

# Anderson KinderCare 300738

WEEK #1 Date	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Whole Grain Toasty O's Cereal Fresh Sliced Bananas+ 1% Low Fat Milk	English Muffin with Fruit Jelly or Sun Butter Chilled Halved Apricots* 1% Low Fat Milk	Whole Grain French Toast Sticks Applesauce+ 1% Low Fat Milk	Gluten-Free Crispy Rice Fresh Sliced Oranges+ 1% Low Fat Milk	Whole Grain Bagel with Cream Cheese Chilled Fruit Cocktail+* 1% Low Fat Milk
Special for ages 1 & 2		Applesauce+			Fruit Cocktail+* (no grapes)
<b>LUNCH</b>	Bean & Cheese Burrito on Flour Tortillas Steamed Corn Chilled Mixed Berries+ 1% Low Fat Milk	Country Vegetable*Soup+* with Ground Turkey~ Whole Grain Biscuit Chilled Fruit Cocktail+* 1% Low Fat Milk	Beef~ Teriyaki Bowl with Whole Grain Brown Rice Steamed Mixed Vegetable+* Diced Mango* 1% Low Fat Milk	Cheese Pizza on Whole Grain Crust~ Green Salad with Dressing Chilled Diced Peaches 1% Low Fat Milk	Fish Sticks~ Whole Grain Bread Stick Roasted Potato Wedge+ Fresh Strawberries+ 1% Low Fat Milk
Special for ages 1 & 2	Diced Mixed Berries+	Fruit Cocktail+* (no grapes)		Green Beans+	
<b>SNACK</b>	Whole Grain Graham Cracker with Sun Butter 1% Low Fat Milk	Sugar Snap Peas & Fresh Cucumber Slices with Hummus Low Fat Strawberry Yogurt	Whole Grain Biscuit with Cinnamon Maple Sprinkle 1% Low Fat Milk	Low Fat Cottage Cheese Chilled Apricot Halves*	Whole Grain Pita Bread with Hummus or Sun Butter 100% Apple Juice+
Special for ages 1 & 2		Lightly Steamed Vegetables			

**FUN NUTRITION FACTS:** Whole Grains are a source of key nutrients like B vitamins (thiamin, riboflavin, niacin) and minerals (iron, magnesium), and fiber.

Vitamin C+source  
Vitamin A\* source

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

~CN Label on file Mfr. Product Analysis Statement on file

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WEEK #2 Date	MONDAY —	TUESDAY —	WEDNESDAY —	THURSDAY —	FRIDAY —
<b>BREAKFAST</b>	Cornflakes Cereal Fresh Sliced Banana+ 1% Low Fat Milk	Whole Grain Biscuit with Sun Butter or Jelly Chilled Diced Pears 1% Low Fat Milk	Whole Grain Pancakes Roasted Potato Wedge+ 1% Low Fat Milk	Gluten-Free Chex Cereal Chilled Pineapple Tidbits+ 1% Low Fat Milk	Whole Grain Oatmeal with toppings Fresh Sliced Bananas+ 1% Low Fat Milk
Special for ages 1 & 2					
<b>LUNCH</b>	Whole Grain Macaroni* with 100% Cheese Sauce and Black Beans Steamed Peas+ Pineapple Tidbits+ 1% Low Fat Milk	Whole Grain Pasta with Ground Beef~ in Tomato Sauce Fresh Steamed Zucchini Chilled Apricot Halves* 1% Low Fat Milk	Mini Cheese Burger~ Slider on a Whole Grain Bun Baked Sweet Potato Tots* Chilled Diced Peaches 1% Low Fat Milk	Whole Grain Brown Rice and 100% White Diced Chicken Casserole Steamed Mixed Vegetable+* Fresh Sliced Oranges+ 1% Low Fat Milk	Vegetarian Whole Bean Chili* Fresh Cornbread Steamed Green Beans+ Fresh Sliced Apples+ 1% Low Fat Milk
Special for ages 1 & 2		Diced Steamed Zucchini			Applesauce+
<b>SNACK</b>	Homemade Cereal Mix (Whole Grain Toasty O's, Kix, Gluten Free Chex) 1% Low Fat Milk	Fresh Celery & Carrot Sticks* Creamy Hummus	Unsweetened Applesauce+ with Cinnamon Sprinkle 1% Low Fat Milk	Low Fat Cottage Cheese Fresh Sliced Pears	Whole Grain Biscuit with Sun Butter & Jelly 100% Grape Juice+
Special for ages 1 & 2		Whole Grain Round Crackers			

**FUN NUTRITION FACTS:** Consuming dairy products has been linked to improved bone health for children. Intake of low fat dairy products is associated with reduced risk of heart disease and type II diabetes in adults.

Vitamin C+source  
Vitamin A\* source

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WEEK #3 Date	MONDAY —	TUESDAY —	WEDNESDAY —	THURSDAY —	FRIDAY —
<b>BREAKFAST</b>	Whole Grain Biscuit with Cream Cheese Chilled Diced Peaches 1% Low Fat Milk	Cornflakes Cereal Diced Strawberries+ 1% Low Fat Milk	Whole Grain Bagel with Sun Butter Blueberries+ 1% Low Fat Milk	Whole Grain French Toast Stick Chilled Apricot Halves* 1% Low Fat Milk	Gluten-Free Chex Cereal Fresh Sliced Bananas+ 1% Low Fat Milk
Special for ages 1 & 2					
<b>LUNCH</b>	Whole Grain Cheese Ravioli~ topped with Shredded Cheese Steamed Green Beans+ Fresh Pears 1% Low Fat Milk	Veggie-Cheese Pizza on a Whole Grain Crust~ Green Salad with Dressing Chilled Blueberries+ 1% Low Fat Milk	Nachos with Corn Tortilla Chips, Black Beans, and Shredded Cheese Steamed Corn Chilled Pineapple Tidbits+ 1% Low Fat Milk	Hot Sliced Turkey* Sandwich on Whole Grain Bread Mashed Potatoes+ & Gravy Chilled Diced Pears 1% Low Fat Milk	Sweet & Sour 100% White Diced Chicken Whole Grain Brown Rice Steamed Mixed Vegetable* Diced Mango* 1% Low Fat Milk
Special for ages 1 & 2		Finely Chopped Lettuce	Lightly Steamed Tortilla		
<b>SNACK</b>	Fresh Multicolor Bell Pepper Strips+ and Carrot Sticks* Creamy Hummus	Animal Crackers with Sun Butter 1% Low Fat Milk	Whole Grain Breadstick with Warmed Marinara Sauce 100% Grape Juice+	Low Fat Strawberry Yogurt topped with Crushed Cereal 100% Apple Juice+	Baked Fresh Apples+ with Cinnamon Sprinkle 1% Low Fat Milk
Special for ages 1 & 2	Steamed Bell Pepper Strips+				Unsweetened Canned Apples

**FUN NUTRITION FACTS:** Vitamin A keeps eyes and skin healthy and helps to protect against infections. Vitamin C helps heal cuts and wounds, keeps teeth and gums healthy, and aids in iron absorption.

Vitamin C+source  
Vitamin A\* source

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WEEK #4 Date	MONDAY —	TUESDAY —	WEDNESDAY —	THURSDAY —	FRIDAY —
<b>BREAKFAST</b>	Gluten-Free Crispy Rice Chilled Diced Pears 1% Low Fat Milk	Whole Grain Oatmeal with Toppings Fresh Sliced Banana+ 1% Low Fat Milk	Whole Grain Pancakes Roasted Potato Wedge+ 1% Low Fat Milk	Whole Grain Biscuit with Sun Butter Chilled Fruit Cocktail+* 1% Low Fat Milk	Whole Grain Toasty O's Cereal Fresh Strawberries+ 1% Low Fat Milk
Special for ages 1 & 2				Fruit Cocktail+* (no grapes)	
<b>LUNCH</b>	Whole Grain Pasta and Shredded Cheese Bake Steamed Broccoli+* Chilled Fruit Cocktail +* 1% Low Fat Milk	Teriyaki Beef~ Slider on a Whole Grain Bun Steamed Mixed Vegetable+* Diced Pineapple Tidbits+ 1% Low Fat Milk	Whole Grain Macaroni+ with 100% Cheese Sauce and Ground Turkey+ Steamed Cauliflower Fresh Strawberries+ 1% Low Fat Milk	Tuna Salad Wrap in Flour Tortilla Steamed Green Peas+ Blueberries+ 1% Low Fat Milk	Cheeseburger Tomato Soup+* with Ground Beef~ & Shredded Cheese Whole Grain Breadstick Mixed Berries+ 1% Low Fat Milk
Special for ages 1 & 2	Fruit Cocktail+* (no grapes)				Diced Mixed Berries+
<b>SNACK</b>	Low Fat Strawberry Yogurt topped with Cereal Fresh Celery & Carrot Sticks*	Whole Grain Round Wheat Crackers Cheese Slices	Whole Grain Pita Bread with Sun Butter 100% Apple Juice+	Chilled Diced Peaches topped with Cinnamon 1% Low Fat Milk	Corn Tortilla Chips with Salsa 1% Low Fat Milk
Special for ages 1 & 2	Steamed Carrot Sticks*				Warmed Flour Tortilla

**FUN NUTRITION FACTS:** Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Fruits contain many essential nutrients like vitamin C, potassium, and folate.

Vitamin C+source  
Vitamin A\* source

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WEEK #5 Date	MONDAY —	TUESDAY —	WEDNESDAY —	THURSDAY —	FRIDAY —
<b>BREAKFAST</b>	Kix Cereal Fresh Sliced Bananas+ 1% Low Fat Milk	Whole Grain Bagel with Cream Cheese Chilled Diced Peaches 1% Low Fat Milk	Whole Grain English Muffin Blueberries+ 1% Low Fat Milk	Gluten-Free Chex Cereal Fresh Sliced Bananas+ 1% Low Fat Milk	Whole Grain French Toast Sticks Mixed Berries+ 1% Low Fat Milk
Special for ages 1 & 2					Diced Mixed Berries+
<b>LUNCH</b>	Turkey Sausage~ Breakfast Sandwich on Whole Grain English Muffin Roasted Potato Wedge+ Chilled Apricot Halves* 1% Low Fat Milk	Whole Grain Pasta and 100% White Diced Chicken & Cheesy Casserole Steamed Peas & Carrots* Mixed Berries+ 1% Low Fat Milk	Mini Beef Meatball~ Sandwich on a Whole Grain Bun Baked Sweet Potato Tots* Fresh Sliced Pears 1% Low Fat Milk	Whole Grain Round Wheat Crackers with Sliced Turkey~ & Cheese Slices Fresh Carrot Sticks* Fresh Sliced Apples+ 1% Low Fat Milk	Whole Grain Pasta and Tuna Casserole Bake Steamed Green Beans+ Diced Pineapple Tidbits+ 1% Low Fat Milk
Special for ages 1 & 2		Diced Mixed Berries+		Unsweetened Applesauce+	
<b>SNACK</b>	Whole Grain Bread with Sun Butter & Jelly 1% Low Fat Milk	100% Cheese Cubes 100% Apple Juice+	Fresh Banana Slices+ with Sun Butter 1% Low Fat Milk	Crunchy Snack Mix (Pretzels, Cheese Crackers, Gluten-Free Chex) 100% Grape Juice+	Low Fat Cottage Cheese Sugar Snap Peas & Fresh Cucumber Slices
Special for ages 1 & 2				Gluten-Free Chex Cereal	Steamed Snap Peas (Shelled)

**FUN NUTRITION FACTS:** Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins. Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).

Vitamin C+source  
Vitamin A\* source

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