



**Safari**  
KIDS LEARNING CENTER

## Safari Kids Learning Center

Meal pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Juice or Fruit or Vegetable Grains/Breads Milk	<p>1/2 cup pear halves (1/2 cup fruit)</p> <p>1/2 slice whole wheat toast with 1/2 oz reduced fat cheddar cheese, melted (1/2 slice of bread, 1/2 oz cheese)</p> <p>3/4 cup 1% milk<sub>1</sub> (3/4 cup milk)</p>	<p>1/2 cup applesauce (1/2 cup fruit)</p> <p>Scramble Eggs</p> <p>1/2 Cut Biscuit Using (3/4 slice of bread)</p> <p>3/4 cup 1% milk<sub>1</sub> (3/4 cup milk)</p>	<p>1/2 cup warm grapefruit wedges with 1 Tbsp brown sugar (1/2 cup fruit)</p> <p>1/4 cup cooked oatmeal with 1 Tbsp raisins (1/4 cup cooked cereal)</p> <p>3/4 cup 1% milk<sub>1</sub> (3/4 cup milk)</p>	<p>1/2 cup orange fresh sections (1/2 cup fruit)</p> <p>1/2 cinnamon roll (1/2 slice of bread)</p> <p>3/4 cup 1% milk<sub>1</sub> 3/4 cup milk)</p>	<p>1/2 cup diced peaches, in extra light syrup, drained (1/2 cup fruit)</p> <p>1 blueberry pancake with 1 Tbsp reduced calorie pancake syrup (1 slice of bread)</p> <p>3/4 cup 1% milk<sub>1</sub> (3/4 cup milk)</p>

<p><b>Lunch or Supper</b></p> <p>Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk</p>	<p>½ cup Oven-Baked Chicken Nuggets</p> <p>¼ cup steamed broccoli (¼ cup vegetable) ¼ cup fresh apple slices (¼ cup fruit) ½ whole wheat roll (½ slice of bread) ¾ cup 1% milk<sub>1</sub> (¾ cup milk)</p>	<p>1 Chicken Sandwich lean meat, ¼ cup vegetable, 1 slice of bread) ¼ cup diced peaches, in extra light syrup, drained (¼ cup fruit) ¾ cup 1% milk<sub>1</sub> (¾ cup milk)</p>	<p>⅜ cup Sweet-and-Sour Chicken ¼ cup boiled carrots (¼ cup vegetable) ¼ cup fresh orange sections (¼ cup fruit) ¼ cup cooked rice (¼ cup cereal grain) ¾ cup 1% milk<sub>1</sub> (¾ cup milk)</p>	<p>1 piece Macaroni and Cheese sandwich (1 ½ oz meat/meat alternate, 1 ½ slices of bread) ¼ cup peas and carrots (¼ cup vegetable) ¼ cup tropical fruit salad (¼ cup fruit) ¾ cup 1% milk<sub>1</sub> (¾ cup milk)</p>	<p>1 serving (½ pita) Pizzain-a-Pocket (¼ oz cooked lean meat, ⅛ cup vegetable, 1 slice of bread) ¼ cup green salad green salad with 1 Tbsp lowfat salad dressing (¼ cup vegetable) ¼ cup apricot halves (¼ cup fruit) 4 oz lowfat yogurt (4 oz yogurt) ¾ cup 1% milk<sub>1</sub> (¾ cup milk)</p>
<p><b>Snack</b></p> <p>Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk</p>	<p>2 oz lowfat yogurt (2 oz yogurt) ½ oz graham cracker sticks (2 crackers) (½ oz grains/breads) Waters<sub>3</sub></p>	<p>½ toasted mini bagel with ½ oz reduced fat cheddar cheese (½ slice of bread; ½ oz cheese) Waters<sub>3</sub></p>	<p>½ cup fresh carrot sticks<sub>4</sub> with 1 Tbsp lowfat ranch dressing (½ cup vegetable) ½ oz wheat crackers (4 crackers) (½ oz grains/breads) Waters<sub>3</sub></p>	<p>½ oz reduced fat cheddar cheese and ½ oz crackers (4 crackers) (½ oz grains/breads, ½ oz cheese) Waters<sub>3</sub></p>	<p>½ cup fresh apple slices with 1 Tbsp peanut butter and 1 Tbsp raisins<sub>5</sub> (½ cup fruit, 1 Tbsp peanut butter) ½ cup 1% milk<sub>1</sub> (½ cup milk) Waters<sub>3</sub></p>