

# KinderCare's Grow Happy Nutrition Program

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Healthy, balanced meals for growing bodies!

**Pass the peas, please! Once your child is ready for table food, we serve yummy, nutritious meals they'll love using family-style dining.**

KinderCare's Grow Happy nutrition program is crafted by nutritionists and tested by kids! Our healthy, balanced menus are filled with fruits, veggies, lean proteins, and whole grains. Here's what else makes mealtime special:

- Family-style dining for building lasting friendships
- Independence and fine-motor skills while serving and passing plates
- Introduction to new foods from around the world
- Etiquette like table manners, handwashing, and cleaning up
- Vegetarian options available each day
- No fried foods, juice, or desserts—just the good stuff!

**Talk to your Center Director if your child requires a special meal plan.**



**See a sample menu →**

# What's on the menu?

Here's a taste of what our healthy eaters enjoy every week.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Whole-Grain Bagel *Whole-Grain Biscuit	Breakfast Pizza Whole-Grain Flatbread Pizza Crust with Yogurt	Scrambled Eggs	Whole-Grain Pancakes	Whole-Grain Granola
	Fresh Orange Slices *Mandarin Oranges	Strawberries & Blueberries *Finely Diced Strawberries	Peaches	Fresh Bananas	Pears
	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
<b>Lunch</b> (Vegetarian Option)	<b>Flatbread Pizza</b>	<b>BBQ Chicken</b> (SunButter & Jelly Biscuit)	<b>Vegetarian Lo Mein</b>	<b>Burger</b> (Veggie Burger)	<b>Fish Tacos</b> (Veggie Burger)
	<ul style="list-style-type: none"> <li>• Cheese</li> <li>• Whole-Grain Flatbread Pizza Crust</li> <li>• Fresh Broccoli *Finely Diced Steamed Broccoli</li> <li>• Pineapple</li> <li>• 1% Unflavored Low-Fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Diced Chicken</li> <li>• Whole-Grain Biscuit</li> <li>• Corn</li> <li>• Green Beans</li> <li>• 1% Unflavored Low-Fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chickpeas</li> <li>• Whole-Grain Spaghetti</li> <li>• Mixed Vegetables *Finely Diced Mixed Vegetables</li> <li>• Fresh Orange Slices *Mandarin Oranges</li> <li>• 1% Unflavored Low-Fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Beef Patty</li> <li>• Whole-Grain Bun</li> <li>• Peas</li> <li>• Fresh Tropical Fruit *Finely Diced Fresh Tropical Fruit</li> <li>• 1% Unflavored Low-Fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Fish Sticks</li> <li>• Whole-Grain Flour Tortilla</li> <li>• Coleslaw *Peas &amp; Carrots</li> <li>• Fresh Orange Slices *Mandarin Oranges</li> <li>• 1% Unflavored Low-Fat Milk</li> </ul>
<b>Afternoon Snack</b>	SunButter & Jelly *SunButter Mixed with Jelly	Cheddar Cheese Cubes *Cheese Slices	Strawberries *Finely Diced Strawberries	Fresh Apple Slices	Whole-Grain Cheese Crackers *Whole-Grain Toasty O's Cereal
	Whole-Grain Bread	Fresh Carrot & Celery Sticks *Finely Diced Steamed Carrots	Whole-Grain Bagel *Whole-Grain Biscuit)	Yogurt	Hummus Bean Dip

This Institution is an equal opportunity provider.

Children ages 12-23 months are served unflavored whole milk and 2+ year olds are served unflavored 1% milk.

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.

Fresh Tropical Fruit: dragon fruit, mango, pineapple, orange, & honey dew melon

Mixed Vegetables: carrots, corn, peas, green beans

\*Suggested age appropriate substitution for 1-2 year olds

