

# KENSINGTON KIDS

3FG - Healthy Choices Spring/Summer Menu 2018



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b>	<p><b>AM Snack</b> Multigrain Cheerios Cereal with Milk</p> <p><b>Entrée</b> Tomato and Beef Macaroni and Cheese, Mixed Vegetables (Peas, Carrots, Beans, Corn), Fresh Fruit</p> <p><b>PM Snack</b> Pita Crackers, Hummus</p>	<p><b>AM Snack</b> Banana Oatmeal Bar</p> <p><b>Entrée</b> Lean Beef Burger with Whole Grain Bun, Diced Carrots, Fresh Fruit</p> <p><b>PM Snack</b> Cheddar Cheese Curds, Whole Wheat Crackers</p>	<p><b>AM Snack</b> Apple Cinnamon Flatbread, Applesauce</p> <p><b>Entrée</b> Whole Grain Spaghetti Bolognese (Beef/Tomato Sauce), Peas and Corn, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Focaccia Bread, Bruschetta</p>	<p><b>AM Snack</b> Whole Grain Shreddies with Milk</p> <p><b>Entrée</b> Quinoa and Chickpea Soup, Artisan Roll, Garden Salad, Balsamic Dressing, Fresh Fruit</p> <p><b>PM Snack</b> Organic Whole Grain Ginger Snaps, Fresh Fruit</p>	<p><b>AM Snack</b> Organic Whole Wheat Orange Cranberry Muffin</p> <p><b>Entrée</b> Turkey Meatballs, Whole Grain Bun, Green Beans, Fresh Fruit</p> <p><b>PM Snack</b> Banana Roll-Up, (Soy Butter, Banana, Whole Wheat Wrap)</p>
<b>WEEK 2</b>	<p><b>AM Snack</b> Rice Krispies Cereal with Milk</p> <p><b>Entrée</b> Chicken Meatballs, Whole Grain Pasta, Sunshine Vegetables (Carrots, Green Beans), Fresh Fruit</p> <p><b>PM Snack</b> Cheddar Cheese Curds, Whole Grain 9 Vegetable Crackers</p>	<p><b>AM Snack</b> Vanilla Yogurt, Fresh Fruit</p> <p><b>Entrée</b> Chicken Alphabet Noodle Soup, Pretzel Bun, Baby Carrots, Fresh Fruit</p> <p><b>PM Snack</b> Soy Butter Whole Wheat Sandwich</p>	<p><b>AM Snack</b> Coconut Bites</p> <p><b>Entrée</b> Beef and Broccoli Stir Fry, Brown Rice, Fresh Fruit</p> <p><b>PM Snack</b> Pizza Bites, Grape Tomatoes</p>	<p><b>AM Snack</b> Corn Flakes Cereal, Milk</p> <p><b>Entrée</b> Peach Glazed Chicken Drumstick, Whole Grain Pasta, Peas, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Lemon Cranberry Loaf, Fresh Fruit</p>	<p><b>AM Snack</b> Cinnamon Raisin Bagel</p> <p><b>Entrée</b> Teriyaki Tilapia Filet, Brown Rice, Broccoli, Fresh Fruit</p> <p><b>PM Snack</b> Trail Mix (Whole Grain Cereals, Granola), Fresh Fruit</p>
<b>WEEK 3</b>	<p><b>AM Snack</b> Multigrain Cheerios Cereal with Milk</p> <p><b>Entrée</b> Classic Macaroni and Cheese, Tri-Colour Chickpea Salad, Green Beans, Fresh Fruit</p> <p><b>PM Snack</b> Pineapple Banana Oatmeal Bar, Fresh Fruit</p>	<p><b>AM Snack</b> Whole Wheat Mini Bagel, Berry Applesauce</p> <p><b>Entrée</b> Breaded Chicken Pieces (All White Meat), Brown Rice, Cauliflower and Carrots, Fresh Fruit</p> <p><b>PM Snack</b> Wafer Biscuits, Fresh Fruit</p>	<p><b>AM Snack</b> Organic Whole Wheat Lemon Blueberry Muffin</p> <p><b>Entrée</b> Fish Taco (Breaded Cod, Whole Wheat Wrap, Tartar Sauce), Garden Salad, Raspberry Vinaigrette, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Mini Pita, Hummus</p>	<p><b>AM Snack</b> Whole Grain Shreddies with Milk</p> <p><b>Entrée</b> Tomato and White Bean Soup, Artisan Roll, Baby Carrots, Fresh Fruit</p> <p><b>PM Snack</b> Gluten Free Corn Crackers, Guacamole</p>	<p><b>AM Snack</b> Whole Wheat Zucchini Carrot Loaf</p> <p><b>Entrée</b> Chicken Cacciatore, Whole Grain Pasta, Peas, Fresh Fruit</p> <p><b>PM Snack</b> Organic Whole Grain Ginger Snaps, Vanilla Yogurt</p>
<b>WEEK 4</b>	<p><b>AM Snack</b> Rice Krispies Cereal with Milk</p> <p><b>Entrée</b> Organic Tofu Pad Thai, Vegetable Medley (Broccoli, Cauliflower, Carrots), Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Crackers, Baby Carrots</p>	<p><b>AM Snack</b> Peach Yogurt, Cranberry Granola</p> <p><b>Entrée</b> Sweet and Sour Beef Meatballs, Whole Grain Bun, Broccoli, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Apple Beet Loaf, Fresh Fruit</p>	<p><b>AM Snack</b> Organic Whole Wheat Carrot Muffin</p> <p><b>Entrée</b> Turkey Lasagna, Garden Salad, Italian Dressing, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Pita, Hardboiled Egg (Serve Cold) (Serve Cold)</p>	<p><b>AM Snack</b> Corn Flakes, Milk</p> <p><b>Entrée</b> Breaded Chicken (All White Meat), Brown Rice, Green Beans, Fresh Fruit</p> <p><b>PM Snack</b> Organic Whole Grain Lemon Snaps, Rice Pudding</p>	<p><b>AM Snack</b> Banana Roll-Up, (Soy Butter, Banana, Whole Wheat Wrap)</p> <p><b>Entrée</b> Breaded Wild Alaskan Pollock Sticks, Ancient Grains, Peas and Corn, Fresh Fruit</p> <p><b>PM Snack</b> Trail Mix (Whole Grain Cereals, Granola), Fresh Fruit</p>

- Menu is approved by a Registered Dietitian.
- Please see the allergy guide for the substitution meals for Vegetarian, Vegan and Halal and other dietary replacements. Daily Packing Slip will indicate specific replacements by child name.
- Please note that Food for Tots operates a facility that is Nut Free, Pork Free and Shellfish Free at all times. All Lunches are Trans Fat Free (except for those that are naturally occurring).
- Fresh Fruits will vary daily depending on seasonal availability. They may include: apples, bananas, oranges, grapes, pears, strawberries, melons (watermelon, cantaloupe, and honeydew), plums, nectarines, and peaches.

Water and/or Milk are available throughout the day

Menu In Effect: April 16, 2018

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3FG - Healthy Choices - Infant/Toddler Spring/Summer Menu 2018



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b>	<p><b>AM Snack</b> Multigrain Cheerios Cereal with Milk</p> <p><b>Entrée</b> Tomato and Beef Macaroni and Cheese, Mixed Vegetables (Peas, Carrots, Beans, Corn), Fresh Fruit</p> <p><b>PM Snack</b> Mini Pita, Hummus</p>	<p><b>AM Snack</b> Banana Oatmeal Bar</p> <p><b>Entrée</b> Lean Beef Burger with Whole Grain Bun, Diced Carrots, Fresh Fruit</p> <p><b>PM Snack</b> Cheddar Cheese Curds, Whole Wheat Crackers</p>	<p><b>AM Snack</b> Apple Cinnamon Flatbread, Applesauce</p> <p><b>Entrée</b> Whole Grain Spaghetti Bolognese (Beef/Tomato Sauce), Peas and Corn, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Focaccia Bread, Bruschetta</p>	<p><b>AM Snack</b> Whole Grain Shreddies with Milk</p> <p><b>Entrée</b> Quinoa and Chickpea Soup, Artisan Roll, Vegetable Medley (Broccoli, Cauliflower, Carrots), Fresh Fruit</p> <p><b>PM Snack</b> Social Tea Biscuits , Fresh Fruit</p>	<p><b>AM Snack</b> Organic Whole Wheat Orange Cranberry Muffin</p> <p><b>Entrée</b> Turkey Meatballs, Whole Grain Bun, Green Beans, Fresh Fruit</p> <p><b>PM Snack</b> Banana Roll-Up, (Soy Butter, Banana, Whole Wheat Wrap)</p>
<b>WEEK 2</b>	<p><b>AM Snack</b> Rice Krispies Cereal with Milk</p> <p><b>Entrée</b> Chicken Meatballs, Whole Grain Pasta, Sunshine Vegetables (Carrots, Green Beans), Fresh Fruit</p> <p><b>PM Snack</b> Cheddar Cheese Curds, Whole Grain 9 Vegetable Crackers</p>	<p><b>AM Snack</b> Vanilla Yogurt, Fresh Fruit</p> <p><b>Entrée</b> Chicken Alphabet Noodle Soup, Pretzel Bun, Blanched Baby Carrots, Fresh Fruit</p> <p><b>PM Snack</b> Soy Butter Whole Wheat Sandwich</p>	<p><b>AM Snack</b> Coconut Bites</p> <p><b>Entrée</b> Beef and Broccoli Stir Fry, Brown Rice, Fresh Fruit</p> <p><b>PM Snack</b> Pizza Bites, Grape Tomatoes</p>	<p><b>AM Snack</b> Corn Flakes Cereal, Milk</p> <p><b>Entrée</b> Diced Peach Chicken, Whole Grain Pasta, Peas, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Lemon Cranberry Loaf, Fresh Fruit</p>	<p><b>AM Snack</b> Cinnamon Raisin Bagel</p> <p><b>Entrée</b> Teriyaki Tilapia Filet, Brown Rice, Broccoli, Fresh Fruit</p> <p><b>PM Snack</b> Toddler Trail Mix (Whole Grain Cereals), Fresh Fruit</p>
<b>WEEK 3</b>	<p><b>AM Snack</b> Multigrain Cheerios Cereal with Milk</p> <p><b>Entrée</b> Classic Macaroni and Cheese, Tri-Colour Chickpea Salad, Green Beans, Fresh Fruit</p> <p><b>PM Snack</b> Pineapple Banana Oatmeal Bar, Fresh Fruit</p>	<p><b>AM Snack</b> Whole Wheat Mini Bagel, Berry Applesauce</p> <p><b>Entrée</b> Breaded Chicken Pieces (All White Meat), Brown Rice, Cauliflower and Carrots, Fresh Fruit</p> <p><b>PM Snack</b> Wafer Biscuits, Fresh Fruit</p>	<p><b>AM Snack</b> Organic Whole Wheat Lemon Blueberry Muffin</p> <p><b>Entrée</b> Fish Taco (Breaded Cod, Whole Wheat Wrap, Tartar Sauce), Vegetable Medley (Broccoli, Cauliflower, Carrots), Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Mini Pita, Hummus</p>	<p><b>AM Snack</b> Whole Grain Shreddies with Milk</p> <p><b>Entrée</b> Tomato and White Bean Soup, Artisan Roll, Blanched Baby Carrots, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Mini Pita, Guacamole</p>	<p><b>AM Snack</b> Whole Wheat Zucchini Carrot Loaf</p> <p><b>Entrée</b> Chicken Cacciatore, Whole Grain Pasta, Peas, Fresh Fruit</p> <p><b>PM Snack</b> Organic Whole Grain Ginger Snaps, Vanilla Yogurt</p>
<b>WEEK 4</b>	<p><b>AM Snack</b> Rice Krispies Cereal with Milk</p> <p><b>Entrée</b> Organic Tofu Pad Thai, Vegetable Medley (Broccoli, Cauliflower, Carrots), Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Crackers, Blanched Baby Carrots</p>	<p><b>AM Snack</b> Peach Yogurt, Arrowroot Biscuits</p> <p><b>Entrée</b> Sweet and Sour Beef Meatballs, Whole Grain Bun, Broccoli, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Apple Beet Loaf, Fresh Fruit</p>	<p><b>AM Snack</b> Organic Whole Wheat Carrot Muffin</p> <p><b>Entrée</b> Turkey Lasagna, Peas, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Pita, Hardboiled Egg (Serve Cold) (Serve Cold)</p>	<p><b>AM Snack</b> Corn Flakes, Milk, Fresh Fruit</p> <p><b>Entrée</b> Breaded Chicken (All White Meat), Brown Rice, Green Beans, Fresh Fruit</p> <p><b>PM Snack</b> Social Tea Biscuits, Rice Pudding</p>	<p><b>AM Snack</b> Banana Roll-Up, (Soy Butter, Banana, Whole Wheat Wrap)</p> <p><b>Entrée</b> Breaded Wild Alaskan Pollock Sticks, Ancient Grains, Peas and Corn, Fresh Fruit</p> <p><b>PM Snack</b> Toddler Trail Mix (Whole Grain Cereals), Fresh Fruit</p>

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