

# menu

WEEK 1  
CENTER #000722

## BREAKFAST

| MONDAY<br>(DATE)                                                                   | TUESDAY<br>(DATE)                                                                               | WEDNESDAY<br>(DATE)                                                            | THURSDAY<br>(DATE)                                                                      | FRIDAY<br>(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

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 **KinderCare**  
LEARNING CENTERS

# menu

WEEK 2  
CENTER #000722



## BREAKFAST

| MONDAY<br>(DATE)                                    | TUESDAY<br>(DATE)                                                                                         | WEDNESDAY<br>(DATE)                                                 | THURSDAY<br>(DATE)                                                                 | FRIDAY<br>(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 |
|-------------------------------|---------------|-----------------------|
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## 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 |
|--------------------------------------------|--------------------------------------------------------------------------------|-------------------------------------------------------------|------------------|-----------------------------------------------------------|

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# menu

WEEK 3  
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## BREAKFAST

| MONDAY<br>(DATE)                                                | TUESDAY<br>(DATE)                                                  | WEDNESDAY<br>(DATE)                                                                       | THURSDAY<br>(DATE)                                                        | FRIDAY<br>(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 |
|--------------------------------------------|------------------------------------|---------------------------------|--------------------|-----------------------------------|

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# menu

WEEK 4  
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## BREAKFAST

| MONDAY<br>(DATE)                                          | TUESDAY<br>(DATE)                                                                    | WEDNESDAY<br>(DATE)                                                        | THURSDAY<br>(DATE)                                                       | FRIDAY<br>(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 |
|-------------------------------|----------------------------------|-------------------------------------------------------------|-------------------------------------------|-------------------------------------------------|

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# menu

**WEEK 5**  
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## BREAKFAST

| MONDAY<br>(DATE)                                                 | TUESDAY<br>(DATE)                                                                          | WEDNESDAY<br>(DATE)                                                                                | THURSDAY<br>(DATE)                                                                   | FRIDAY<br>(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 |
|-------------------------------------|--------------------------------------------------------|-----------------------------------------------------------------------|------------------|--------------------------------------------|

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