

**Kennedy Children's Center (Manhattan/Bronx): Weekly Menu Draft for April or May 2024 (3-29-24)**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Kix,Cheerios or Raisin Bran (not Crunch), ½ cup Apples(½ ea) 1% low fat milk (6 oz)	Yogurt- vanilla, low fat 1 Tbsp granola Berries (½ cup) 1% low fat milk (6 oz)	WW Waffle Apple Sauce for dipping ½ cup; 4 oz) 1% low fat milk (6 oz)	Soft WW Pretzel Berries (½ cup) 1% low fat milk (6 oz)	WW English muffins Cheese Omelet Bananas (1/2 ea) 1% low fat milk (6 oz)
<b>Lunch</b>	turkey and cheese sandwiches WW bread 1 slice Salad (1/4C) Melon(1/4C) 1% low fat milk (6 oz)	Salisbury Steak Bread (WGR) Broccoli (¼ cup) 1% low fat milk (6 oz) Peach (¼ cup)	Rice, beans and chicken breast Corn niblets (¼ c) Pears (¼ c) 1% low fat milk (6 oz)	sloppy joe with (ground turkey or beef) buns(WGR) Baby spinach or cucumber slices (¼ cup) Mixed fruit (¼ cup) 1% low fat milk (6 oz)	Pizza (WW) Cheese (1 ½ oz) Fresh Plum or cherry tomatoes/sliced (1/4 C) Orange slices (¼ C) 1% low fat milk (6 oz)

● **Alternative cereals:** Whole grains: Raisin Bran, Bran Flakes, Post grape nut flakes, Bite size shredded wheat, Total whole grain, Wheaties (all contain wheat); Gluten free: Cheerios, Kix, Rice Chex, Corn Chex; non-WGR: Corn flakes

**Kennedy Children's Center provides breakfast and lunch to each of our students every day, at no cost to families, through the National School Lunch Program (NSLP).**

**Good nutrition is key to learning.** Teaching staff use mealtime as an opportunity to develop healthy social-emotional skills while meeting NSLP's nutrition guidelines.

Kennedy Children's Center's menu is:

- Created and reviewed by a licensed nutritionist, with the goal of providing nutritious meals that appeal to young children;
- 100% nut free; 100% soy free (exception: children who are lactose intolerant but who tolerate soy may be given soy milk as a milk substitute)

KCC strives to accommodate student allergies and feeding restrictions (including soft diets / pureed diets). We carefully review each child's file to ensure they are given food that is safe for them to eat. Our most common substitutions include:

**Egg and Dairy-Free:**

1% low fat milk → 1% Lactose-free milk (Lactaid) or Soy milk (if no soy allergy)

Dairy-based Yogurt → Plant-based yogurts (coconut milk or oat milk based) Low fat cheese → Plant-based, dairy free cheese

Muffins, pancakes → egg, dairy, nut free versions Vegetarian (no meat):

Turkey or Chicken Nuggets → veggie nuggets

Fruit: Children with fruit allergies will be given an appropriate alternate fruit Wheat-Free:

Whole Grain Pasta or Egg Noodles → Gluten-free pasta or noodles made from corn, rice, chickpeas, quinoa

Whole Wheat Bread → Gluten-free whole grain bread

**If you have concerns about your child's nutrition or feeding needs, please speak to your Family Support Coordinator** (contact information is at [www.kenchild.org/families](http://www.kenchild.org/families))



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