

KINDERLAND MENU

JUL 2018

LUNCH SERVICE TIMES: Inf/Trans 11:00 a.m. / PreS 11:30 a.m./SA 12:00p.m.

Unflavored 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Waffle WGR Applesauce	Scrambled Eggs Pears	HAPPY	Cream of Wheat WGR Diced Strawberries	Bagel WGR Cantaloupe
Chicken Alfredo Caribbean Mix Peaches	Ham/Breadstick Mashed Potatoes Corn		Beef Hot Dog w/ Bun Chili Kiwi	Sub Sandwich WGR Mixed Veggie Mixed Fruit
WGR English Muffin Pizza	Rice Cakes WGR Grapes	4TH OF JULY	Stoplight Peppers WGR Gold Fish	Soft Pretzels Cheese Sauce
9	10	11	12	13
Texas French Toast Mandarin Oranges	Ham Slices Potatoes O'Bryan	WGR Cold Cereal Honey Dew Melon	WW Oatmeal Banana	Brown Rice WGR Blueberries
Corn Dog Pickled Beets Nectarine	Cheeseburger/ Bun Tater Tots Pears	Baked Chicken/Breadstick Broccoli Strawberries	Beef Nachos Refried Beans Plums	Ham & Cheese Sand Mixed Veggie Mixed Fruit
Peanut Butter Sandwich WGR	Baby Carrots WGR Ritz Crackers	Cinn. Roll Smoothie Banana	Cheez Its WGR Watermelon	Cheese Quesadilla
16	17	18	19	20
Pancakes WGR Applesauce	Sausage Links Diced Strawberries	WGR Cold Cereal Mixed Berries	Cream of Wheat WGR Blueberries	English Muffin WGR Raspberries
Chicken Strips WGR 3 Bean Salad Mandarin Oranges	Meat Lasagna Green Salad Peaches	Mac and Ham Salad Olives Pears	Sloppy Joe WGR Cole Slaw Cantaloupe	Chicken Salad Sand Mixed Veggie Mixed Fruit
Peanut Butter Apples	Cheese Cubes Saltines WGR	Apple Pie Smoothie Sliced Apples	Sun Chips WGR Bean Dip	Cheese Stick Gardettos
23	24	25	26	27
Waffle WGR Strawberries	Hard Boiled Egg Potatoes O'Bryan	WGR Cold Cereal Peaches	WW Oatmeal Banana	Bagel WGR Honeydew Melon
Taco Salad in a Tostada Bowl Grapes	Chicken Patty Cooked Carrots Mixed Berries	Broccoli Rice & Cheese Casserole Fresh Oranges	Sausage Patty Hash Brown Pears / Eng Muf	Egg Salad Sand WGR Mixed Veggie Mixed Fruit
Mini Bagel/Cr Chz Raisins	Cherries WGR Gold Fish	Lemonade Smoothie Banana	Pretzels Baby Carrots	Cottage Cheese Fresh Pineapple
30	31			
Texas French Toast Peaches	Ham Slices Applesauce			Infant Substitutions
Chef Salad Mandarin Oranges Croissant	Beef Stroganoff Zucchini Grapes			Peanut Butter, Raisins Raw Carrots, Celery
Apple Slices WGR Ritz Crackers	WGR Cold Cereal Milk			

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

