

menu



Center #

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Date	2/6/2017	2/7/2017	2/8/2017	2/9/2017	2/10/2017
BREAKFAST <i>(substitute for 1-2 year olds)</i>	Whole-grain Kix Cereal Peaches 1% Unflavored Low-fat Milk	English Muffin with Sun Butter Pears 1% Unflavored Low-fat Milk	Whole-grain French Toast Mixed Berries <i>(Diced Mixed Berries)</i> 1% Unflavored Low-fat Milk	Whole-grain Bagel <i>(Whole-grain Biscuit)</i> Applesauce 1% Unflavored Low-fat Milk	Crispy Rice Cereal Fresh Bananas 1% Unflavored Low-fat Milk
MID-MORNING SNACK <i>(substitute for 1-2 year olds)</i>	1% Unflavored Low-fat Milk Pretzels <i>(Whole-grain Flour Tortilla)</i>	Low Fat Cottage Cheese Peaches	1% Unflavored Low-fat Milk Applesauce	Yogurt Whole-grain Granola <i>(Crispy Rice Cereal)</i>	Cheese Slices Wheat Crackers <i>(Townhouse Crackers)</i>
LUNCH	Bean & Cheese Burrito	Chicken Teriyaki Bowl	Cheese Pizza	Baked Whole-grain Ravioli	Fish Sticks
VEGETARIAN OPTION <i>(substitute for 1-2 year olds)</i>		Teriyaki Bean & Rice Bowl			Veggie Slider
	Refried Beans and Cheese Whole-grain Flour Tortilla Corn Broccoli <i>(Finely Diced Steamed Broccoli)</i> 1% Unflavored Low-fat Milk	Diced Chicken Whole-grain Brown Rice Peas & Carrots Pineapple 1% Unflavored Low-fat Milk	Cheese Pizza on Whole-grain Crust Fresh Spinach Salad <i>(Peas & Carrots)</i> Mango 1% Unflavored Low-fat Milk	Whole-grain Ravioli Cheese Fresh Zucchini <i>(Finely Diced Steamed Zucchini)</i> Pears 1% Unflavored Low-fat Milk	Whole-grain Fish Sticks Fresh Cucumber Slices <i>(Finely Diced Mixed Vegetables)</i> Apricots 1% Unflavored Low-fat Milk
AFTERNOON SNACK <i>(substitute for 1-2 year olds)</i>	Sun Butter & Jelly on Whole-grain Bread	1% Unflavored Low-fat Milk Whole-grain Cheese Crackers <i>(Whole-grain Toasty O's)</i>	Yogurt Fresh Bananas	Fresh Carrot & Celery Sticks <i>(Steamed Carrots)</i> Sliced Turkey	Hummus Bean Dip Whole-grain Pita Bread

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.

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.

www.GrowHappy.me



**GRÖW
HAPPY**



KinderCare
LEARNING CENTERS

menu



Center #

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Date	2/13/2017	2/14/2017	2/15/2017	2/16/2017	2/17/2017
BREAKFAST <i>(substitute for 1-2 year olds)</i>	Whole-grain Toasty O's Cereal Pears 1% Unflavored Low-fat Milk	Whole-grain Biscuit with Sun Butter Fresh Apple Slices <i>(Applesauce)</i> 1% Unflavored Low-fat Milk	Whole-grain Pancake Mixed Berries <i>(Finely Diced Mixed Berries)</i> 1% Unflavored Low-fat Milk	Whole-grain Oatmeal Fresh Bananas 1% Unflavored Low-fat Milk	Whole-grain Chex Cereal Peaches 1% Unflavored Low-fat Milk
MID-MORNING SNACK <i>(substitute for 1-2 year olds)</i>	Hummus Bean Dip Whole-grain Pita	Yogurt Peaches	1% Unflavored Low-fat Milk Crispy Rice Cereal	Sun Butter & Jelly on Whole-grain Bread	1% Unflavored Low-fat Milk Townhouse Crackers
LUNCH	Vegetarian Lo Mein	Sweet & Sour Chicken Rice Bowl	Mini Cheeseburger Silder	Breakfast Burrito	Grilled Cheese & Tomato Soup
VEGETARIAN OPTION <i>(substitute for 1-2 year olds)</i>	Chickpeas Whole-grain Pasta Mixed Vegetables <i>(Finely Diced Mixed Vegetables)</i> Mandarin Oranges 1% Unflavored Low-fat Milk	Diced Chicken Whole-grain Brown Rice Green Beans Pineapple 1% Unflavored Low-fat Milk	Beef Patty and Cheese Whole-grain Bun Roasted Potato Wedges Fresh Green Salad <i>(Green Beans)</i> 1% Unflavored Low-fat Milk	Egg Patty Whole-grain Flour Tortilla Peas & Carrots Fresh Orange Slices <i>(Mandarin Oranges)</i> 1% Unflavored Low-fat Milk	Grilled Cheese Sandwich Whole-grain Bread Tomato Soup Fresh Cauliflower <i>(Finely Diced Steamed Cauliflower)</i> 1% Unflavored Low-fat Milk
AFTERNOON SNACK <i>(substitute for 1-2 year olds)</i>	1% Unflavored Low-fat Milk Whole-grain Crunchy Snack Mix Kix & Chex Cereal, Cheese Crackers <i>(Whole-grain Chex Cereal)</i>	Fresh Bananas Cheese Cubes <i>(Cheese Slices)</i>	Fresh Cucumber Slices <i>(Finely Diced Mixed Vegetables)</i> Sliced Turkey	Yogurt Whole-grain Granola <i>(Whole-grain Chex Cereal)</i>	Whole-grain Bagel <i>(Whole-grain Biscuit)</i> Blueberries

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.

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.

www.GrowHappy.me



**GRÒW
HAPPY**



KinderCare
LEARNING CENTER

menu



Center #

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Date	2/20/2017	2/21/2017	2/22/2017	2/23/2017	2/24/2017
BREAKFAST <i>(substitute for 1-2 year olds)</i>	Whole-grain Chex Cereal Apricots 1% Unflavored Low-fat Milk	English Muffin with Sun Butter Strawberries <i>(Finely Diced Strawberries)</i> 1% Unflavored Low-fat Milk	Whole-grain Bagel <i>(Whole-grain Biscuit)</i> Peaches 1% Unflavored Low-fat Milk	Whole-grain French Toast Blueberries 1% Unflavored Low-fat Milk	Whole-grain Kix Cereal Fresh Bananas 1% Unflavored Low-fat Milk
MID-MORNING SNACK <i>(substitute for 1-2 year olds)</i>	1% Unflavored Low-fat Milk Whole-grain Crunchy Snack Mix Kix & Chex Cereal, Cheese Crackers <i>(Whole-grain Chex Cereal)</i>	Low Fat Cottage Cheese Peaches	Fresh Carrot & Celery Sticks <i>(Steamed Carrots)</i> Cheese Slices	1% Unflavored Low-fat Milk Crispy Rice Cereal	Pretzels <i>(Townhouse Crackers)</i> Applesauce
LUNCH	Vegetarian Fiesta Rice Bowl	Hot Turkey Sandwich	Egg Breakfast Biscuit	Crispy Chicken Burrito	Cheese Pizza
VEGETARIAN OPTION <i>(substitute for 1-2 year olds)</i>	Pinto or Black Beans Whole-grain Brown Rice Corn & Salsa Mango 1% Unflavored Low-fat Milk	Hot Turkey Sandwich Whole-grain Bread Mashed Potatoes Green Beans 1% Unflavored Low-fat Milk	Egg Patty Whole-grain Biscuit Green Peas Fresh Orange Slices <i>(Mandarin Oranges)</i> 1% Unflavored Low-fat Milk	Chicken Crumble and Cheese Whole-grain Flour Tortilla Fresh Zucchini <i>(Finely Diced Steamed Zucchini)</i> Apricots 1% Unflavored Low-fat Milk	Cheese Pizza on Whole-grain Crust Mixed Vegetables <i>(Finely Diced Mixed Vegetables)</i> Pineapple 1% Unflavored Low-fat Milk
AFTERNOON SNACK <i>(substitute for 1-2 year olds)</i>	Hummus Bean Dip Whole-grain Pita Bread	Applesauce Whole-grain Cheese Crackers <i>(Whole-grain Pita Bread)</i>	Yogurt Blueberries	Fresh Broccoli <i>(Finely Diced Steamed Broccoli)</i> Cheese Slices	1% Unflavored Low-fat Milk Fresh Apple Slices <i>(Applesauce)</i>

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.

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.

www.GrowHappy.me



**GRÖW
HAPPY**



KinderCare
LEARNING CENTER

menu



Center #

Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Date	2/27/2017	2/28/2017	3/1/2017	3/2/2017	3/3/2017
BREAKFAST <i>(substitute for 1-2 year olds)</i>	Crispy Rice Cereal Pears 1% Unflavored Low-fat Milk	Whole-grain Pancakes Fresh Orange Slices <i>(Mandarin Oranges)</i> 1% Unflavored Low-fat Milk	Whole-grain Oatmeal Strawberries <i>(Finely Diced Strawberries)</i> 1% Unflavored Low-fat Milk	Whole-grain Biscuit Peaches 1% Unflavored Low-fat Milk	Whole-grain Toasty O's Cereal Fresh Bananas 1% Unflavored Low-fat Milk
MID-MORNING SNACK <i>(substitute for 1-2 year olds)</i>	1% Unflavored Low-fat Milk Applesauce	Yogurt Apricots	Hummus Bean Dip Wheat Crackers <i>(Townhouse Crackers)</i>	1% Unflavored Low-fat Milk Whole-grain Chex Cereal	Low Fat Cottage Cheese Pears
LUNCH	Cheeseburger Slider	Taco Mac 'N Cheese	Chickpea Biryani	Whole-grain Ravioli Spinach Salad	Fish Sandwich
VEGETARIAN OPTION <i>(substitute for 1-2 year olds)</i>	Veggie Slider	Mac 'N Cheese with Yogurt			Grilled Cheese Sandwich
	Beef Patty and Cheese Whole-grain Bun Roasted Potato Wedges Pineapple 1% Unflavored Low-fat Milk	Chicken Crumble Macaroni & Cheese Broccoli <i>(Finely Diced Steamed Broccoli)</i> Mango 1% Unflavored Low-fat Milk	Chickpeas Whole-grain Brown Rice Fresh Cauliflower & Green beans <i>(Finely Diced Steamed Cauliflower)</i> Mandarin Oranges 1% Unflavored Low-fat Milk	Whole-grain Ravioli Cheese Green Peas Apricots 1% Unflavored Low-fat Milk	Whole-grain Fish Sticks on Whole-grain Bun Fresh Spinach Salad <i>(Green peas)</i> Mashed Potatoes 1% Unflavored Low-fat Milk
AFTERNOON SNACK <i>(substitute for 1-2 year olds)</i>	Whole-grain Bagel <i>(Whole-grain Biscuit)</i> Blueberries	1% Unflavored Low-fat Milk Whole-grain Cheese Crackers <i>(Whole-grain Toasty O's Cereal)</i>	Sun Butter and Jelly on Whole-grain Bread	Fresh Bananas Cheese Cubes <i>(Cheese Slices)</i>	Yogurt Fresh Cucumber Slices <i>(Finely Diced Mixed Vegetables)</i>

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.

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.

www.GrowHappy.me



**GRÖW
HAPPY**



KinderCare
LEARNING CENTER