

# KINDERLAND MENU

# OCT 2018

**LUNCH SERVICE TIMES: Inf/Trans 11:00 a.m. / PreS/SA 11:30 a.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
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Pancakes WGR	Sausage Links	WGR Cold Cereal	WW Oatmeal	Bagel WGR
Applesauce	Pears	Peaches	Diced Strawberries	Cantaloupe
Chicken Veg Soup	Broccoli Rice WW	Roast Beef/Roll WGR	Hot Dog/WW Bun	Ham/Cheese Sand WGR
WGR Ritz Cracker	Cheese Casserole	Mashed Potato	Chili	Mixed Veggies
Mixed Berries	Mandarin Oranges	Mangos	Fruit Cocktail	Mixed Fruit
WGR English Muffin	Baby Carrots	Peanut Butter	Pretzels	Cheese Cubes
Pizza	WGR Cheez Its	Apple Slices	Raisins	WGR Goldfish
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Texas French Toast	Ham	WGR Cold Cereal	Cream of Wheat WGR	Brkfst Brown Rice WGR
Apricots	Potatoes O'Bryan	Honeydew Melon	Banana	Blueberries
Baked Fish/Rice WW	BkChicken/Croissant	Mac & Ham Salad	Chicken Strips WGR	Tuna Salad SandWGR
Cooked Carrots	Brussels Sprouts	Beets	Corn on Cob	Mixed Veggies
Pears	Cuties	Banana	Grapes	Mixed Fruit
Peanut Butter	Cheese Stick	Fried Egg	Wheat Thins WGR	Stoplight Peppers
Sandwich WGR	WGR Ritz Crackers	WGR Bread	Fresh Plums	WGR Ritz Cracker
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Waffle WGR	Breakfast Burrito	WGR Cold Cereal	WW Oatmeal	English Muffin WGR
Cantaloupe	Applesauce	Kiwi	Raisins	Raspberries
Meat Lasagna	Tiny Meatloaf	Chicken Nuggets WGR	Grilled Cheese WGR	Egg Salad Sand WGR
Spinach Salad	Mashed Potato	Peas	Beef Veg Soup	Mixed Veggies
Peaches	Mangos	Mandarin Oranges	Boysenberry	Mixed Fruit
Cheese Cubes	Peanut Butter	Cherry Crisp	Cottage Cheese	Rice Cake
WGR Goldfish	WGR Ritz Cracker	Yogurt	Fresh Pineapple	Grapes
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Pancakes WGR	Hard Boiled Egg	WGR Cold Cereal	Cream of Wheat WGR	Bagel WGR
Mixed Berries	Potatoes O'Bryan	Banana	Diced Strawberries	Honeydew Melon
Saus Pty/Eng Muff WGR	WW Corn Dog	Sloppy Joe WGR	Chicken Alfredo	Gr. Ham/CheeseWGR
Hash Brown	Yams	Veggie Blend	Asian Mix	Mixed Veggies
Applesauce	Peaches	Cantaloupe	Pears	Mixed Fruit
Mini Bagel/Cr Chz	Banana	Celery Sticks	Pretzels	Sun Chips WGR
Raisins	WGR Gold Fish	Peanut Butter	Baby Carrots	Bean Dip
<b>29</b>	<b>30</b>	<b>31</b>		
Texas French Toast	Sausage Links	WGR Cold Cereal		Infant Substitutions
Applesauce	Pears	Boysenberries		Peanut Btr,Raisins,Salad
Bean Burrito	Stroganoff	Hawaiian Chicken		Raw Carrots, Celery
Corn	Yellow Squash	Wrap		Corn Cob
Peaches	Sliced Apples	Mango		" This institution is
Boiled Egg	WGR English Muffin	String Cheese		an equal opportunity
WGR Ritz Cracker	Pizza	Orange Slices		provider"

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

