2013-2014 Knowledge Universe Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole Grain Toasty O's Cereal Fresh Bananas Low Fat Milk	English Muffins with soy nut butter or jelly Sliced Apricots Low Fat Milk	Whole Grain French Toast Sticks Applesauce Low Fat Milk	Gluten-Free Crispy Rice Cereal Orange Slices Low Fat Milk	Sliced Bagel with cream cheese Fruit Cocktail Mix Low Fat Milk
Age Appropriate Substitute					Fruit Cocktail (no grapes)
Lunch	Bean Burrito on Flour Tortilla Corn Mixed Berries Low Fat Milk	Homemade Turkey Vegetable Soup Whole Grain Biscuit Fruit Cocktail Mix Low Fat Milk	Teriyaki Beef with Brown Rice Mixed Vegetables Mango Chunks Low Fat Milk	Cheese Pizza on Whole Grain Crust Green Salad Diced Peaches Low Fat Milk	Whole Grain Fish Sticks Potato Wedge Breadstick Sliced Strawberries Low Fat Milk
Age Appropriate Substitute		Fruit Cocktail (no grapes)			
PM Snack	Graham Crackers with soy nut butter Low Fat Milk	Strawberry Yogurt Sugar Snap Peas & Cucumber Slices	Whole Grain Biscuit w/ cinnamon sprinkle Low Fat Milk	Cottage Cheese Chilled Apricots	Whole Grain Pita Bread w/ hummus or soy nut bread Low Fat Milk
Age Appropriate Substitute		Lightly Steamed Bell Pepper Strips			

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. All juice served is 100% full-strength fruit juice. Children (age 12-24 month) are served whole milk. After 24 months, all children are served 1% milk.

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Centers may substitute food items as necessary.