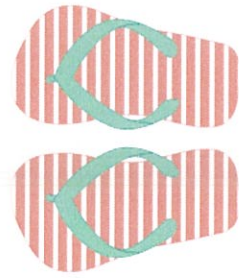




KENNEDY CHILDREN'S CENTER  
AUGUST 2019-BREAKFAST  
BRONX/MANHATTAN

| Monday                                                                                    | Tuesday                                                                                                                      | Wednesday                                                                                                                                                                               | Thursday                                                                                                               | Friday                                                                                                                                                     |
|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>*** Fat Free Milk Offered</b>                                                          |                                                                                                                              |                                                                                                                                                                                         | 1. Mini Corn Muffin <b>1 ea.</b><br>Oranage Slices (fresh) $\frac{1}{2}$<br><b>ea.</b><br>1% low fat milk, <b>6 oz</b> | 2. Kix $\frac{1}{3}$ cup<br>Banana $\frac{1}{2}$ ea.<br>1% low fat milk, <b>6 oz.</b>                                                                      |
| 5. Kix $\frac{1}{3}$ cup<br>Banana $\frac{1}{2}$ ea.<br>1% low fat milk, <b>6 oz.</b>     | 6. Mini Bagel WW <b>1 ea</b><br>with Cream Cheese<br>Apple Slices $\frac{1}{2}$ <b>cup.</b><br>1% low fat milk, <b>6 oz.</b> | 7. Honey Wheat English<br>Muffin $\frac{1}{2}$ <b>muf.</b><br>Low-Fat American Cheese <b>1</b><br><b>sl.</b><br>Orange Slices $\frac{1}{2}$ <b>cup</b><br>1% low fat milk, <b>6 oz.</b> | 8. WW Pancakes<br>Blueberries $\frac{1}{2}$ <b>cup.</b><br>1% low fat milk, <b>6 oz</b>                                | 9. Scrambled Eggs 1 ea. or<br>Vegetable Egg Frittata<br>WW Bread $\frac{1}{2}$ <b>sl</b><br>Melon $\frac{1}{2}$ <b>cup</b><br>1% low fat milk, <b>6 oz</b> |
| 12. Mini Bran Muffins<br>Berries $\frac{1}{2}$ <b>cup</b><br>1% low fat milk, <b>6 oz</b> | 13.                                                                                                                          | 14.                                                                                                                                                                                     | 15.                                                                                                                    | 16.                                                                                                                                                        |
|                                                                                           | <i>SCHOOL CLOSED</i>                                                                                                         | <i>SCHOOL CLOSED</i>                                                                                                                                                                    | <i>SCHOOL CLOSED</i>                                                                                                   | <i>SCHOOL CLOSED</i>                                                                                                                                       |
| 19.                                                                                       | 20.                                                                                                                          | 21.                                                                                                                                                                                     | 22.                                                                                                                    | 23.                                                                                                                                                        |
| <i>SCHOOL CLOSED</i>                                                                      | <i>SCHOOL CLOSED</i>                                                                                                         | <i>SCHOOL CLOSED</i>                                                                                                                                                                    | <i>SCHOOL CLOSED</i>                                                                                                   | <i>SCHOOL CLOSED</i>                                                                                                                                       |
| 26.                                                                                       | 27.                                                                                                                          | 28.                                                                                                                                                                                     | 29.                                                                                                                    | 30.                                                                                                                                                        |
| <i>SCHOOL CLOSED</i>                                                                      | <i>SCHOOL CLOSED</i>                                                                                                         | <i>SCHOOL CLOSED</i>                                                                                                                                                                    | <i>SCHOOL CLOSED</i>                                                                                                   | <i>SCHOOL CLOSED</i>                                                                                                                                       |



KENNEDY CHILDREN'S CENTER  
AGOSTO 2019-DESAYUNO  
BRONX/MANHATTAN

| LUNES                                                                          | MARTES                                                                                                             | MIERCOLES                                                                                                                                | JUEVES                                                                                                | VIERNES                                                                                                                               |
|--------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|
| *** Leche Sin Grasa Ofrecida                                                   |                                                                                                                    |                                                                                                                                          | 1. Muffin Mini de Maiz 1 cu.<br>Rebanadas De Naranjas (fresca) ½ cu<br>Leche De 1% De Grasa, 6 fl oz. | 2. Cereal Kix 1/3 taza<br>Guineo ½ cu<br>Leche De 1% De Grasa, 6 fl oz.                                                               |
| 5. Cereal Kix 1/3 taza<br>Guineo ½ cu<br>Leche De 1% De Grasa, 6 fl oz.        | 6. Mini Bagel Integral 1 cu<br>con Queso Crema<br>Rebanadas de Manzana ½<br>taza<br>Leche De 1% De Grasa, 6 fl oz. | 7. Muffin de Miel de Trigo ½ muf.<br>Queso Americano bajo grasa 1 raj.<br>Rebanadas De Naranjas ½ taza<br>Leche De 1% De Grasa, 6 fl oz. | 8. Panqueques Grano Integral<br>Arándano ½ taza<br>Leche De 1% De Grasa, 6 fl oz.                     | 9. Huevos Revuelto 1 cu. o<br>Huevos Vegetales Frittata<br>Pan Grano Integral ½ raj<br>Melón ½ taza<br>Leche De 1% De Grasa, 6 fl oz. |
| 12. Bran Muffins Minis 1 cu.<br>Bayas ½ taza<br>Leche De 1% De Grasa, 6 fl oz. | 13.<br><i>ESCUELA CERRADA</i>                                                                                      | 14.<br><i>ESCUELA CERRADA</i>                                                                                                            | 15.<br><i>ESCUELA CERRADA</i>                                                                         | 16.<br><i>ESCUELA CERRADA</i>                                                                                                         |
| 19.<br><i>ESCUELA CERRADA</i>                                                  | 20.<br><i>ESCUELA CERRADA</i>                                                                                      | 21.<br><i>ESCUELA CERRADA</i>                                                                                                            | 22.<br><i>ESCUELA CERRADA</i>                                                                         | 23.<br><i>ESCUELA CERRADA</i>                                                                                                         |
| 26.<br><i>ESCUELA CERRADA</i>                                                  | 27.<br><i>ESCUELA CERRADA</i>                                                                                      | 28.<br><i>ESCUELA CERRADA</i>                                                                                                            | 29.<br><i>ESCUELA CERRADA</i>                                                                         | 30.<br><i>ESCUELA CERRADA</i>                                                                                                         |



KENNEDY CHILDREN'S CENTER  
AUGUST 2019-LUNCH  
BRONX/MANHATTAN

| Monday                                                                                                                                                                                             | Tuesday                                                                                                                                                                                                           | Wednesday                                                                                                                                                                                    | Thursday                                                                                                                                                                                                | Friday                                                                                                                                                                                                   |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>*** Fat Free Milk Offered</p>                                                                                                                                                                   |                                                                                                                                |                                                                                                            | <p>1. Chicken Nuggets Baked (1.5 oz chicken)<br/>Cold Macaroni Salad (WW Elbow Macaroni) ¼ cup<br/>String Beans ¼ cup<br/>Fresh Berries ¼ cup<br/>1% low fat milk, 6 oz<br/>Snack: WheatThins. 5 oz</p> | <p>2. Grilled Cheese Sandwich- Whole Wheat Bread 1 slc<br/>Cheese 1 ½ oz<br/>Chickpea &amp; Raisin Salad ¼ cup<br/>Fresh Fruit Salad ¼ cup<br/>Milk 1% Lowfat 6 oz<br/>Snack: Goldfish (WGR) (.5 oz)</p> |
| <p>5. WGR Macaroni (1/4 cup) &amp; Cheese (1 ½ oz)<br/>Steamed Broccoli ½ cup + Ranch Dressing<br/>Apple Slices ½ ea.<br/>Milk 1% Lowfat 6 oz<br/>Snack: Animal Crackers 5 crackers ea (.5 oz)</p> | <p>6. Mini Croissant Sandwich 1 Slice Low Fat Cheese + 1 oz. Turkey Breast<br/>Carrot Salad ¼ cup<br/>Fresh Pineapple ¼ cup<br/>Mini Croissant 1 ea.<br/>Milk 1% Lowfat 6 oz<br/>Snack: Pretzel thins 10 – 12</p> | <p>7. Chicken Nuggets (1 ½ oz chicken)<br/>WW Spaghetti (1/4 cup)<br/>Corn &amp; Pepper Salad ¼ cup<br/>Melon ¼ cup<br/>Milk 1% Lowfat 6 oz<br/>Snack: Wheat Thins 5-8 crackers (.5 oz.)</p> | <p>8. Salmon Croquettes or BBQ salmon) 1½ oz.<br/>Summer Squash ¼ cup<br/>Peaches or Nectarines (fresh) ¼ cup<br/>WGR Bread ½ slc.<br/>Milk 1% Lowfat 6 oz<br/>Snack: Goldfish (.5 oz)</p>              | <p>9. Homemade Pizza with WGR English Muffin and low fat Cheese 1 ½ oz<br/>String Beans ¼ cup<br/>Fresh Fruit Salad ¼ cup<br/>Milk 1% Lowfat 6 oz<br/>Snack: Animal Crackers 5 crackers ea (.5 oz)</p>   |
| <p>12. Fish sticks (1.5 oz fish)<br/>Sweet Potato Wedges ¼ cup<br/>WGR Roll 1 small<br/>Fresh Melon+ Blackberries ¼ cup<br/>Milk 1% Lowfat 6 oz<br/>Snack: Wheat Thins 5-8 crackers</p>            | <p>13.</p>                                                                                                                                                                                                        | <p>14.</p>                                                                                                                                                                                   | <p>15.</p>                                                                                                                                                                                              | <p>16.</p>                                                                                                                                                                                               |
| <p>19.</p>                                                                                                                                                                                         | <p>20.</p>                                                                                                                                                                                                        | <p>21.</p>                                                                                                                                                                                   | <p>22.</p>                                                                                                                                                                                              | <p>23.</p>                                                                                                                                                                                               |
| <p>26.</p>                                                                                                                                                                                         | <p>27.</p>                                                                                                                                                                                                        | <p>28.</p>                                                                                                                                                                                   | <p>29.</p>                                                                                                                                                                                              | <p>30.</p>                                                                                                                                                                                               |
| <p>SCHOOL CLOSED</p>                                                                                                                                                                               | <p>SCHOOL CLOSED</p>                                                                                                                                                                                              | <p>SCHOOL CLOSED</p>                                                                                                                                                                         | <p>SCHOOL CLOSED</p>                                                                                                                                                                                    | <p>SCHOOL CLOSED</p>                                                                                                                                                                                     |
| <p>SCHOOL CLOSED</p>                                                                                                                                                                               | <p>SCHOOL CLOSED</p>                                                                                                                                                                                              | <p>SCHOOL CLOSED</p>                                                                                                                                                                         | <p>SCHOOL CLOSED</p>                                                                                                                                                                                    | <p>SCHOOL CLOSED</p>                                                                                                                                                                                     |

KENNEDY CHILDREN'S CENTER  
AGOSTO 2019-ALMUERZO  
BRONX/MANHATTAN

| LUNES                                                                                                                                                                                                                         | MARTES                                                                                                                                                                                                                                     | MIÉRCOLES                                                                                                                                                                                        | JUEVES                                                                                                                                                                                                                              | VIERNES                                                                                                                                                                                                                    |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| *** Leche Sin Grasa Ofrecida                                                                                                                                                                                                  |                                                                                                                                                         |                                                                                                                | 1. Nuditos De Pollo Horneado (1.5 oz pollo)<br>Ensalada de Macarones Frio (macarones Integral) ¼ taza<br>Habichuelas ¼ taza<br>Bayas Frescas ¼ taza<br>Leche De 1% De Grasa, 6 oz.<br><b>Merienda:</b> Wheat Thins 5-8              | 2. Sándwich de Queso a la Parilla en Pan Integral 1 tej.<br>Queso 1 ½ oz.<br>Ensalada De Garbanzos Y Pasas ¼ taza<br>Ensalada De Fruta Fresca ¼ taza<br>Leche De 1% De Grasa, 6 oz.<br><b>Merienda:</b> Pescaditos (.5 oz) |
| 5. Macarones Integral (¼ taza)<br>Y Queso (1 ½ oz.)<br>Brócoli al vapor ½ taza +<br>Salsa Ranchera<br>Rebanadas de Manzana ½ cu.<br>Leche De 1% De Grasa, 6 fl oz.<br><b>Merienda:</b> Galletas de Animalitos 5 gall. (.5 oz) | 6. Mini Sándwich De Croissant<br>1 Rebanada de Queso bajo grasa +<br>1 oz. Pechuga De Pavo<br>Ensalada de Zanahorias ¼ taza<br>Piña Fresca ¼ taza<br>Mini Croissant<br>Leche De 1% De Grasa, 6 oz.<br><b>Merienda:</b> Pretzel Thins 10-12 | 7. Nuditos De Pollo (1 ½ oz pollo)<br>Espagueti Integral (1/4 taza)<br>Ensalada De Maiz Y Pimientos ¼ taza<br>Melon ¼ taza<br>Leche De 1% De Grasa, 6 fl oz.<br><b>Merienda:</b> Wheat Thins 5-8 | 8. Croquetas de Salmón o Salmon BBQ 1 ½ oz.<br>Calabaza de Verano ¼ taza<br>Maiz ¼ taza<br>Melocotones o Nectarinas (fresca) ¼ taza<br>Pan Integral ½ tej.<br>Leche De 1% De Grasa, 6 fl oz.<br><b>Merienda:</b> Pescaditos (.5 oz) | 9. Pizza Casera con Muffin Integral y Queso bajo grasa 1 ½ oz.<br>Habichuelas ¼ taza<br>Ensalada De Fruta Fresca ¼ taza<br>Leche De 1% De Grasa, 6 oz.<br><b>Merienda:</b> Galletas de Animalitos 5 gall. (.5 oz)          |
| 12. Palitos De Pescado (1.5 oz Pescado)<br>Batata Dulce ¼ taza<br>Rollo Integral (1 Peq)<br>Melon Fresco + Moras (¼ taza)<br>Leche De 1% De Grasa, 6 fl oz.<br><b>Merienda:</b> Wheat Thins 5-8 crackers (.5 oz)              | 13.                                                                                                                                                                                                                                        | 14.                                                                                                                                                                                              | 15.                                                                                                                                                                                                                                 | 16.                                                                                                                                                                                                                        |
| 19.                                                                                                                                                                                                                           | 20.                                                                                                                                                                                                                                        | 21.                                                                                                                                                                                              | 22.                                                                                                                                                                                                                                 | 23.                                                                                                                                                                                                                        |
| <b>ESCUELA CERRADA</b>                                                                                                                                                                                                        | <b>ESCUELA CERRADA</b>                                                                                                                                                                                                                     | <b>ESCUELA CERRADA</b>                                                                                                                                                                           | <b>ESCUELA CERRADA</b>                                                                                                                                                                                                              | <b>ESCUELA CERRADA</b>                                                                                                                                                                                                     |
| 26.                                                                                                                                                                                                                           | 27.                                                                                                                                                                                                                                        | 28.                                                                                                                                                                                              | 29.                                                                                                                                                                                                                                 | 30.                                                                                                                                                                                                                        |
| <b>ESCUELA CERRADA</b>                                                                                                                                                                                                        | <b>ESCUELA CERRADA</b>                                                                                                                                                                                                                     | <b>ESCUELA CERRADA</b>                                                                                                                                                                           | <b>ESCUELA CERRADA</b>                                                                                                                                                                                                              | <b>ESCUELA CERRADA</b>                                                                                                                                                                                                     |