

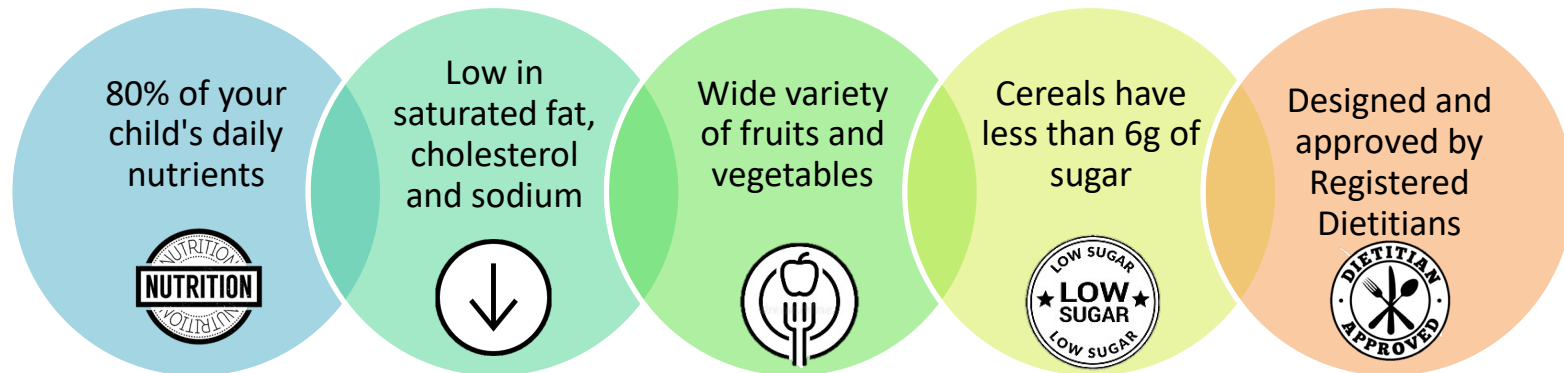
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WEEK ONE

1-2 Years Old

Water Available at all Times • CN label/recipe available upon request • Whole Grain Items*

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • ¾ cup Crisp Rice * • ¼ cup Mandarin Oranges ½ cup 1% Milk 	<ul style="list-style-type: none"> • ½ cup Oat Cereal * • ¼ cup Mango ½ cup 1% Milk 	<ul style="list-style-type: none"> Banana Muffin ^{CN*} • ¼ cup Pears ½ cup 1% Milk 	<ul style="list-style-type: none"> 1 Waffle * • ¼ cup Applesauce ½ cup 1% Milk 	<ul style="list-style-type: none"> • ½ cup Corn Puff * • ¼ cup Peaches ½ cup 1% Milk
Lunch	<ul style="list-style-type: none"> ½ Slice Pizza ^{CN *} • 1/8 cup Brussel Sprouts • 1/8 cup Sweet Potato Fries ½ cup 1% Milk 	<ul style="list-style-type: none"> • ¾ cup Chicken Chowder^{L5} ½ Slice Wheat Bread* ½ cup 1% Milk 	<ul style="list-style-type: none"> • 3/8 cup Shepherd's Pie ^{L18} ½ Slice Wheat Bread* ½ cup 1% Milk 	<ul style="list-style-type: none"> • ¾ Arroz Con Pollo^{L1} • 1/8 cup Broccoli ½ Slice Wheat Bread* ½ cup 1% Milk 	<ul style="list-style-type: none"> • ¾ cup Macaroni & Cheese ^{L13} • 1/8 cup Carrots • 1/8 cup Green Beans ½ cup 1% Milk
Snack	<ul style="list-style-type: none"> 1 Cheese Breadstick ^{CN *} 	<ul style="list-style-type: none"> • ¼ Goldfish Crackers* • ½ cup Orange Slices 	<ul style="list-style-type: none"> ½ Slice Raisin Bread* 1 Tbsp Sun Butter 	<ul style="list-style-type: none"> 4 Animal Crackers* • ½ cup Mandarin Oranges 	<ul style="list-style-type: none"> 7 Oyster Crackers* ½ oz Cheddar Cheese
Vegetarian	Same As Above	Lentil Soup ^{V10}	Vegetarian Shepherd's Pie ^{V11}	Cuban Black Beans ^{L9}	Same As Above
Halal	Same As Above	Lentil Soup ^{V10}	Vegetarian Shepherd's Pie ^{V11}	Halal Arroz con Pollo ^{H6}	Same As Above





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WEEK TWO

1-2 Years Old

Water Available at all Times • CN label/recipe available upon request • Whole Grain Items*

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • ½ cup Corn Puff* • ¼ cup Mandarin Oranges ½ cup 1% Milk 	<ul style="list-style-type: none"> • ¾ cup Rice Chex* • ¼ cup Peaches ½ cup 1% Milk 	<ul style="list-style-type: none"> • ½ cup Corn Flakes * • ¼ cup Pears ½ cup 1% Milk 	<ul style="list-style-type: none"> • ¾ cup Crisp Rice* • ¼ cup Mango ½ cup 1% Milk 	Waffle <ul style="list-style-type: none"> • ¼ cup Applesauce ½ cup 1% Milk
Lunch	<ul style="list-style-type: none"> • ¼ cup Black Beans^{L9} • ¼ cup Brown Rice • 1/8 cup Plantains ½ cup 1% Milk 	½ Grilled Cheese ^{L11*} <ul style="list-style-type: none"> • 1/8 cup Sweet Potato Fries • 1/8 cup Green Beans ½ cup 1% Milk 	<ul style="list-style-type: none"> • ½ cup Chickpea & Potato Curry^{V2} • ¼ cup Brown Rice ^{S1*} ½ cup 1% Milk 	<ul style="list-style-type: none"> • ½ cup Pineapple Chicken^{L16} • ¼ cup Brown Rice ^{S1*} ½ cup 1% Milk 	<ul style="list-style-type: none"> • ½ cup Cheesy Pasta Bake ^{L2*} • 1/8 cup Broccoli ½ Slice Wheat Bread* ½ cup 1% Milk
Snack	<ul style="list-style-type: none"> • ½ cup Applesauce ½oz Cheddar Cheese 	4 Animal Crackers* <ul style="list-style-type: none"> • ½ cup Pears 	<ul style="list-style-type: none"> • ¼ cup Goldfish Crackers* • ½ cup Apple Slices 	1 Cheese Breadstick ^{CN *}	½ Slice Raisin Bread* 1 Tbsp Sun Butter
Vegetarian	Same As Above	Same As Above	Same As Above	Bean Salad ^{V5}	Same As Above
Halal	Same As Above	Same As Above	Same As Above	Halal Pineapple Chicken ^{H7}	Same As Above

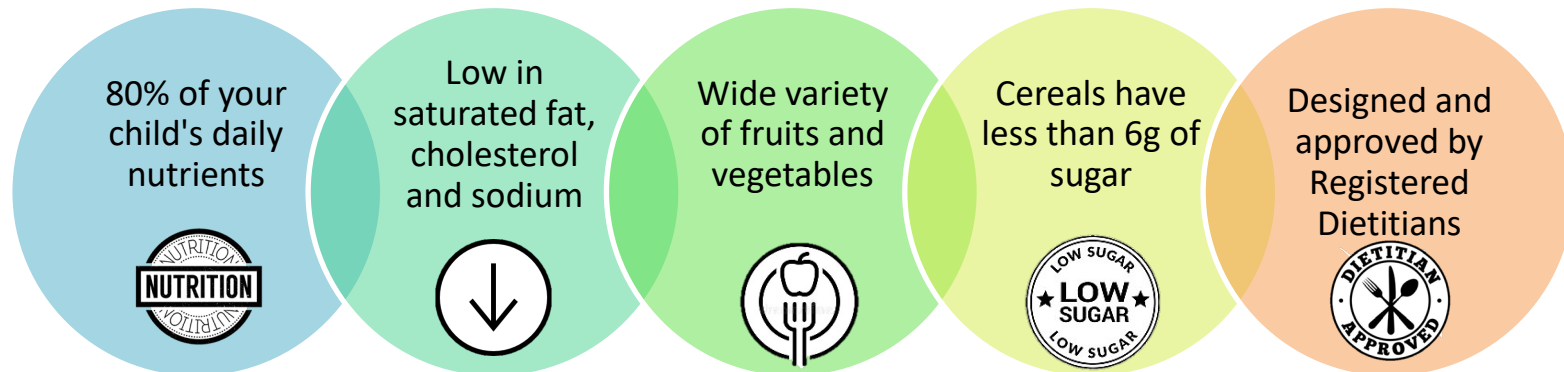
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WEEK THREE

1-2 Years Old

Water Available at all Times • CN label/recipe available upon request • Whole Grain Items*

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Banana Muffin ^{CN*} • ¼ cup Applesauce ½ cup 1% Milk	• ½ cup Corn Flakes * • ¼ cup Pears ½ cup 1% Milk	• ¾ cup Crisp Rice * • ¼ cup Peaches ½ cup 1% Milk	• ¾ cup Rice Chex * • ¼ cup Mango ½ cup 1% Milk	• ½ cup Corn Flakes* • ¼ cup Mandarin Oranges ½ cup 1% Milk
Lunch	1/2 Slice Pizza ^{CN*} • 1/8 cup Sweet Potato Fries • 1/8 cup Corn ½ cup 1% Milk	• ½ cup Cheesy Beef Macaroni ^{L3*} ½ Slice Wheat Bread* ½ cup 1% Milk	3 Chicken Nuggets ^{CN*} • 1/8 cup Carrots • 1/8 cup Broccoli ½ Slice Wheat Bread* ½ cup 1% Milk	• ¼ cup Sloppy Joe ^{L19} • 1/8 cup Green Beans ½ Hamburger Bun* ½ cup 1% Milk	• ¼ cup Black Beans ^{L9} • ¼ cup Brown Rice ^{S1*} • 1/8 cup Plantains ½ cup 1% Milk
Snack	1 Cheese Breadstick ^{CN*}	½ Slice Raisin Bread* 1 Tbsp Sun Butter	• ¼ cup Goldfish Crackers* • ½ cup Orange Slices	4 Animal Crackers* • ½ cup Pears	7 Oyster Crackers* ½oz Mozzarella Cheese
Vegetarian	Same As Above	Chickpea and Potato Curry ^{V2}	Bean Salad ^{V5}	Lentil Soup ^{V10}	Same As Above
Halal	Same As Above	Chickpea and Potato Curry ^{V2}	Breaded Halal Chicken ^{H4}	Lentil Soup ^{V10}	Same As Above



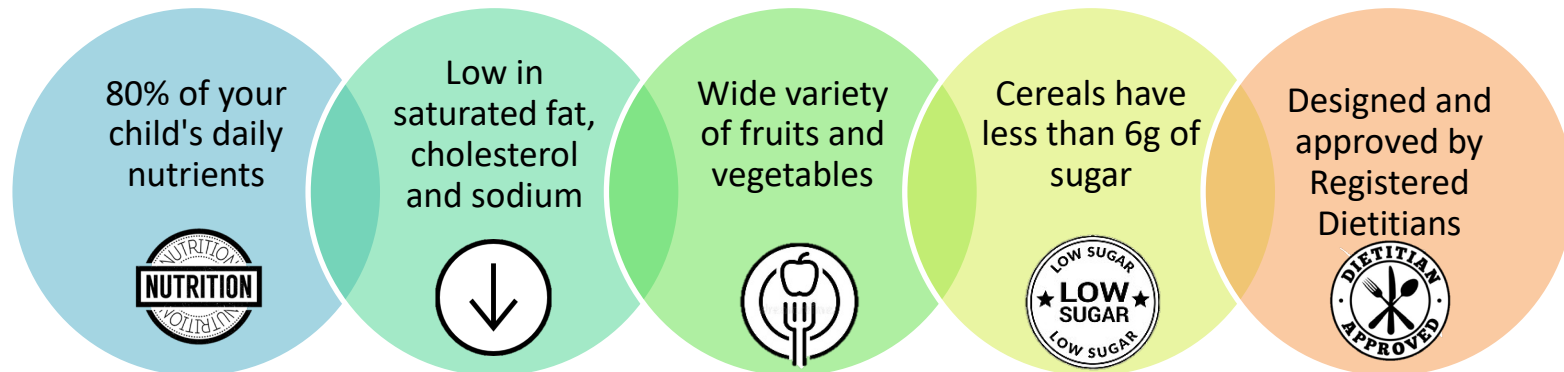
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WEEK FOUR

1-2 Years Old

Water Available at all Times • CN label/recipe available upon request • Whole Grain Items*

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • ¾ cup Crisp Rice* • ¼ cup Pears ½ cup 1% Milk 	<ul style="list-style-type: none"> • ½ cup Corn Flakes * • ¼ cup Mango ½ cup 1% Milk 	<ul style="list-style-type: none"> • ½ cup Corn Puffs* • ¼ cup Mandarin Oranges ½ cup 1% Milk 	<ul style="list-style-type: none"> Banana Muffin ^{CN*} • ¼ cup Peaches ½ cup 1% Milk 	<ul style="list-style-type: none"> • ½ cup Cheerios* • ¼ cup Applesauce ½ cup 1% Milk
Lunch	<ul style="list-style-type: none"> 3 Chicken Nuggets ^{CN*} • 1/8 cup Green Beans • 1/8 cup Roasted Potatoes ½ Slice Wheat Bread* ½ cup 1% Milk 	<ul style="list-style-type: none"> • ¼ cup Lentils of the Southwest^{L12} • 1/8 cup Carrots • 1/8 cup Broccoli ¼ Pita Bread* ½ cup 1% Milk 	<ul style="list-style-type: none"> • ¾ cup Macaroni & Cheese ^{L13*} • 1/8 cup Brussel Sprouts • 1/8 cup Corn ½ cup 1% Milk 	<ul style="list-style-type: none"> • ¾ cup Chicken Curry^{L6} ½ Slice Wheat Bread* ½ cup 1% Milk 	<ul style="list-style-type: none"> ½ Grilled Cheese ^{L11*} • 1/8 cup Sweet Potato Fries • 1/8 cup Cauliflower ½ cup 1% Milk
Snack	<ul style="list-style-type: none"> • ½ cup Peaches ½oz Mozzarella Cheese 	<ul style="list-style-type: none"> • ¼ cup Goldfish Crackers* • ½ cup Apple Slices 	<ul style="list-style-type: none"> 4 Animal Crackers * • ½ cup Applesauce 	<ul style="list-style-type: none"> 1 Cheese Breadstick ^{CN*} 	<ul style="list-style-type: none"> ½ Slice Raisin Bread * 1 Tbsp Sun Butter
Vegetarian	½ Sunbutter Sandwich ^{V6}	Same As Above	Same As Above	Chickpea & Potato Curry ^{V2}	Same As Above
Halal	Breaded Halal Chicken ^{H4}	Same As Above	Same As Above	Halal Chicken Curry ^{H1}	Same As Above



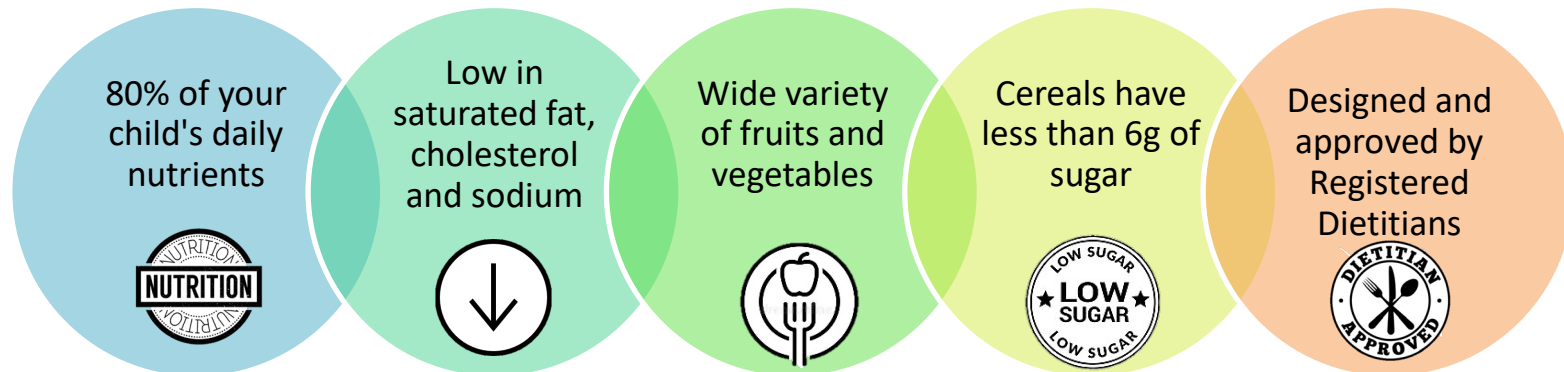
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WEEK ONE

3-5 Years Old

Water Available at all Times • CN label/recipe available upon request • Whole Grain Items*

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • ¾ cup Crisp Rice* • ½ cup Mandarin Oranges ¾ cup 1% Milk 	<ul style="list-style-type: none"> • ½ cup Oat Cereal* • ½ cup Mango ¾ cup 1% Milk 	Banana Muffin ^{CN*} <ul style="list-style-type: none"> • ½ cup Pears ¾ cup 1% Milk 	Waffle <ul style="list-style-type: none"> • ½ cup Applesauce ¾ cup 1% Milk 	<ul style="list-style-type: none"> • ½ cup Corn Puff* • ½ cup Peaches ¾ cup 1% Milk
Lunch	1 Slice Pizza ^{CN*} <ul style="list-style-type: none"> • 1/8 cup Brussel Sprouts • ¼ cup Sweet Potato Fries ¾ cup 1% Milk 	<ul style="list-style-type: none"> • 1 cup Chicken Chowder^{L5} ½ Slice Wheat Bread* ¾ cup 1% Milk 	<ul style="list-style-type: none"> • ½ cup Shepherd’s Pie^{L18} ½ Slice Wheat Bread* ¾ cup 1% Milk 	<ul style="list-style-type: none"> • 1 cup Arroz Con Pollo^{L1} • ¼ cup Broccoli ¾ cup 1% Milk 	<ul style="list-style-type: none"> • 1 cup Macaroni & Cheese^{L13} • ¼ cup Green Beans • ¼ cup Carrots ¾ cup 1% Milk
Snack	1 Cheese Breadstick ^{CN*}	<ul style="list-style-type: none"> • ¼ cup Goldfish Crackers • ½ cup Orange Slices 	½ Slice Raisin Bread 1 Tbsp Sun Butter	4 Animal Crackers* <ul style="list-style-type: none"> • ½ cup Mandarin Oranges 	7 Oyster Crackers* ½ oz Cheddar Cheese
Vegetarian	Same As Above	Lentil Soup ^{V10}	Vegetarian Shepherd’s Pie ^{V11}	Cuban Black Beans ^{L9}	Same As Above
Halal	Same As Above	Lentil Soup ^{V10}	Vegetarian Shepherd’s Pie ^{V11}	Halal Arroz con Pollo ^{H6}	Same As Above





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WEEK TWO

3-5 Years Old

Water Available at all Times • CN label/recipe available upon request • Whole Grain Items*

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • ½ cup Corn Puff* • ½ cup Mandarin Oranges ¾ cup 1% Milk 	<ul style="list-style-type: none"> • ¾ cup Rice Chex • ½ cup Peaches ¾ cup 1% Milk 	<ul style="list-style-type: none"> • ½ cup Corn Flakes* • ½ cup Pears ¾ cup 1% Milk 	<ul style="list-style-type: none"> • ¾ cup Crisp Rice • ½ cup Mango ¾ cup 1% Milk 	<ul style="list-style-type: none"> • Waffle • ½ cup Applesauce ¾ cup 1% Milk
Lunch	<ul style="list-style-type: none"> • ½ cup Black Beans^{L9} • ¼ cup Brown Rice^{S1*} • ¼ cup Plantains ¾ cup 1% Milk 	<ul style="list-style-type: none"> • ½ Grilled Cheese^{L11*} • ¼ cup Sweet Potato Fries • ¼ cup Green Beans ¾ cup 1% Milk 	<ul style="list-style-type: none"> • 1 cup Chickpea & Potato Curry^{V2} • ¼ cup Brown Rice^{S1*} ¾ cup 1% Milk 	<ul style="list-style-type: none"> • ¾ cup Pineapple Chicken^{L16} • ¼ cup Brown Rice^{S1*} ¾ cup 1% Milk 	<ul style="list-style-type: none"> • ¾ cup Cheesy Pasta Bake^{L2} • ¼ cup Broccoli ¾ cup 1% Milk
Snack	<ul style="list-style-type: none"> • ½ cup Applesauce ½ oz Cheddar Cheese 	<ul style="list-style-type: none"> • 4 Animal Crackers* • ½ cup Pears 	<ul style="list-style-type: none"> • ¼ cup Goldfish Crackers* • ½ cup Apple Slices 	<ul style="list-style-type: none"> • 1 Cheese Breadstick* 	<ul style="list-style-type: none"> • ½ Slice Raisin Bread* • 1 Tbsp Sun Butter
Vegetarian	Same As Above	Same As Above	Same As Above	Bean Salad ^{V5}	Same As Above
Halal	Same As Above	Same As Above	Same As Above	Halal Pineapple Chicken ^{H7}	Same As Above



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WEEK THREE

3-5 Years Old

Water Available at all Times • CN label/recipe available upon request • Whole Grain Items*

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Banana Muffin ^{CN*} • ½ cup Applesauce ¾ cup 1% Milk	• ½ cup Corn Flakes* • ½ cup Pears ¾ cup 1% Milk	• ¾ cup Crisp Rice * • ½ cup Peaches ¾ cup 1% Milk	• ¾ cup Rice Chex * • ½ cup Mango ¾ cup 1% Milk	• ½ cup Corn Flakes* • ½ cup Mandarin Oranges ¾ cup 1% Milk
Lunch	1 Slice Pizza ^{CN*} • ¼ cup Sweet Potato Fries • ¼ cup Corn ¾ cup 1% Milk	• 1 cup Cheesy Beef Macaroni ^{L3} ¾ cup 1% Milk	4 Chicken Nuggets ^{CN*} • ¼ cup Carrots • ¼ cup Broccoli ½ Slice Wheat Bread* ¾ cup 1% Milk	• ½ cup Sloppy Joe ^{L19} • ¼ cup Green Beans ½ Hamburger Bun* ¾ cup 1% Milk	• ½ cup Cuban Black Beans ^{L9} • ¼ cup Brown Rice ^{S1*} • ¼ cup Plantains ¾ cup 1% Milk
Snack	1 Cheese Breadstick ^{CN*}	½ Slice Raisin Bread* 1 Tbsp Sun Butter	• ¼ cup Goldfish Crackers* • ½ cup Orange Slices	4 Animal Crackers* • ½ cup Pears	7 Oyster Crackers* ½ oz Mozzarella Cheese
Vegetarian	Same As Above	Chickpea and Potato Curry ^{V2}	Bean Salad ^{V5}	Lentil Soup ^{V10}	Same As Above
Halal	Same As Above	Chickpea and Potato Curry ^{V2}	Breaded Halal Chicken ^{H4}	Lentil Soup ^{V10}	Same As Above

80% of your child's daily nutrients

Low in saturated fat, cholesterol and sodium

Wide variety of fruits and vegetables

Cereals have less than 6g of sugar

Designed and approved by Registered Dietitians

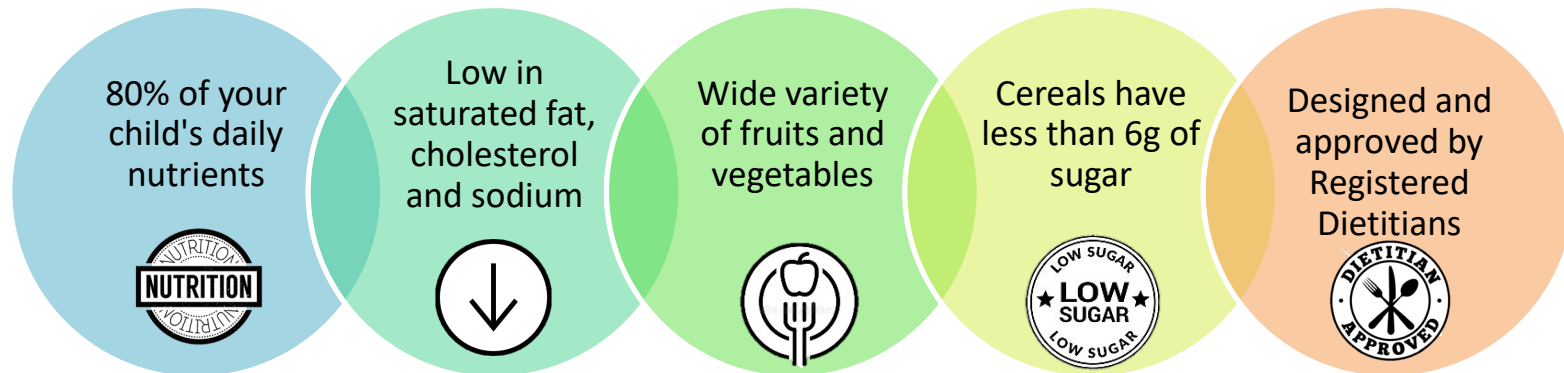
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WEEK FOUR

3-5 Years Old

Water Available at all Times • CN label/recipe available upon request • Whole Grain Items*

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • ¾ cup Crisp Rice* • ½ cup Pears ¾ cup 1% Milk 	<ul style="list-style-type: none"> • ½ cup Corn Flakes* • ½ cup Mango ¾ cup 1% Milk 	<ul style="list-style-type: none"> • ½ cup Corn Puffs* • ½ cup Mandarin Orange ¾ cup 1% Milk 	Banana Muffin ^{CN*} <ul style="list-style-type: none"> • ½ cup Peaches ¾ cup 1% Milk 	<ul style="list-style-type: none"> • ½ cup Oat Cereal* • ½ cup Applesauce ¾ cup 1% Milk
Lunch	4 Chicken Nuggets ^{CN*} <ul style="list-style-type: none"> • ¼ cup Green Beans • ¼ cup Roasted Potatoes ½ Slice Wheat Bread* ¾ cup 1% Milk 	<ul style="list-style-type: none"> • 3/8 cup Lentils of the Southwest^{L12} • ¼ cup Carrots • ¼ cup Broccoli ¼ Pita Bread* ¾ cup 1% Milk 	<ul style="list-style-type: none"> • 1 cup Macaroni & Cheese^{L13} • ¼ cup Brussel Sprouts • ¼ cup Corn ¾ cup 1% Milk 	<ul style="list-style-type: none"> • 1 cup Chicken Curry^{L6} • ¼ cup Peas ¾ cup 1% Milk 	½ Grilled Cheese ^{L11*} <ul style="list-style-type: none"> • ¼ cup Sweet Potato Fries • ¼ cup Cauliflower ¾ cup 1% Milk
Snack	<ul style="list-style-type: none"> • ½ cup Peaches ½ oz Mozzarella Cheese 	<ul style="list-style-type: none"> • ¼ cup Goldfish Crackers • ½ cup Apple Slices 	4 Animal Crackers* <ul style="list-style-type: none"> • ½ cup Applesauce 	1 Cheese Breadstick ^{CN*}	½ Slice Raisin Bread 1 Tbsp Sun Butter
Vegetarian	½ Sunbutter Sandwich ^{V6}	Same As Above	Same As Above	Chickpea & Potato Curry ^{V2}	Same As Above
Halal	Breaded Halal Chicken ^{H4}	Same As Above	Same As Above	Halal Chicken Curry ^{H1}	Same As Above





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WEEK ONE

VEGETARIAN

Water Available at all Times • CN label/recipe available upon request • Whole Grain Items*

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • ¾ cup Crisp Rice* • ½ cup Mandarin Oranges ¾ cup 1% Milk 	<ul style="list-style-type: none"> • ½ cup Oat Cereal* • ½ cup Mango ¾ cup 1% Milk 	Banana Muffin ^{CN*} <ul style="list-style-type: none"> • ½ cup Pears ¾ cup 1% Milk 	1 Waffle * <ul style="list-style-type: none"> • ½ cup Applesauce ¾ cup 1% Milk 	<ul style="list-style-type: none"> • ½ cup Corn Puff* • ½ cup Peaches ¾ cup 1% Milk
Lunch	1 Slice Pizza ^{CN*} <ul style="list-style-type: none"> • 1/8 cup Brussel Sprouts • ¼ cup Sweet Potato Fries ¾ cup 1% Milk 	<ul style="list-style-type: none"> • 1 cup Lentil Soup ^{V10} • ¼ cup Corn ¾ cup 1% Milk 	<ul style="list-style-type: none"> • ¾ cup Vegetarian Shepherd's Pie ^{V11} ½ Slice Bread* ¾ cup 1% Milk 	<ul style="list-style-type: none"> • ½ cup Cuban Black Beans ^{L9} • ¼ cup Brown Rice ^{S1*} • ¼ cup Broccoli ¾ cup 1% Milk 	<ul style="list-style-type: none"> • 1 cup Macaroni & Cheese ^{L13} • ¼ cup Green Beans • ¼ cup Carrots ¾ cup 1% Milk
Snack	1 Cheese Breadstick ^{CN}	<ul style="list-style-type: none"> • ¼ cup Goldfish Crackers • ½ cup Orange Slices 	½ Slice Raisin Bread 1 Tbsp Sun Butter	4 Animal Crackers <ul style="list-style-type: none"> • ½ cup Mandarin Oranges 	7 Oyster Crackers ½ oz Cheddar Cheese

80% of your child's daily nutrients

Low in saturated fat, cholesterol and sodium

Wide variety of fruits and vegetables

Cereals have less than 6g of sugar

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WEEK TWO

VEGETARIAN

Water Available at all Times • CN label/recipe available upon request • Whole Grain Items*

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> ½ cup Corn Puff ½ cup Mandarin Oranges ¾ cup 1% Milk 	<ul style="list-style-type: none"> ¾ cup Rice Chex ½ cup Peaches ¾ cup 1% Milk 	<ul style="list-style-type: none"> ½ cup Corn Flakes ½ cup Pears ¾ cup 1% Milk 	<ul style="list-style-type: none"> ¾ cup Crisp Rice ½ cup Mango ¾ cup 1% Milk 	Waffle <ul style="list-style-type: none"> ½ cup Applesauce ¾ cup 1% Milk
Lunch	<ul style="list-style-type: none"> ½ cup Cuban Black Beans^{L9} ¼ cup Brown Rice^{S1*} ¼ cup Plantains ¾ cup 1% Milk 	<ul style="list-style-type: none"> ½ Grilled Cheese^{L11*} ¼ cup Sweet Potato Fries ¼ cup Green Beans ¾ cup 1% Milk 	<ul style="list-style-type: none"> 1 cup Chickpea & Potato Curry^{V2} ¼ cup Brown Rice^{S1*} ¾ cup 1% Milk 	<ul style="list-style-type: none"> 1 cup Bean Salad^{V5} ¼ cup Pineapple ¾ cup 1% Milk 	<ul style="list-style-type: none"> ¾ cup Cheesy Pasta Bake^{L2} ¼ cup Broccoli ¾ cup 1% Milk
Snack	<ul style="list-style-type: none"> ½ cup Applesauce ½ oz Cheddar Cheese 	<ul style="list-style-type: none"> 4 Animal Crackers ½ cup Pears 	<ul style="list-style-type: none"> ¼ cup Goldfish Crackers ½ cup Apple Slices 	1 Cheese Breadstick ^{CN}	½ Slice Raisin Bread* 1 Tbsp Sun Butter



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WEEK THREE

VEGETARIAN


Water Available at all Times • CN label/recipe available upon request • Whole Grain Items*

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Banana Muffin • ½ cup Applesauce ¾ cup 1% Milk	• ½ cup Corn Flakes • ½ cup Pears ¾ cup 1% Milk	• ¾ cup Crisp Rice • ½ cup Peaches ¾ cup 1% Milk	• ¾ cup Rice Chex • ½ cup Mango ¾ cup 1% Milk	• ½ cup Corn Flakes • ½ cup Mandarin Oranges ¾ cup 1% Milk
Lunch	1 Slice Pizza ^{CN} • ¼ cup Sweet Potato Fries • 1/8 cup Corn ¾ cup 1% Milk	• 1 cup Chickpea & Potato Curry ^{V2} • ¼ cup Rice ¾ cup 1% Milk	• 1 cup Bean Salad ^{V5} • ¼ cup Broccoli ¾ cup 1% Milk	• 1 cup Lentil Soup ^{V10} • 1/4 cup Green Beans ¼ Pita Bread ¾ cup 1% Milk	• ½ cup Cuban Black Beans ^{L9} • ¼ cup Rice • ¼ cup Plantains ¾ cup 1% Milk
Snack	1 Cheese Breadstick ^{CN}	½ Slice Raisin Bread 1 Tbsp Sun Butter	• ¼ cup Goldfish Crackers • ½ cup Orange Slices	4 Animal Crackers • ½ cup Pears	7 Oyster Crackers ½oz Mozzarella Cheese


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Cereals have less than 6g of sugar



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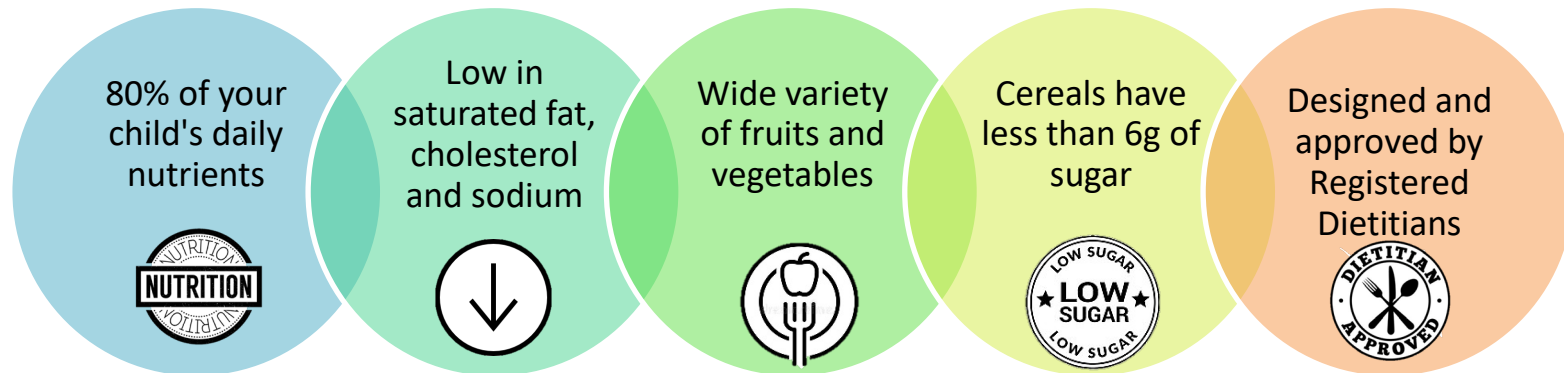
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WEEK FOUR

VEGETARIAN

Water Available at all Times • CN label/recipe available upon request • Whole Grain Items*

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> ¾ cup Crisp Rice ½ cup Pears ¾ cup 1% Milk 	<ul style="list-style-type: none"> ½ cup Corn Flakes ½ cup Mango ¾ cup 1% Milk 	<ul style="list-style-type: none"> ½ cup Corn Puffs ½ cup Mandarin Oranges ¾ cup 1% Milk 	Banana Muffin <ul style="list-style-type: none"> ½ cup Peaches ¾ cup 1% Milk 	<ul style="list-style-type: none"> ½ cup Oat Cereal ½ cup Applesauce ¾ cup 1% Milk
Lunch	½ Sun Butter Sandwich ^{V6} <ul style="list-style-type: none"> ¼ cup Green Beans ¼ cup Roasted Potatoes ¾ cup 1% Milk 	<ul style="list-style-type: none"> ½ cup Lentils of the Southwest^{L12} ¼ cup Carrots ¼ cup Broccoli ¼ Pita Bread * ¾ cup 1% Milk 	<ul style="list-style-type: none"> 1 cup Macaroni & Cheese^{D20*} ¼ cup Brussel Sprouts ¼ cup Corn ¾ cup 1% Milk 	<ul style="list-style-type: none"> 1 cup Chickpea & Potato Curry^{V2} ¼ cup Rice ¾ cup 1% Milk 	½ Grilled Cheese ^{F13*} <ul style="list-style-type: none"> ¼ cup Sweet Potato Fries ¼ cup Cauliflower ¾ cup 1% Milk
Snack	7 Oyster Crackers ½oz Mozzarella Cheese	½ Slice Raisin Bread 1 Tbsp Sun Butter	4 Animal Crackers <ul style="list-style-type: none"> ½ cup Applesauce 	1 Cheese Breadstick ^{CN}	<ul style="list-style-type: none"> ¼ cup Goldfish Crackers ½ cup Peaches



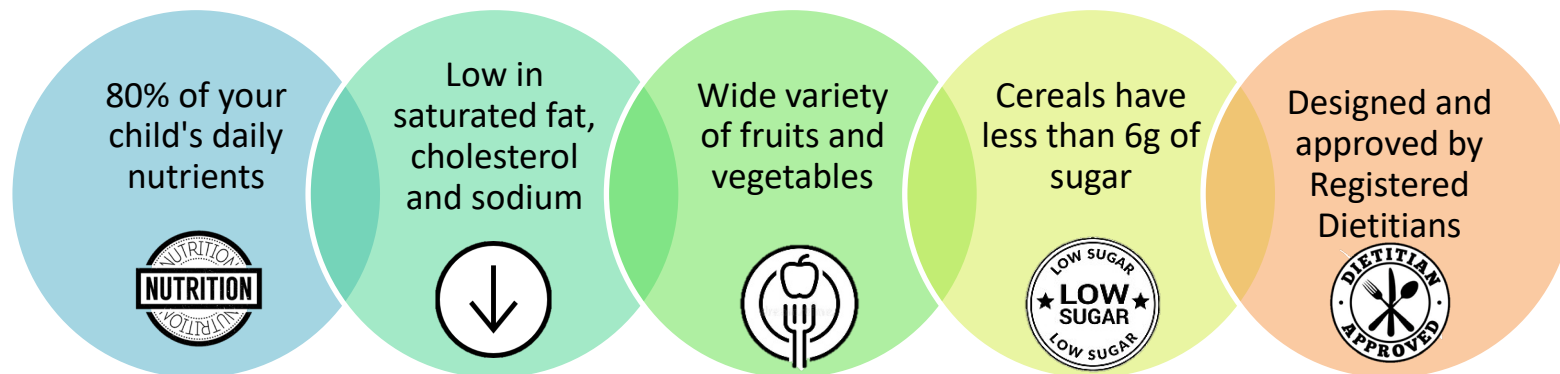
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WEEK ONE

VEGAN

Water Available at all Times • CN label/recipe available upon request • Whole Grain Items*

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • ¾ cup Crisp Rice* • ½ cup Mandarin Oranges ¾ cup 1% Milk Sub 	<ul style="list-style-type: none"> • ½ cup Oat Cereal* • ½ cup Mango ¾ cup 1% Milk Sub 	<ul style="list-style-type: none"> • ½ cup Corn Flakes • ½ cup Pears ¾ cup 1% Milk Sub 	<ul style="list-style-type: none"> • ¾ cup Rice Chex • ½ cup Applesauce ¾ cup 1% Milk Sub 	<ul style="list-style-type: none"> • ½ cup Corn Puff* • ½ cup Peaches ¾ cup 1% Milk Sub
Lunch	<ul style="list-style-type: none"> ½ Sun Butter Sandwich on Pita^{V6} • ¼ cup Brussel Sprouts • ¼ cup Sweet Potato Fries ¾ cup Milk Sub 	<ul style="list-style-type: none"> • 1 cup Lentil Soup^{V10} • ¼ cup Corn ¾ cup 1% Milk 	<ul style="list-style-type: none"> • 1 cup Bean Salad^{V5} • ¼ cup Carrots ¾ cup Milk Sub 	<ul style="list-style-type: none"> • ½ cup Cuban Black Beans^{L9} • ¼ cup Brown Rice^{S1*} • ¼ cup Broccoli ¾ cup 1% Milk Sub 	<ul style="list-style-type: none"> • 1 cup Chickpea & Potato Curry^{V2} • ¼ cup Brown Rice^{S1*} ¾ cup Milk Sub
Snack	<ul style="list-style-type: none"> 7 Oyster Crackers • ½ cup Mango 	<ul style="list-style-type: none"> 7 Oyster Crackers • ½ cup Orange Slices 	<ul style="list-style-type: none"> ½ Slice Pita Bread 1 Tbsp Sun Butter 	<ul style="list-style-type: none"> 7 Oyster Crackers • ½ cup Mandarin Oranges 	<ul style="list-style-type: none"> 7 Oyster Crackers • ½ cup Applesauce



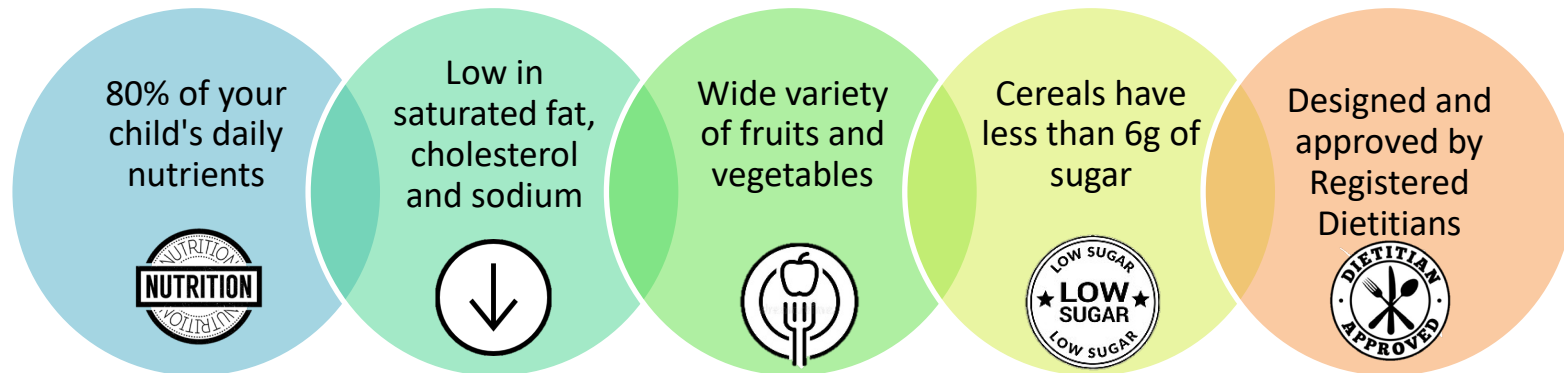
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WEEK TWO

VEGAN

Water Available at all Times • CN label/recipe available upon request • Whole Grain Items*

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • ½ cup Corn Puff • ½ cup Mandarin Oranges • ¾ cup Milk Sub 	<ul style="list-style-type: none"> • ¾ cup Rice Chex • ½ cup Peaches • ¾ cup Milk Sub 	<ul style="list-style-type: none"> • ½ cup Corn Flakes • ½ cup Pears • ¾ cup Milk Sub 	<ul style="list-style-type: none"> • ¾ cup Crisp Rice • ½ cup Mango • ¾ cup Milk Sub 	<ul style="list-style-type: none"> • ½ cup Corn Puff • ½ cup Applesauce • ¾ cup Milk Sub
Lunch	<ul style="list-style-type: none"> • ½ cup Cuban Black Beans^{L9} • ¼ cup Brown Rice^{S1*} • ¼ cup Plantains • ¾ cup Milk Sub 	<ul style="list-style-type: none"> • ½ Sun Butter Sandwich on Pita^{V6} • ¼ cup Sweet Potato Fries • ¼ cup Green Beans • ¾ cup Milk Sub 	<ul style="list-style-type: none"> • 1 cup Chickpea & Potato Curry^{V2} • ¼ cup Brown Rice^{S1*} • ¾ cup Milk Sub 	<ul style="list-style-type: none"> • 1 cup Bean Salad^{V5} • ¼ cup Pineapple • ¾ cup Milk Sub 	<ul style="list-style-type: none"> • ½ cup Lentils of the Southwest^{L12} • ¼ cup Broccoli • ¼ cup Green Beans • ¾ cup Milk Sub
Snack	<ul style="list-style-type: none"> • 7 Oyster Crackers • ½ cup Applesauce 	<ul style="list-style-type: none"> • 7 Oyster Crackers • ½ cup Pears 	<ul style="list-style-type: none"> • 7 Oyster Crackers • ½ cup Apple Slices 	<ul style="list-style-type: none"> • 7 Oyster Crackers • ½ cup Mandarin Oranges 	<ul style="list-style-type: none"> • ½ Slice Pita Bread • 1 Tbsp Sun Butter



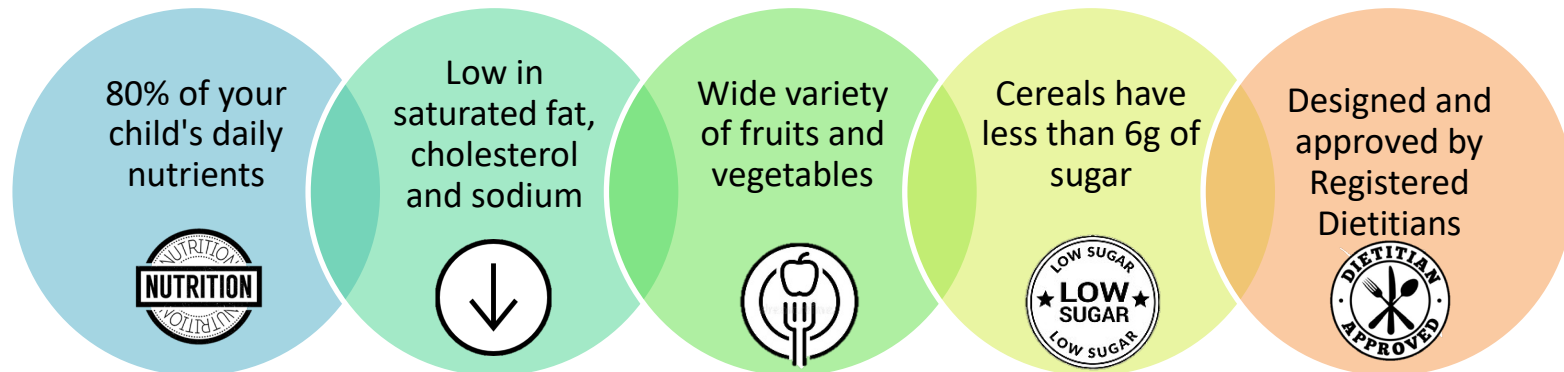
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WEEK THREE

VEGAN

Water Available at all Times • CN label/recipe available upon request • Whole Grain Items*

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • ½ cup Corn Chex • ½ cup Applesauce ¾ cup Milk Sub 	<ul style="list-style-type: none"> • ½ cup Corn Flakes • ½ cup Pears ¾ cup Milk Sub 	<ul style="list-style-type: none"> • ¾ cup Crisp Rice • ½ cup Peaches ¾ cup Milk Sub 	<ul style="list-style-type: none"> • ½ cup Rice Chex • ½ cup Mango ¾ cup Milk Sub 	<ul style="list-style-type: none"> • 1/2 cup Corn Flakes • ½ cup Mandarin Oranges ¾ cup Milk Sub
Lunch	<ul style="list-style-type: none"> • ½ Sun Butter Sandwich on Pita^{V6} • ¼ cup Sweet Potato Fries • 1/8 cup Corn ¾ cup Milk Sub 	<ul style="list-style-type: none"> • 1 cup Chickpea & Potato Curry^{V2} • ¼ cup Rice ¾ cup Milk Sub 	<ul style="list-style-type: none"> • 1 cup Bean Salad^{V5} • ¼ cup Broccoli ¾ cup Milk Sub 	<ul style="list-style-type: none"> • 1 cup Lentil Soup^{V10} • 1/4 cup Green Beans ¼ Pita Bread ¾ cup Milk Sub 	<ul style="list-style-type: none"> • ½ cup Cuban Black Beans^{L9} • ¼ cup Rice • ¼ cup Plantains ¾ cup Milk Substitute
Snack	<ul style="list-style-type: none"> • 7 Oyster Crackers • ½ cup Pears 	<ul style="list-style-type: none"> • ½ Slice Pita Bread • 1 Tbsp Sun Butter 	<ul style="list-style-type: none"> • 7 Oyster Crackers • ½ cup Orange Slices 	<ul style="list-style-type: none"> • 7 Oyster Crackers • ½ cup Pears 	<ul style="list-style-type: none"> • 7 Oyster Crackers • ½ cup Mango





Greater Bergen Community Action

392 Main Street
Hackensack, NJ 07601

201-968-0200

www.GreaterBergen.org

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WEEK FOUR

VEGAN

Water Available at all Times • CN label/recipe available upon request • Whole Grain Items*

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> ¾ cup Crisp Rice ½ cup Pears ¾ cup Milk Sub 	<ul style="list-style-type: none"> ½ cup Corn Flakes ½ cup Mango ¾ cup Milk Sub 	<ul style="list-style-type: none"> ½ cup Corn Puffs ½ cup Mandarin Oranges ¾ cup Milk Sub 	<ul style="list-style-type: none"> ½ cup Corn Chex ½ cup Peaches ¾ cup Milk Sub 	<ul style="list-style-type: none"> ½ cup Oat Cereal ½ cup Applesauce ¾ cup Milk Sub
Lunch	<ul style="list-style-type: none"> 1 cup Bean Salad^{V5} ¼ cup Roasted Potatoes ¾ cup Milk Sub 	<ul style="list-style-type: none"> ½ cup Lentils of the Southwest^{L12} ¼ cup Carrots ¼ cup Broccoli ¼ Pita Bread * ¾ cup Milk Sub 	<ul style="list-style-type: none"> 1 cup Lentil Soup^{V10} ¼ cup Brussel Sprouts ¾ cup Milk Sub 	<ul style="list-style-type: none"> 1 cup Chickpea & Potato Curry^{V2} ¼ cup Rice ¾ cup Milk Sub 	<ul style="list-style-type: none"> ½ Sun Butter Sandwich^{V6} ¼ cup Sweet Potato Fries ¼ cup Cauliflower ¾ cup Milk Sub
Snack	<ul style="list-style-type: none"> 7 Oyster Crackers ½ cup Applesauce 	<ul style="list-style-type: none"> ½ Slice Pita Bread 1 Tbsp Sun Butter 	<ul style="list-style-type: none"> 7 Oyster Crackers ½ cup Applesauce 	<ul style="list-style-type: none"> 7 Oyster Crackers ½ cup Pears 	<ul style="list-style-type: none"> 7 Oyster Crackers ½ cup Peaches

80% of your child's daily nutrients

Low in saturated fat, cholesterol and sodium

Wide variety of fruits and vegetables

Cereals have less than 6g of sugar

Designed and approved by Registered Dietitians



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WEEK ONE

HALAL


Water Available at all Times • CN label/recipe available upon request • Whole Grain Items*

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • ¾ cup Crisp Rice* • ½ cup Mandarin Oranges ¾ cup 1% Milk 	<ul style="list-style-type: none"> • ½ cup Oat Cereal* • ½ cup Mango ¾ cup 1% Milk 	Banana Muffin ^{CN*} <ul style="list-style-type: none"> • ½ cup Pears ¾ cup 1% Milk 	1 Waffle * <ul style="list-style-type: none"> • ½ cup Applesauce ¾ cup 1% Milk 	<ul style="list-style-type: none"> • ½ cup Corn Puff* • ½ cup Peaches ¾ cup 1% Milk
Lunch	1 Slice Pizza ^{CN*} <ul style="list-style-type: none"> • 1/8 cup Brussel Sprouts • ¼ cup Sweet Potato Fries ¾ cup 1% Milk 	<ul style="list-style-type: none"> • 1 cup Lentil Soup ^{V10} • ¼ cup Corn ¾ cup 1% Milk 	<ul style="list-style-type: none"> • ¾ cup Vegetarian Shepherd's Pie ^{V11} ½ Slice Bread* ¾ cup 1% Milk 	<ul style="list-style-type: none"> • 1 cup Halal Arroz con Pollo ^{H6} • ¼ cup Broccoli ¾ cup 1% Milk 	<ul style="list-style-type: none"> • 1 cup Macaroni & Cheese ^{L13} • ¼ cup Green Beans • ¼ cup Carrots ¾ cup 1% Milk
Snack	1 Cheese Breadstick ^{CN}	<ul style="list-style-type: none"> • ¼ cup Goldfish Crackers • ½ cup Orange Slices 	½ Slice Raisin Bread 1 Tbsp Sun Butter	4 Animal Crackers <ul style="list-style-type: none"> • ½ cup Mandarin Oranges 	7 Oyster Crackers ½ oz Cheddar Cheese


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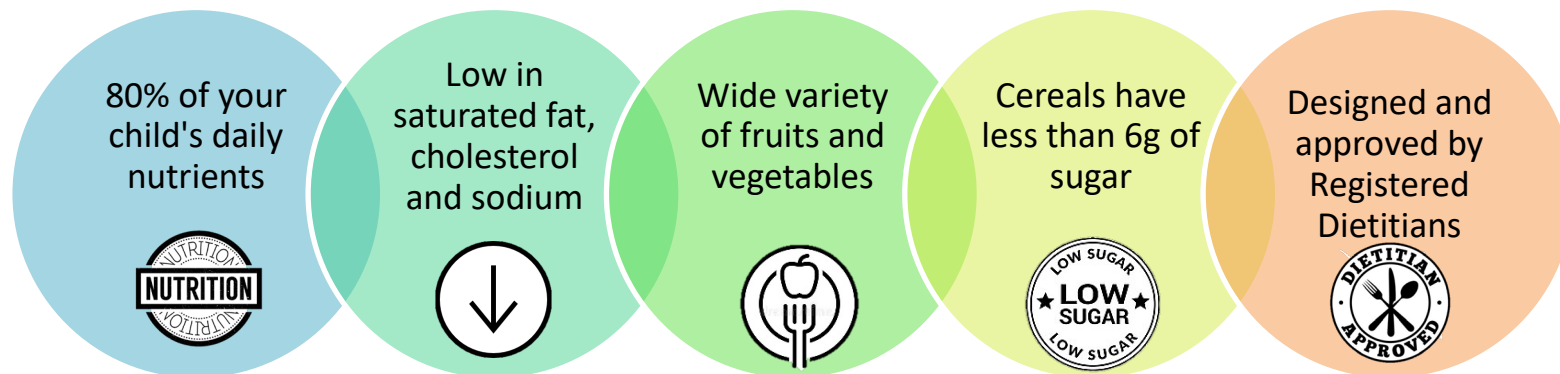
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WEEK TWO

HALAL

Water Available at all Times • CN label/recipe available upon request • Whole Grain Items*

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • ½ cup Corn Puff • ½ cup Mandarin Oranges • ¾ cup 1% Milk 	<ul style="list-style-type: none"> • ¾ cup Rice Chex • ½ cup Peaches • ¾ cup 1% Milk 	<ul style="list-style-type: none"> • ½ cup Corn Flakes • ½ cup Pears • ¾ cup 1% Milk 	<ul style="list-style-type: none"> • ¾ cup Crisp Rice • ½ cup Mango • ¾ cup 1% Milk 	Waffle <ul style="list-style-type: none"> • ½ cup Applesauce • ¾ cup 1% Milk
Lunch	<ul style="list-style-type: none"> • ½ cup Cuban Black Beans^{L9} • ¼ cup Brown Rice^{S1*} • ¼ cup Plantains • ¾ cup 1% Milk 	<ul style="list-style-type: none"> • ½ Grilled Cheese^{L11*} • ¼ cup Sweet Potato Fries • ¼ cup Green Beans • ¾ cup 1% Milk 	<ul style="list-style-type: none"> • 1 cup Chickpea & Potato Curry^{V2} • ¼ cup Brown Rice^{S1*} • ¾ cup 1% Milk 	<ul style="list-style-type: none"> • ¾ cup Halal Pineapple Chicken^{H7} • ¼ cup Brown Rice * • ¾ cup 1% Milk 	<ul style="list-style-type: none"> • ¾ cup Cheesy Pasta Bake^{L2} • ¼ cup Broccoli • ¾ cup 1% Milk
Snack	<ul style="list-style-type: none"> • ½ cup Applesauce • ½ oz Cheddar Cheese 	<ul style="list-style-type: none"> • 4 Animal Crackers • ½ cup Pears 	<ul style="list-style-type: none"> • ¼ cup Goldfish Crackers • ½ cup Apple Slices 	<ul style="list-style-type: none"> • 1 Cheese Breadstick^{CN} 	<ul style="list-style-type: none"> • ½ Slice Raisin Bread* • 1 Tbsp Sun Butter



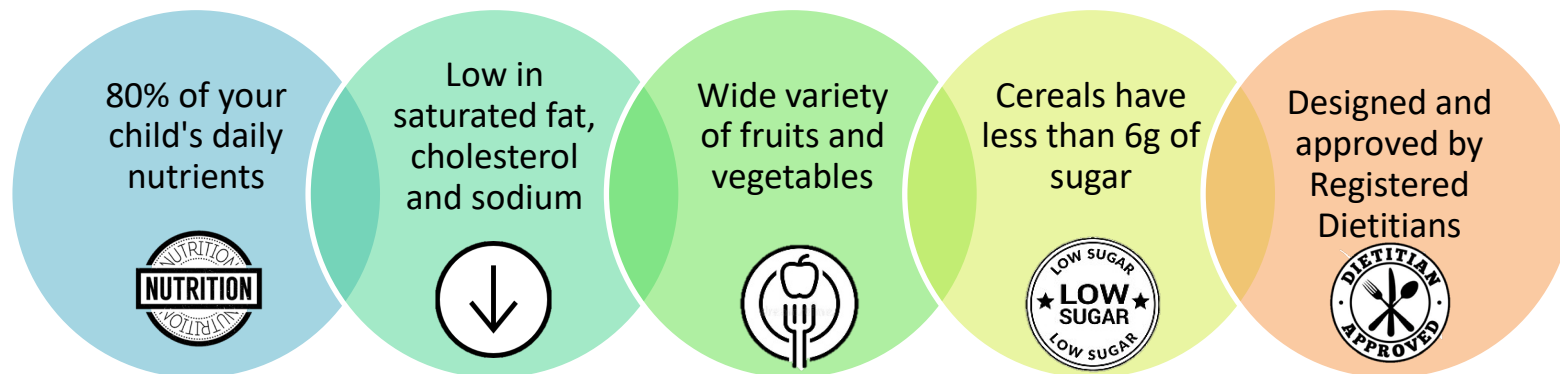
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WEEK THREE

HALAL

Water Available at all Times • CN label/recipe available upon request • Whole Grain Items*

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Banana Muffin • ½ cup Applesauce ¾ cup 1% Milk	• ½ cup Corn Flakes • ½ cup Pears ¾ cup 1% Milk	• ¾ cup Crisp Rice • ½ cup Peaches ¾ cup 1% Milk	• ¾ cup Rice Chex • ½ cup Mango ¾ cup 1% Milk	• ½ cup Corn Flakes • ½ cup Mandarin Oranges ¾ cup 1% Milk
Lunch	1 Slice Pizza ^{CN} • ¼ cup Sweet Potato Fries • 1/8 cup Corn ¾ cup 1% Milk	• 1 cup Chickpea & Potato Curry ^{V2} • ¼ cup Rice ¾ cup 1% Milk	1.5oz Breaded Halal Chicken • ¼ cup Carrots • ¼ cup Broccoli ½ Slice Bread * ¾ cup 1% Milk	• 1 cup Lentil Soup ^{V10} • 1/4 cup Green Beans ¼ Pita Bread ¾ cup 1% Milk	• ½ cup Cuban Black Beans ^{L9} • ¼ cup Rice • ¼ cup Plantains ¾ cup 1% Milk
Snack	1 Cheese Breadstick ^{CN}	½ Slice Raisin Bread 1 Tbsp Sun Butter	• ¼ cup Goldfish Crackers • ½ cup Orange Slices	4 Animal Crackers • ½ cup Pears	7 Oyster Crackers ½oz Mozzarella Cheese



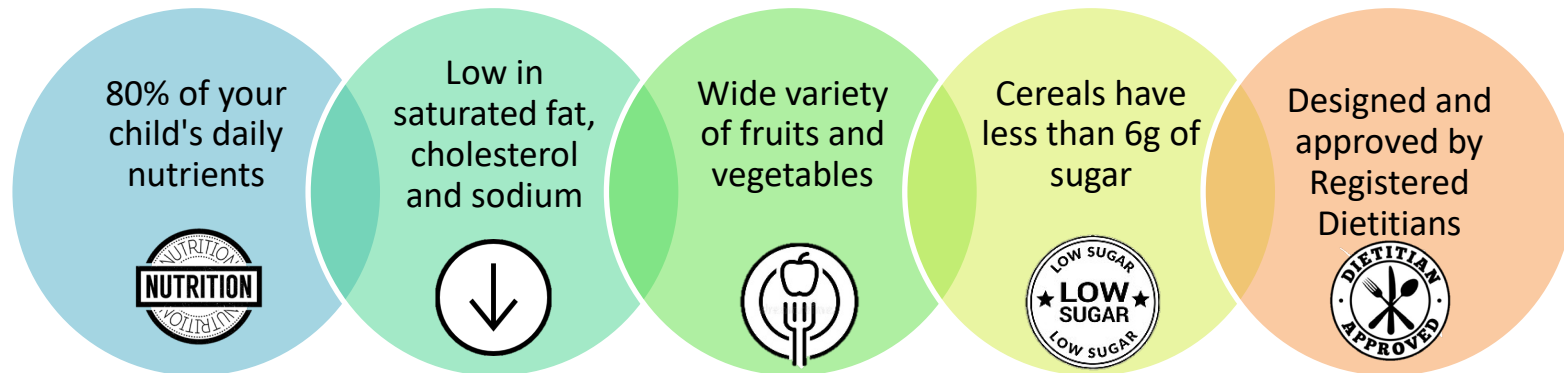
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WEEK FOUR

HALAL

Water Available at all Times • CN label/recipe available upon request • Whole Grain Items*

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • ¾ cup Crisp Rice • ½ cup Pears ¾ cup 1% Milk 	<ul style="list-style-type: none"> • ½ cup Corn Flakes • ½ cup Mango ¾ cup 1% Milk 	<ul style="list-style-type: none"> • ½ cup Corn Puffs • ½ cup Mandarin Oranges ¾ cup 1% Milk 	Banana Muffin <ul style="list-style-type: none"> • ½ cup Peaches ¾ cup 1% Milk 	<ul style="list-style-type: none"> • ½ cup Oat Cereal • ½ cup Applesauce ¾ cup 1% Milk
Lunch	1.5oz Breaded Halal Chicken <ul style="list-style-type: none"> • ¼ cup Green Beans • ¼ cup Roasted Potatoes ¾ cup 1% Milk 	<ul style="list-style-type: none"> • ½ cup Lentils of the Southwest^{L12} • ¼ cup Carrots • ¼ cup Broccoli ¼ Pita Bread * ¾ cup 1% Milk 	<ul style="list-style-type: none"> • 1 cup Macaroni & Cheese^{D20*} • ¼ cup Brussel Sprouts • ¼ cup Corn ¾ cup 1% Milk 	<ul style="list-style-type: none"> • 1 cup Halal Chicken Curry^{H1*} • 1/8 cup Peas ¾ cup 1% Milk 	½ Grilled Cheese ^{F13*} <ul style="list-style-type: none"> • ¼ cup Sweet Potato Fries • ¼ cup Cauliflower ¾ cup 1% Milk
Snack	7 Oyster Crackers ½oz Mozzarella Cheese	½ Slice Raisin Bread 1 Tbsp Sun Butter	4 Animal Crackers <ul style="list-style-type: none"> • ½ cup Applesauce 	1 Cheese Breadstick ^{CN}	<ul style="list-style-type: none"> • ¼ cup Goldfish Crackers • ½ cup Peaches



80% of your child's daily nutrients

Low in saturated fat, cholesterol and sodium

Wide variety of fruits and vegetables

Cereals have less than 6g of sugar

Designed and approved by Registered Dietitians

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PRIMERA

1-2 años


Agua disponible en todo momento • Etiqueta/receta CN disponible bajo petición • Artículos de grano entero*

	Lunes	Martes	Miércoles	Jueves	Viernes
Desayuno	<ul style="list-style-type: none"> • 3/4 taza de arroz crujiente * • 1/4 taza de mandarinas 1/2 taza de leche al 1% 	<ul style="list-style-type: none"> • 1/2 taza de cereal de avena * • 1/4 taza de mango 1/2 taza de leche al 1% 	Muffin de plátano ^{CN*} <ul style="list-style-type: none"> • 1/4 taza de peras 1/2 taza de leche al 1% 	1 gofre * <ul style="list-style-type: none"> • 1/4 taza de puré de manzana 1/2 taza de leche al 1% 	<ul style="list-style-type: none"> • 1/2 taza de hojaldre de maíz * • 1/4 taza de duraznos 1/2 taza de leche al 1%
Almuerzo	1/2 rebanada de pizza ^{CN *} <ul style="list-style-type: none"> • 1/8 taza de coles de Bruselas • 1/8 taza de papas fritas de camote 1/2 taza de leche al 1% 	<ul style="list-style-type: none"> • 3/4 taza de sopa de pollo ^{L5} 1/2 rebanada de pan de trigo* 1/2 taza de leche al 1% 	<ul style="list-style-type: none"> • 3/8 taza Shepherd's Pie ^{L18} 1/2 rebanada de pan de trigo* 1/2 taza de leche al 1% 	<ul style="list-style-type: none"> • 3/4 Arroz Con Pollo ^{L1} • 1/8 taza de brócoli 1/2 rebanada de pan de trigo* 1/2 taza de leche al 1% 	<ul style="list-style-type: none"> • 3/4 taza de macarrones con queso ^{L13} • 1/8 taza de zanahorias • 1/8 taza de judías verdes 1/2 taza de leche al 1%
Bocadillo	1 Pan de queso ^{CN *}	<ul style="list-style-type: none"> • 1/4 Galletas Goldfish* • 1/2 taza de rodajas de naranja 	1/2 rebanada de pan de pasas* 1 cucharada de mantequilla solar	4 galletas para animales* <ul style="list-style-type: none"> • 1/2 taza de mandarinas 	7 galletas de ostras* 1/2 oz de queso cheddar
Vegetariano	Igual que el anterior	Sopa de lentejas ^{V10}	Pastel de pastor vegetariano ^{V11}	Frijoles Negros Cubanos ^{L9}	Igual que el anterior
Halal	Igual que el anterior	Sopa de lentejas ^{V10}	Pastel de pastor vegetariano ^{V11}	Halal Arroz con Pollo ^{H6}	Igual que el anterior


80% de los nutrientes diarios de su hijo




Bajo en grasas saturadas, colesterol y sodio




Gran variedad de frutas y verduras



Los cereales tienen menos de 6 g de azúcar



Diseñado y aprobado por dietistas registrados



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SEGUNDA

1-2 años


Agua disponible en todo momento • Etiqueta/receta CN disponible bajo petición • Artículos de grano entero*

	Lunes	Martes	Miércoles	Jueves	Viernes
Desayuno	<ul style="list-style-type: none"> 1/2 taza de hojaldre de maíz* 1/4 taza de mandarinas 1/2 taza de leche al 1% 	<ul style="list-style-type: none"> 3/4 taza de arroz Chex* 1/4 taza de duraznos 1/2 taza de leche al 1% 	<ul style="list-style-type: none"> 1/2 taza de copos de maíz* 1/4 taza de peras 1/2 taza de leche al 1% 	<ul style="list-style-type: none"> 3/4 taza de arroz crujiente* 1/4 taza de mango 1/2 taza de leche al 1% 	<ul style="list-style-type: none"> Gofre 1/4 taza de puré de manzana 1/2 taza de leche al 1%
Almuerzo	<ul style="list-style-type: none"> 1/4 taza de frijoles negros^{L9} 1/4 taza de arroz integral 1/8 taza de plátanos 1/2 taza de leche al 1% 	<ul style="list-style-type: none"> 1/2 queso a la parrilla ^{L11*} 1/8 taza de papas fritas de camote 1/8 taza de judías verdes 1/2 taza de leche al 1% 	<ul style="list-style-type: none"> 1/2 taza de curry de garbanzos y patatas^{V2} 1/4 taza de arroz integral ^{S1*} 1/2 taza de leche al 1% 	<ul style="list-style-type: none"> 1/2 taza de Piña Pollo^{L16} 1/4 taza de arroz integral ^{S1*} 1/2 taza de leche al 1% 	<ul style="list-style-type: none"> 1/2 taza de Cheesy Pasta Horneada ^{L2*} 1/8 taza de brócoli 1/2 rebanada de pan de trigo* 1/2 taza de leche al 1%
Bocadillo	<ul style="list-style-type: none"> 1/2 taza de puré de manzana 1/2oz de queso cheddar 	<ul style="list-style-type: none"> 4 galletas para animales* 1/2 taza de peras 	<ul style="list-style-type: none"> 1/4 taza de galletas Goldfish* 1/2 taza de rodajas de manzana 	<ul style="list-style-type: none"> 1 Pan de queso ^{CN *} 	<ul style="list-style-type: none"> 1/2 rebanada de pan de pasas* 1 cucharada de mantequilla solar
Vegetariano	Igual que el anterior	Igual que el anterior	Igual que el anterior	Ensalada de frijoles ^{V5}	Igual que el anterior
Halal	Igual que el anterior	Igual que el anterior	Igual que el anterior	Halal Piña Pollo ^{H7}	Igual que el anterior


80% de los nutrientes diarios de su hijo




Bajo en grasas saturadas, colesterol y sodio




Gran variedad de frutas y verduras



Los cereales tienen menos de 6 g de azúcar



Diseñado y aprobado por dietistas registrados



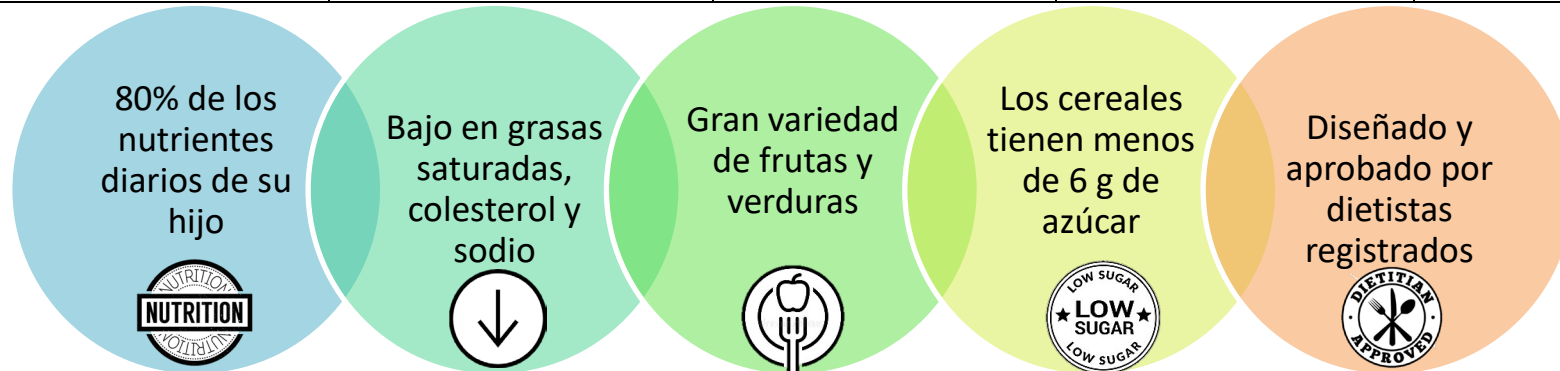
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TERCERA

1-2 Años

Agua disponible en todo momento • Etiqueta/receta CN disponible bajo petición • Artículos de grano entero*

	Lunes	Martes	Miércoles	Jueves	Viernes
Desayuno	Muffin de plátano ^{CN*} • 1/4 taza de puré de manzana 1/2 taza de leche al 1%	• 1/2 taza de copos de maíz * • 1/4 taza de peras 1/2 taza de leche al 1%	• 3/4 taza de arroz crujiente * • 1/4 taza de duraznos 1/2 taza de leche al 1%	• 3/4 taza de arroz Chex * • 1/4 taza de mango 1/2 taza de leche al 1%	• 1/2 taza de copos de maíz* • 1/4 taza de mandarinas 1/2 taza de leche al 1%
Almuerzo	1/2 rebanada de pizza ^{CN *} • 1/8 taza de papas fritas de camote • 1/8 taza de maíz 1/2 taza de leche al 1%	• 1/2 taza de macarrones con queso ^{L3*} 1/2 rebanada de pan de trigo* 1/2 taza de leche al 1%	3 Nuggets ^{de pollo CN *} • 1/8 taza de zanahorias • 1/8 taza de brócoli 1/2 rebanada de pan de trigo* 1/2 taza de leche al 1%	• 1/4 taza Sloppy Joe ^{L19} • 1/8 taza de judías verdes 1/2 bollo de hamburguesa* 1/2 taza de leche al 1%	• 1/4 taza de frijoles negros ^{L9} • 1/4 taza de arroz integral ^{S1*} • 1/8 taza de plátanos 1/2 taza de leche al 1%
Bocadillo	1 Pan de queso ^{CN *}	1/2 rebanada de pan de pasas* 1 cucharada de mantequilla solar	• 1/4 taza de galletas Goldfish* • 1/2 taza de rodajas de naranja	4 galletas para animales* • 1/2 taza de peras	7 galletas de ostras* 1/2oz de queso mozzarella
Vegetariano	Igual que el anterior	Garbanzos y patatas al curry ^{V2}	Ensalada de frijoles ^{V5}	Sopa de lentejas ^{V10}	Igual que el anterior
Halal	Igual que el anterior	Garbanzos y patatas al curry ^{V2}	Pollo Halal Embozado ^{H4}	Sopa de lentejas ^{V10}	Igual que el anterior



- 80% de los nutrientes diarios de su hijo
- Bajo en grasas saturadas, colesterol y sodio
- Gran variedad de frutas y verduras
- Los cereales tienen menos de 6 g de azúcar
- Diseñado y aprobado por dietistas registrados

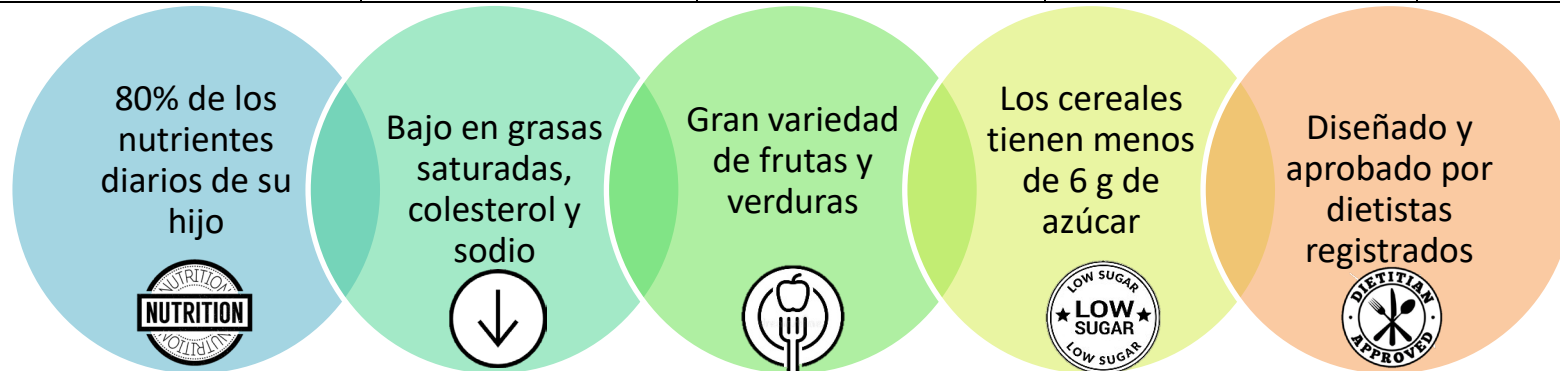
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CUARTA

1-2 años

Agua disponible en todo momento • Etiqueta/receta CN disponible bajo petición • Artículos de grano entero*

	Lunes	Martes	Miércoles	Jueves	Viernes
Desayuno	<ul style="list-style-type: none"> • 3/4 taza de arroz crujiente* • 1/4 taza de peras 1/2 taza de leche al 1% 	<ul style="list-style-type: none"> • 1/2 taza de copos de maíz * • 1/4 taza de mango 1/2 taza de leche al 1% 	<ul style="list-style-type: none"> • 1/2 taza de hojaldres de maíz* • 1/4 taza de mandarinas 1/2 taza de leche al 1% 	Muffin de plátano ^{CN*} <ul style="list-style-type: none"> • 1/4 taza de duraznos 1/2 taza de leche al 1% 	<ul style="list-style-type: none"> • 1/2 taza de Cheerios* • 1/4 taza de puré de manzana 1/2 taza de leche al 1%
Almuerzo	3 Nuggets ^{de pollo CN*} <ul style="list-style-type: none"> • 1/8 taza de judías verdes • 1/8 taza de papas asadas 1/2 rebanada de pan de trigo* 1/2 taza de leche al 1% 	<ul style="list-style-type: none"> • 1/4 taza de lentejas del suroeste^{L12} • 1/8 taza de zanahorias • 1/8 taza de brócoli 1/4 de pan de pita* 1/2 taza de leche al 1% 	<ul style="list-style-type: none"> • 3/4 taza de macarrones con queso ^{L13*} • 1/8 taza de coles de Bruselas • 1/8 taza de maíz 1/2 taza de leche al 1% 	<ul style="list-style-type: none"> • 3/4 taza de pollo al curry^{L6} 1/2 rebanada de pan de trigo* 1/2 taza de leche al 1% 	1/2 queso a la parrilla ^{L11*} <ul style="list-style-type: none"> • 1/8 taza de papas fritas de camote • 1/8 taza de coliflor 1/2 taza de leche al 1%
Bocadillo	<ul style="list-style-type: none"> • 1/2 taza de duraznos 1/2oz de queso mozzarella 	<ul style="list-style-type: none"> • 1/4 taza de galletas Goldfish* • 1/2 taza de rodajas de manzana 	4 Galletas de animales * <ul style="list-style-type: none"> • 1/2 taza de puré de manzana 	1 palillo de pan de queso ^{CN*}	1/2 rebanada de pan de pasas * 1 cucharada de mantequilla solar
Vegetariano	1/2 Sunbutter Sandwich ^{V6}	Igual que el anterior	Igual que el anterior	Garbanzos y patatas al curry ^{V2}	Igual que el anterior
Halal	Pollo Halal Embozado ^{H4}	Igual que el anterior	Igual que el anterior	Pollo Halal al Curry ^{H1}	Igual que el anterior



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PRIMERA

3-5 años

Agua disponible en todo momento • Etiqueta/receta CN disponible bajo petición • Artículos de grano entero*

	Lunes	Martes	Miércoles	Jueves	Viernes
Desayuno	<ul style="list-style-type: none"> • 3/4 taza de arroz crujiente* • 1/2 taza de mandarinas 3/4 taza 1% de leche 	<ul style="list-style-type: none"> • 1/2 taza de cereal de avena* • 1/2 taza de mango 3/4 taza 1% de leche 	<ul style="list-style-type: none"> Muffin de plátano ^{CN*} • 1/2 taza de peras 3/4 taza 1% de leche 	<ul style="list-style-type: none"> Gofre • 1/2 taza de puré de manzana 3/4 taza 1% de leche 	<ul style="list-style-type: none"> • 1/2 taza de hojaldre de maíz* • 1/2 taza de duraznos 3/4 taza 1% de leche
Almuerzo	<ul style="list-style-type: none"> 1 rebanada de pizza ^{CN*} • 1/8 taza de coles de Bruselas • 1/4 taza de papas fritas de camote 3/4 taza 1% de leche 	<ul style="list-style-type: none"> • 1 taza de sopa de pollo ^{L5} 1/2 rebanada de pan de trigo* 3/4 taza 1% de leche 	<ul style="list-style-type: none"> • 1/2 taza de pastel de pastor ^{L18} 1/2 rebanada de pan de trigo* 3/4 taza 1% de leche 	<ul style="list-style-type: none"> • 1 taza de Arroz Con Pollo ^{L1} • 1/4 taza de brócoli 3/4 taza 1% de leche 	<ul style="list-style-type: none"> • 1 taza de macarrones con queso ^{L13} • 1/4 taza de judías verdes • 1/4 taza de zanahorias 3/4 taza 1% de leche
Bocadillo	1 palillo de pan de queso ^{CN*}	<ul style="list-style-type: none"> • 1/4 taza de galletas Goldfish • 1/2 taza de rodajas de naranja 	<ul style="list-style-type: none"> 1/2 rebanada de pan de pasas 1 cucharada de mantequilla solar 	<ul style="list-style-type: none"> 4 galletas para animales* • 1/2 taza de mandarinas 	<ul style="list-style-type: none"> 7 galletas de ostras* 1/2 oz de queso cheddar
Vegetariano	Igual que el anterior	Sopa de lentejas ^{V10}	Pastel de pastor vegetariano	Frijoles Negros Cubanos ^{L9}	Igual que el anterior
Halal	Igual que el anterior	Sopa de lentejas ^{V10}	Pastel de pastor vegetariano	Halal Arroz con Pollo ^{H6}	Igual que el anterior



- 80% de los nutrientes diarios de su hijo
- Bajo en grasas saturadas, colesterol y sodio
- Gran variedad de frutas y verduras
- Los cereales tienen menos de 6 g de azúcar
- Diseñado y aprobado por dietistas registrados

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SEGUNDA

3-5 Años


Agua disponible en todo momento • Etiqueta/receta CN disponible bajo petición • Artículos de grano entero*

	Lunes	Martes	Miércoles	Jueves	Viernes
Desayuno	<ul style="list-style-type: none"> 1/2 taza de hojaldre de maíz* 1/2 taza de mandarinas 3/4 taza 1% de leche 	<ul style="list-style-type: none"> 3/4 taza de arroz Chex 1/2 taza de duraznos 3/4 taza 1% de leche 	<ul style="list-style-type: none"> 1/2 taza de copos de maíz* 1/2 taza de peras 3/4 taza 1% de leche 	<ul style="list-style-type: none"> 3/4 taza de arroz crujiente 1/2 taza de mango 3/4 taza 1% de leche 	<ul style="list-style-type: none"> Gofre 1/2 taza de puré de manzana 3/4 taza 1% de leche
Almuerzo	<ul style="list-style-type: none"> 1/2 taza de frijoles negros^{L9} 1/4 taza de arroz integral^{S1*} 1/4 taza de plátanos 3/4 taza 1% de leche 	<ul style="list-style-type: none"> 1/2 queso a la parrilla ^{L11*} 1/4 taza de papas fritas de camote 1/4 taza de judías verdes 3/4 taza 1% de leche 	<ul style="list-style-type: none"> 1 taza de curry de garbanzos y patatas^{V2} 1/4 taza de arroz integral^{S1*} 3/4 taza 1% de leche 	<ul style="list-style-type: none"> 3/4 taza de Piña Pollo^{L16} 1/4 taza de arroz integral ^{S1*} 3/4 taza 1% de leche 	<ul style="list-style-type: none"> 3/4 taza de pasta con queso horneado^{L2} 1/4 taza de brócoli 3/4 taza 1% de leche
Bocadillo	<ul style="list-style-type: none"> 1/2 taza de puré de manzana 1/2 oz de queso cheddar 	<ul style="list-style-type: none"> 4 galletas para animales* 1/2 taza de peras 	<ul style="list-style-type: none"> 1/4 taza de galletas Goldfish* 1/2 taza de rodajas de manzana 	<ul style="list-style-type: none"> 1 palillo de pan de queso* 	<ul style="list-style-type: none"> 1/2 rebanada de pan de pasas* 1 cucharada de mantequilla solar
Vegetariano	Igual que el anterior	Igual que el anterior	Igual que el anterior	Ensalada de frijoles ^{V5}	Igual que el anterior
Halal	Igual que el anterior	Igual que el anterior	Igual que el anterior	Halal Piña Pollo ^{H7}	Igual que el anterior


80% de los nutrientes diarios de su hijo




Bajo en grasas saturadas, colesterol y sodio




Gran variedad de frutas y verduras



Los cereales tienen menos de 6 g de azúcar



Diseñado y aprobado por dietistas registrados



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TERCERA

3-5 Años

Agua disponible en todo momento • Etiqueta/receta CN disponible bajo petición • Artículos de grano entero*

	Lunes	Martes	Miércoles	Jueves	Viernes
Desayuno	Muffin de plátano ^{CN*} • 1/2 taza de puré de manzana 3/4 taza 1% de leche	• 1/2 taza de copos de maíz* • 1/2 taza de peras 3/4 taza 1% de leche	• 3/4 taza de arroz crujiente * • 1/2 taza de duraznos 3/4 taza 1% de leche	• 3/4 taza de arroz Chex * • 1/2 taza de mango 3/4 taza 1% de leche	• 1/2 taza de copos de maíz* • 1/2 taza de mandarinas 3/4 taza 1% de leche
Almuerzo	1 rebanada de pizza ^{CN*} • 1/4 taza de papas fritas de camote • 1/4 taza de maíz 3/4 taza 1% de leche	• 1 taza de macarrones con queso ^{L3} 3/4 taza 1% de leche	4 Nuggets ^{de pollo CN*} • 1/4 taza de zanahorias • 1/4 taza de brócoli 1/2 rebanada de pan de trigo* 3/4 taza 1% de leche	• 1/2 taza Sloppy Joe ^{L19} • 1/4 taza de judías verdes 1/2 bollo de hamburguesa* 3/4 taza 1% de leche	• 1/2 taza de Frijoles Negros Cubanos ^{L9} • 1/4 taza de arroz integral ^{S1*} • 1/4 taza de plátanos 3/4 taza 1% de leche
Bocadillo	1 palillo de pan de queso ^{CN*}	1/2 rebanada de pan de pasas* 1 cucharada de mantequilla solar	• 1/4 taza de galletas Goldfish* • 1/2 taza de rodajas de naranja	4 galletas para animales* • 1/2 taza de peras	7 galletas de ostras* 1/2 oz de queso mozzarella
Vegetariano	Igual que el anterior	Garbanzos y patatas al curry ^{V2}	Ensalada de frijoles ^{V5}	Sopa de lentejas ^{V10}	Igual que el anterior
Halal	Igual que el anterior	Garbanzos y patatas al curry ^{V2}	Pollo Halal Embozado ^{H4}	Sopa de lentejas ^{V10}	Igual que el anterior



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CUARTA

3-5 Años

Agua disponible en todo momento • Etiqueta/receta CN disponible bajo petición • Artículos de grano entero*

	Lunes	Martes	Miércoles	Jueves	Viernes
Desayuno	<ul style="list-style-type: none"> • 3/4 taza de arroz crujiente* • 1/2 taza de peras 3/4 taza 1% de leche 	<ul style="list-style-type: none"> • 1/2 taza de copos de maíz* • 1/2 taza de mango 3/4 taza 1% de leche 	<ul style="list-style-type: none"> • 1/2 taza de hojaldres de maíz* • 1/2 taza de mandarina 3/4 taza 1% de leche 	Muffin de plátano ^{CN*} <ul style="list-style-type: none"> • 1/2 taza de duraznos 3/4 taza 1% de leche 	<ul style="list-style-type: none"> • 1/2 taza de cereal de avena* • 1/2 taza de puré de manzana 3/4 taza 1% de leche
Almuerzo	4 Nuggets de pollo ^{CN*} <ul style="list-style-type: none"> • 1/4 taza de judías verdes • 1/4 taza de papas asadas 1/2 rebanada de pan de trigo* 3/4 taza 1% de leche 	<ul style="list-style-type: none"> • 3/8 taza de lentejas del suroeste ^{L12} • 1/4 taza de zanahorias • 1/4 taza de brócoli 1/4 de pan de pita* 3/4 taza 1% de leche 	<ul style="list-style-type: none"> • 1 taza de macarrones con queso ^{L13} • 1/4 taza de coles de Bruselas • 1/4 taza de maíz 3/4 taza 1% de leche 	<ul style="list-style-type: none"> • 1 taza de pollo al curry ^{L6} • 1/4 taza de guisantes 3/4 taza 1% de leche 	1/2 queso a la parrilla ^{L11*} <ul style="list-style-type: none"> • 1/4 taza de papas fritas de camote • 1/4 taza de coliflor 3/4 taza 1% de leche
Bocadillo	<ul style="list-style-type: none"> • 1/2 taza de duraznos 1/2 oz de queso mozzarella 	<ul style="list-style-type: none"> • 1/4 taza de galletas Goldfish • 1/2 taza de rodajas de manzana 	4 galletas para animales* <ul style="list-style-type: none"> • 1/2 taza de puré de manzana 	1 palillo de pan de queso ^{CN*}	1/2 rebanada de pan de pasas 1 cucharada de mantequilla solar
Vegetariano	1/2 Sunbutter Sandwich ^{V6}	Igual que el anterior	Igual que el anterior	Garbanzos y patatas al curry ^{V2}	Igual que el anterior
Halal	Pollo Halal Embozado ^{H4}	Igual que el anterior	Igual que el anterior	Pollo Halal al Curry ^{H1}	Igual que el anterior

