

menu

WEEK 1
CENTER #000137

BREAKFAST

MONDAY (DATE)	TUESDAY (DATE)	WEDNESDAY (DATE)	THURSDAY (DATE)	FRIDAY (DATE)
Whole-grain Toasty O's cereal, served with fresh orange slices and 1% low-fat milk	English muffin toasted with cinnamon-maple sun butter, served with apricots and 1% low-fat milk	Whole-grain French toast sticks, served with mixed berries and 1% low-fat milk	Whole-grain bagel toasted with cream cheese, served with applesauce and 1% low-fat milk	Crispy rice cereal, served with fresh sliced bananas and 1% low-fat milk

LUNCH

Bean & Cheese Burrito	Chicken Teriyaki Bowl	Cheese Pizza	Spaghetti with Meat Sauce	Fish Sticks
Refried beans and cheese baked inside a flour tortilla, served with corn, fruit cocktail, and 1% low-fat milk	Diced chicken served over whole-grain brown rice, with mixed vegetables, mango, and 1% low-fat milk	Cheese pizza with a whole-grain crust, served with tender steamed broccoli, pineapple, and 1% low-fat milk	Chicken crumble meat sauce poured over whole-grain pasta, served with fresh zucchini, apricots, and 1% low-fat milk	Whole-grain fish sticks served with fresh cucumber slices, strawberries, and 1% low-fat milk

VEGETARIAN OPTION

	Teriyaki Bean & Rice Bowl		Spaghetti, Marinara, & Parmesan	Veggie Slider
Yogurt and fresh sliced bananas	Cheese cubes and a crunchy snack mix of pretzels, Chex™ cereal, and cheese crackers	Whole-grain graham crackers and 1% low-fat milk	Whole-grain breadstick and sliced cheese	Wheat crackers and hummus bean dip

AFTERNOON SNACK

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 (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 whole milk. After 24 months, all children are served 1% milk.

www.GrowHappy.me



GRÒW
HAPPY

 **KinderCare**
LEARNING CENTERS

menu

WEEK 2
CENTER #000137



BREAKFAST

MONDAY (DATE)	TUESDAY (DATE)	WEDNESDAY (DATE)	THURSDAY (DATE)	FRIDAY (DATE)
Chex™ cereal, served with pears and 1% low-fat milk	Warm whole-grain breadstick served with cinnamon-maple sprinkle, fresh sliced bananas and 1% low-fat milk	Whole-grain pancakes, served with mixed berries and 1% low-fat milk	Whole-grain oatmeal, topped with raisins, fresh sliced bananas and 1% low-fat milk	Kix® cereal, served with peaches and 1% low-fat milk

LUNCH

Mac 'n' Cheese with Refried Beans	Sweet & Sour Chicken Rice Bowl	Mini Cheeseburger Slider	Homemade Chicken & Rice Casserole	Sun Butter & Jelly Sandwich
Macaroni noodles, cheese, and refried beans served with green peas, apricots, and 1% low-fat milk	Diced chicken served over whole-grain brown rice, with a freshly mixed garden salad, pineapple, and 1% low-fat milk	Beef patty with cheese on a whole-grain bun, served with roasted potato wedges, peaches, and 1% low-fat milk	Diced chicken, cheese, and whole-grain brown rice casserole, served with mixed vegetables, fresh orange slices, and 1% low-fat milk	Sun butter and jelly sandwich on whole-grain bread, served with yogurt, fresh carrot sticks, fresh apple slices, and 1% low-fat milk

VEGETARIAN OPTION

Sweet & Sour Bean & Rice Bowl	Veggie Slider	Cheesy Rice Casserole
-------------------------------	---------------	-----------------------

AFTERNOON SNACK

Applesauce and whole-grain graham crackers	Cereal mix of Toasty O's, Kix®, and Chex™ cereals, served with 1% low-fat milk	Fresh celery and carrot sticks, served with cheese crackers	Yogurt and mango	Whole-grain Toasty O's cereal served with 1% low-fat milk
--	--	---	------------------	---

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 whole milk. After 24 months, all children are served 1% milk.**

www.GrowHappy.me



GRÒW
HAPPY

 **KinderCare**
LEARNING CENTERS

menu

WEEK 3
CENTER #000137

BREAKFAST

MONDAY (DATE)	TUESDAY (DATE)	WEDNESDAY (DATE)	THURSDAY (DATE)	FRIDAY (DATE)
Corn Flakes cereal, served with blueberries and 1% low-fat milk	Warm whole-grain biscuits, served with peaches and 1% low-fat milk	Whole-grain bagel toasted with cream cheese, served with strawberries and 1% low-fat milk	Whole-grain French toast sticks, served with apricots and 1% low-fat milk	Chex™ cereal, served with fresh sliced bananas and 1% low-fat milk

LUNCH

Veggie Pizza	Homemade Chicken & Pasta Casserole	Hot Turkey Sandwich	Crispy Chicken Burrito	Egg Breakfast Biscuit
Cheese pizza with a whole-grain crust, served with mixed vegetables, pineapple, and 1% low-fat milk	Diced chicken, cheese, and whole-grain pasta casserole, served with peas and carrots, fruit cocktail, and 1% low-fat milk	Hot turkey sandwich on whole-grain bread, served with mashed potatoes, mango, and 1% low-fat milk	Chicken crumble and cheese baked in a flour tortilla, served with corn, blueberries, and 1% low-fat milk	Egg on a whole-grain biscuit, served with steamed green beans, fresh orange slices, and 1% low-fat milk

VEGETARIAN OPTION

Cheesy Pasta Casserole	Veggie Slider Sandwich	Crispy Cheese Quesadilla
------------------------	------------------------	--------------------------

AFTERNOON SNACK

Whole-grain breadstick and hummus bean dip	Vanilla wafers and 1% low-fat milk	Fresh broccoli and cheese cubes	Yogurt and granola	Fresh apple slices and sun butter
--	------------------------------------	---------------------------------	--------------------	-----------------------------------

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 (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 whole milk. After 24 months, all children are served 1% milk.

www.GrowHappy.me



GRÒW
HAPPY

 **KinderCare**
LEARNING CENTERS

menu

WEEK 4
CENTER #000137

BREAKFAST

MONDAY (DATE)	TUESDAY (DATE)	WEDNESDAY (DATE)	THURSDAY (DATE)	FRIDAY (DATE)
Crispy rice cereal, served with pears and 1% low-fat milk	Cinnamon-maple flavored whole-grain oatmeal, served with peaches and 1% low-fat milk	Whole-grain pancakes, served with fresh sliced oranges and 1% low-fat milk	Warm whole-grain biscuit, served with fruit cocktail and 1% low-fat milk	Whole-grain Toasty O's cereal, served with mango and 1% low-fat milk

LUNCH

Homemade Baked Cheesy Penne	Mini Beef Pizza Sliders	Homemade Taco Mac 'n' Cheese	Turkey Sandwich with Tomato Soup	Fish Sandwich
Whole-grain pasta with melted mozzarella cheese, served with steamed broccoli, fruit cocktail, and 1% low-fat milk	Beef patty with cheese served on a whole-grain bun, served with mixed vegetables, pears, and 1% low-fat milk	Chicken crumble, cheese, and macaroni noodles, served with a freshly mixed garden salad, strawberries, and 1% low-fat milk	Turkey sandwich on whole-grain bread, served with tomato soup, fresh sliced bananas, and 1% low-fat milk	Whole-grain fish sticks served on a whole-grain bun, with green peas, blueberries, and 1% low-fat milk

VEGETARIAN OPTION

	Veggie Pizza Slider	Taco Mac & BBQ Baked Beans	Grilled Cheese	Sun Butter Sandwich & Yogurt
--	---------------------	----------------------------	----------------	------------------------------

AFTERNOON SNACK

Fresh apple slices and yogurt	Wheat crackers and cheese slices	Whole-grain bagel toasted with cream cheese and blueberries	Cheese crackers and fresh cucumber slices	Whole-grain graham crackers and 1% low-fat milk
-------------------------------	----------------------------------	---	---	---

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 whole milk. After 24 months, all children are served 1% milk.

www.GrowHappy.me



GR0W
HAPPY

 **KinderCare**
LEARNING CENTERS

menu

WEEK 5
CENTER #000137



BREAKFAST

MONDAY (DATE)	TUESDAY (DATE)	WEDNESDAY (DATE)	THURSDAY (DATE)	FRIDAY (DATE)
Kix® cereal, served with fresh orange slices and 1% low-fat milk	Whole-grain bagel toasted with cream cheese, served with mixed berries and 1% low-fat milk	English muffin toasted with cinnamon-maple sun butter, served with blueberries and 1% low-fat milk	Whole-grain French toast sticks, served with fresh banana slices and 1% low-fat milk	Chex™ cereal, served with fruit cocktail and 1% low-fat milk

LUNCH

Grilled Cheese & Tomato Soup	Turkey Breakfast Sandwich	Homemade Chicken & Pasta Casserole	Teriyaki Beef Sliders	Cracker Stackers
Grilled cheese sandwich on whole-grain bread, served with tomato soup, fresh sliced bananas, and 1% low-fat milk	Turkey-sausage and cheese sandwich on a toasted English muffin, served with a freshly mixed garden salad, apricots, and 1% low-fat milk	Diced chicken and whole-grain pasta with cheese, served with broccoli, mixed berries, and 1% low-fat milk	Beef patty on a whole-grain bun with teriyaki sauce, served with peas and carrots, pineapple, and 1% low-fat milk	Turkey and cheese slices with Town House® crackers, served with fresh celery sticks, fresh apple slices, and 1% low-fat milk

VEGETARIAN OPTION

	Veggie Breakfast Sandwich	Cheesy Pasta Casserole	Teriyaki Veggie Slider	Crackers & Cheese
--	---------------------------	------------------------	------------------------	-------------------

AFTERNOON SNACK

Animal crackers and 1% low-fat milk	Fresh celery sticks and sun butter topped with raisins	Fresh carrot sticks and a mix of pretzels, Chex™ cereal, and crackers	Yogurt and mango	Whole-grain pita bread and hummus bean dip
-------------------------------------	--	---	------------------	--

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 whole milk. After 24 months, all children are served 1% milk.

www.GrowHappy.me



**GRÒW
HAPPY**

KinderCare®
LEARNING CENTERS