milk |
| Substitutions |  |  |  |  |  |

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| **PM SNACK**  **2 separate components: Meat/Meat alt, Grain, Fruit//Vegetable, Milk** | Pita Bread  Cinnamon 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** | Cereal  Bananas  Milk | Bagels w. Cream Cheese  Cantaloupe  Milk | Cereal  Bananas  Milk | Pancakes  Cantaloupe  Milk | Cereal  Bananas  Milk |
| Substitutions |  |  |  |  |  |

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| **AM SNACK**  **2 separate components: Meat/Meat alt, Grain, Fruit//Vegetable, Milk** | Cheese  Crackers | Yogurt  Cereal Mix | Vanilla Wafers  Banana Slices | Yogurt  w. Fruit | Pita Bread  Cinnamon 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/ Sauce  Green Beans  Apple Slices  Milk | BBQ Chicken  Flour Tortilla  Corn  Apple Slices  Milk | Soy Nut Butter &Jelly Sandwich  Carrot Sticks  Cantaloupe  Milk | Veggie Stir Fry  (Rice, Beans, Veggies)  Milk | Vegetable Soup  Cheese Sandwich  Apple Slices  Milk |
| Substitutions |  |  | Inf/Tod: Steamed Carrots |  |  |

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| **PM SNACK**  **2 separate components: Meat/Meat alt, Grain, Fruit//Vegetable, Milk** | Animal Crackers  Milk | Cucumber Slices Hummus | Graham Crackers  Jelly | Carrot Sticks  Ranch Dressing | Trail Mix  MIl |
| 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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