

Sample Menu



Get a taste of the delicious and nutritious meals we serve your sweet pea.

At our table, your child will practice trying new things, using their manners, and having mealtime conversations!

Here's what we've found: Well-nourished kids make the best learners! That's why nutritious meals and snacks are provided every day—and they're all included in your tuition. Our delicious menu is designed by expert nutritionists and offers the flavors and textures of world foods. Here are some of the yummy things your child will try!

Breakfast is the best way to start the day.

- Whole-grain apple zucchini muffins
- Fresh fruits
- Whole-grain granola and cereals
- Scrambled eggs
- Milk

We love lunchtime!

- Fish tacos
- Sunbutter® butter and banana sandwiches
- Tropical rice bowls
- Flatbread pizzas
- Veggies like green beans, peas, carrots, and broccoli
- Turkey cranberry wraps
- Roasted sweet potato wedges
- Fried rice
- Tuna melts
- Beans and cheese
- Marinara with chickpeas

Super snacks mean excellent, all-day energy.

- Applesauce, pineapple, and apricots
- Yogurt
- Mini bagels with cream cheese
- Hummus dip and cucumber slices
- Fresh fruit like apples and blueberries

Feeding your baby happens your way.

Nursing, bottle-feeding, formula-feeding, or starting on solids—it's all on the menu! You're always welcome to come to the center to feed your baby. If you'd like us to store breastmilk or formula bottles at our center and bottle-feed your baby on their schedule, we'd be honored to do that for you. We'll work together to make sure we're offering up what's "just right" for your baby's age and stage.

More food for thought:

