

# menu



Center # 300771

| Week 1                                                          | MONDAY                                             | TUESDAY                                                        | WEDNESDAY                                            | THURSDAY                                                 | FRIDAY                                                          |
|-----------------------------------------------------------------|----------------------------------------------------|----------------------------------------------------------------|------------------------------------------------------|----------------------------------------------------------|-----------------------------------------------------------------|
| Date                                                            | 2/6/2017                                           | 2/7/2017                                                       | 2/8/2017                                             | 2/9/2017                                                 | 2/10/2017                                                       |
| <b>BREAKFAST</b><br><i>(substitute for 1-2 year olds)</i>       | Whole-grain Kix Cereal                             | English Muffin with Sun Butter                                 | Whole-grain French Toast                             | Whole-grain Bagel<br><i>(Whole-grain Biscuit)</i>        | Crispy Rice Cereal                                              |
|                                                                 | Peaches                                            | Pears                                                          | Mixed Berries<br><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                                      |
| <b>LUNCH</b>                                                    | <b>Bean &amp; Cheese Burrito</b>                   | <b>Chicken Teriyaki Bowl</b>                                   | <b>Cheese Pizza</b>                                  | <b>Baked Whole-grain Ravioli</b>                         | <b>Fish Sticks</b>                                              |
| <b>VEGETARIAN OPTION</b>                                        |                                                    | 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<br><i>(Peas &amp; Carrots)</i>   | Fresh Zucchini<br><i>(Finely Diced Steamed Zucchini)</i> | Fresh Cucumber Slices<br><i>(Finely Diced Mixed Vegetables)</i> |
|                                                                 | Broccoli<br><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                                      |
| <b>AFTERNOON SNACK</b><br><i>(substitute for 1-2 year olds)</i> | Sun Butter & Jelly on                              | 1% Unflavored Low-fat Milk                                     | Yogurt                                               | Fresh Carrot & Celery Sticks<br><i>(Steamed Carrots)</i> | Hummus Bean Dip                                                 |
|                                                                 | Whole-grain Bread                                  | Whole-grain Cheese Crackers<br><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.

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LEARNING CENTERS

# menu



Center # 300771

| Week 2                                                          | MONDAY                                                              | TUESDAY                                   | WEDNESDAY                                                       | THURSDAY                                                | FRIDAY                                                         |
|-----------------------------------------------------------------|---------------------------------------------------------------------|-------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------|----------------------------------------------------------------|
| Date                                                            | 2/13/2017                                                           | 2/14/2017                                 | 2/15/2017                                                       | 2/16/2017                                               | 2/17/2017                                                      |
| <b>BREAKFAST</b><br><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<br><i>(Applesauce)</i> | Mixed Berries<br><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                                     |
| <b>LUNCH</b>                                                    | <b>Vegetarian Lo Mein</b>                                           | <b>Sweet &amp; Sour Chicken Rice Bowl</b> | <b>Mini Cheeseburger Silder</b>                                 | <b>Breakfast Burrito</b>                                | <b>Grilled Cheese &amp; Tomato Soup</b>                        |
| <b>VEGETARIAN OPTION</b>                                        |                                                                     | 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<br><i>(Finely Diced Mixed Vegetables)</i>          | Green Beans                               | Roasted Potato Wedges                                           | Peas & Carrots                                          | Tomato Soup                                                    |
|                                                                 | Mandarin Oranges                                                    | Pineapple                                 | Fresh Green Salad<br><i>(Green Beans)</i>                       | Fresh Orange Slices<br><i>(Mandarin Oranges)</i>        | Fresh Cauliflower<br><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                                     |
| <b>AFTERNOON SNACK</b><br><i>(substitute for 1-2 year olds)</i> | 1% Unflavored Low-fat Milk                                          | Fresh Bananas                             | Fresh Cucumber Slices<br><i>(Finely Diced Mixed Vegetables)</i> | Yogurt                                                  | Whole-grain Bagel<br><i>(Whole-grain Biscuit)</i>              |
|                                                                 | Whole-grain Crunchy Snack Mix<br>Kix & Chex Cereal, Cheese Crackers | Cheese Cubes<br><i>(Cheese Slices)</i>    | Sliced Turkey                                                   | Whole-grain Granola<br><i>(Whole-grain Chex Cereal)</i> | Blueberries                                                    |
|                                                                 | <i>(Whole-grain Chex Cereal)</i>                                    |                                           |                                                                 |                                                         |                                                                |

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# menu



Center # 300771

| Week 3                                                          | MONDAY                             | TUESDAY                                                        | WEDNESDAY                                         | THURSDAY                                                 | FRIDAY                                                     |
|-----------------------------------------------------------------|------------------------------------|----------------------------------------------------------------|---------------------------------------------------|----------------------------------------------------------|------------------------------------------------------------|
| Date                                                            | 2/20/2017                          | 2/21/2017                                                      | 2/22/2017                                         | 2/23/2017                                                | 2/24/2017                                                  |
| <b>BREAKFAST</b><br><i>(substitute for 1-2 year olds)</i>       | Whole-grain Chex Cereal            | English Muffin with Sun Butter                                 | Whole-grain Bagel<br><i>(Whole-grain Biscuit)</i> | Whole-grain French Toast                                 | Whole-grain Kix Cereal                                     |
|                                                                 | Apricots                           | Strawberries<br><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                                 |
| <b>LUNCH</b>                                                    | <b>Vegetarian Fiesta Rice Bowl</b> | <b>Hot Turkey Sandwich</b>                                     | <b>Egg Breakfast Biscuit</b>                      | <b>Crispy Chicken Burrito</b>                            | <b>Cheese Pizza</b>                                        |
| <b>VEGETARIAN OPTION</b>                                        |                                    | 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<br><i>(Finely Diced Steamed Zucchini)</i> | Mixed Vegetables<br><i>(Finely Diced Mixed Vegetables)</i> |
|                                                                 | Mango                              | Green Beans                                                    | Fresh Orange Slices<br><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                                 |
| <b>AFTERNOON SNACK</b><br><i>(substitute for 1-2 year olds)</i> | Hummus Bean Dip                    | Applesauce                                                     | Yogurt                                            | Fresh Broccoli<br><i>(Finely Diced Steamed Broccoli)</i> | 1% Unflavored Low-fat Milk                                 |
|                                                                 | Whole-grain Pita Bread             | Whole-grain Cheese Crackers<br><i>(Whole-grain Pita Bread)</i> | Blueberries                                       | Cheese Slices                                            | Fresh Apple Slices<br><i>(Applesauce)</i>                  |
|                                                                 |                                    |                                                                |                                                   |                                                          |                                                            |

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Center # 300771

| Week 4                                                          | MONDAY                                            | TUESDAY                                                               | WEDNESDAY                                                                    | THURSDAY                                 | FRIDAY                                                          |
|-----------------------------------------------------------------|---------------------------------------------------|-----------------------------------------------------------------------|------------------------------------------------------------------------------|------------------------------------------|-----------------------------------------------------------------|
| Date                                                            | 2/27/2017                                         | 2/28/2017                                                             | 3/1/2017                                                                     | 3/2/2017                                 | 3/3/2017                                                        |
| <b>BREAKFAST</b><br><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<br><i>(Mandarin Oranges)</i>                      | Strawberries<br><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                                      |
| <b>LUNCH</b>                                                    | <b>Cheeseburger Slider</b>                        | <b>Taco Mac 'N Cheese</b>                                             | <b>Chickpea Biryani</b>                                                      | <b>Whole-grain Ravioli Spinach Salad</b> | <b>Fish Sandwich</b>                                            |
| <b>VEGETARIAN OPTION</b>                                        | 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<br><i>(Finely Diced Steamed Broccoli)</i>                    | Fresh Cauliflower & Green beans<br><i>(Finely Diced Steamed Cauliflower)</i> | Green Peas                               | Fresh Spinach Salad<br><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                                      |
| <b>AFTERNOON SNACK</b><br><i>(substitute for 1-2 year olds)</i> | Whole-grain Bagel<br><i>(Whole-grain Biscuit)</i> | 1% Unflavored Low-fat Milk                                            | Sun Butter and Jelly on                                                      | Fresh Bananas                            | Yogurt                                                          |
|                                                                 | Blueberries                                       | Whole-grain Cheese Crackers<br><i>(Whole-grain Toasty O's Cereal)</i> | Whole-grain Bread                                                            | Cheese Cubes<br><i>(Cheese Slices)</i>   | Fresh Cucumber Slices<br><i>(Finely Diced Mixed Vegetables)</i> |

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