

KINDERLAND MENU

OCT 17

LUNCH SERVICE TIMES: Inf/Trans 11:00 a.m. / PreS/SA 11:30 a.m.

MILK served with Breakfast & Lunch: 1 Yr Olds=Whole Milk, 2+ Yrs =Fat Free Milk

At least one serving of GRAINS per day are 100% Whole Grain, or Whole Grain Rich

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
2	3	4	5	6
Pancakes Applesauce	WGR English Muffin Banana	WGR Cold Cereal Pears	WW Oatmeal Melon	Sausage Links Mixed Berries
Broccoli Rice WW Cheese Casserole Mandarin Oranges	Chicken Veg Soup WGR Ritz Cracker Peaches	Roast Beef/Roll WGR Mashed Potato Mangos	Hot Dog/WW Bun Chili Fruit Cocktail	Ham/Cheese Sand WGR Mixed Veggies Mixed Fruit
Baby Carrots WGR Cheez Its	Rice Cake Go Gurt	Peanut Butter Banana	Pretzels Craisins	Cheese Cubes WGR Goldfish
9	10	11	12	13
French Toast WGR Cinn Apples	Mini Bagel Applesauce	WGR Cold Cereal Mangos	WGR Cream Wheat Peaches	Scrambled Eggs Mixed Berries
Baked Fish/Rice WW Cooked Carrots Pears	BkChicken/Mac Chs Brussels Sprouts Mandarin Oranges	Mac & Ham Salad Beets Grapes	Chicken Strips Corn on Cob Apricots	Tuna Salad Sand WGR Mixed Veggies Mixed Fruit
Cheese Quesadilla	Apple Slices WGR Cheez Its	Fried Egg WGR Bread	Cheese Stick Gardettos	Stoplight Peppers WGR Ritz Cracker
16	17	18	19	20
Waffle Strawberries	Brk Brown Rice WGR Blueberries	WGR Cold Cereal Pears	Potatoes O'Brien Applesauce	Ham Slices Banana
Meat Lasagna Spinach Salad Peaches	Tiny Meatloaf Mashed Potato Mangos	Chicken Nuggets Peas Mandarin Oranges	Grilled Cheese WGR Beef Veg Soup Boysenberry	Egg Salad Sand WGR Mixed Veggies Mixed Fruit
Cottage Cheese WGR Goldfish	Peanut Butter WGR Ritz Cracker	Cherry Crisp Yogurt	Cheese Cubes Banana	Rice Cake Grapes
23	24	25	26	27
Pancakes Pears	Mini Bagel Mixed Berries	WGR Cold Cereal Mandarin Oranges	WW Oatmeal Blueberries	Hard Boiled Egg Applesauce
Saus Pty/Eng Muff WGR Hash Brown Applesauce	WW Corn Dog Yams Peaches	Sloppy Joe WGR Veggie Blend Melon	Chicken Alfredo Asian Mix Apricots	Gr. Ham/Cheese WGR Mixed Veggies Mixed Fruit
Pretzels Craisins	Go Gurt Cucumber Slices	Cheese Quesadilla	Cheese Stick WGR Ritz Cracker	Peanut Butter Celery, Raisins
30	31			
French Toast WGR Mixed Berries	Brk Brown Rice WGR Melon			Infant Substitutions
Bean Burrito Corn Peaches	Stroganoff Yellow Squash Mandarin Oranges			Peanut Butter, Raisins Raw Carrots, Celery
Boiled Egg WGR Ritz Cracker	WGR English Muffin Pizza			

WW = 100% Whole Grain WGR = Whole Grain Rich (50% WW + 50% Enriched)