

menu



301412

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



301412

| Week 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|--|
| Date | | | | | |
| BREAKFAST <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 <i>(Applesauce)</i> | Mixed Berries <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 |
| LUNCH | Vegetarian Lo Mein | Sweet & Sour Chicken Rice Bowl | Mini Cheeseburger Silder | Tuna Wraps | Grilled Cheese & Tomato Soup |
| VEGETARIAN OPTION | | Sweet & Sour Bean Rice Bowl | Veggie Slider | | |
| <i>(substitute for 1-2 year olds)</i> | Chickpeas | Diced Chicken | Beef Patty and Cheese | Tuna Salad | Grilled Cheese Sandwich |
| | Whole-grain Pasta | Whole-grain Brown Rice | Whole-grain Bun | Whole-grain Flour Tortilla | Whole-grain Bread |
| | Mixed Vegetables <i>(Finely Diced Mixed Vegetables)</i> | Green Beans | Roasted Potato Wedges | Peas & Carrots | Tomato Soup |
| | Mandarin Oranges | Pineapple | Fresh Green Salad <i>(Green Beans)</i> | Fresh Orange Slices <i>(Mandarin Oranges)</i> | Fresh Cauliflower <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 |
| AFTERNOON SNACK <i>(substitute for 1-2 year olds)</i> | 1% Unflavored Low-fat Milk | Fresh Bananas | Fresh Cucumber Slices <i>(Finely Diced Mixed Vegetables)</i> | Yogurt | Whole-grain Bagel <i>(Whole-grain Biscuit)</i> |
| | Whole-grain Crunchy Snack Mix Kix & Chex Cereal, Cheese Crackers | Cheese Cubes <i>(Cheese Slices)</i> | Sliced Turkey | Whole-grain Granola <i>(Whole-grain Chex Cereal)</i> | Blueberries |
| | <i>(Whole-grain Chex Cereal)</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



301412

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



301412

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