

KINDERLAND MENU

NOV 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

			1	2
Infant Substitutions Peanut Butter, Raisins Raw Carrots, Celery			WW Oatmeal Honeydew Melon Hot Dog/WW Bun Chili Mandarin Oranges Yogurt Gardettos	Bagel WGR Pears Tuna Salad SandWGR Mixed Veggies Mixed Fruit Cheese Quesadilla
" This institution is an equal opportunity provider"				
5	6	7	8	9
Waffle WGR Sliced Apples Pork Loin/Mac&Chz Peas & Carrots Plums Baby Carrots Boiled Eggs	Ham Potatoes O'Bryan Chicken Strips WGR Corn on Cob Apricots Grapes WGR Ritz Cracker	WGR Cold Cereal Mangos Mac & Ham Salad Beets Pears WGR English Muffin Pizza	WGR Cream Wheat Peaches Burger/WGR Bun Tater Tots Fruit Cocktail Peanut Butter Rice Cakes	Brkfst Brown Rice WGR Diced Strawberries Egg Salad Sand WGR Mixed Veggies Mixed Fruit Pretzels Raisins
12	13	14	15	16
Pancakes WGR Apricots Beef Nachos/Chips Refried Beans Mangos Cherry Crisp Yogurt	Breakfast Burrito Blueberries Stroganoff Peas Peaches Ham Slices WGR Ritz Cracker	WGR Cold Cereal Pears Drumstick/Rice Brussels Sprouts Banana Sun Chips WGR Cheese Sauce	WW Oatmeal Cantaloupe Meat Lasagna Coleslaw Kiwi Banana WGR Goldfish	English Muffin WGR Applesauce Chicken Salad SandWGR Mixed Veggies Mixed Fruit Rice Cake Grapes
19	20	21	22	23
Texas French Toast Pears WW Broccoli Rice Cheese Casserole Mandarins Peanut Butter WGR Goldfish	Scrambled Eggs Potatoes O'Bryan Extra Chicken Veg Soup WW Ritz Cracker Peaches Mini Bagel/Cr Chz Raisins	WGR Cold Cereal Diced Strawberries Roast Turkey Green Beans Sweet Potato/Roll Pumpkin Pie,Banana Graham Cracker		Happy Turkey Day!
26	27	28	29	30
Waffle WGR Applesauce Baked Fish/WW Rice Cooked Carrots Pears Cottage Cheese Stoplight Peppers	Sausage Links Honeydew Melon Beef Burrito Beets Grapes Cuties WGR Cheez Its	WGR Cold Cereal Mangos Sweet/Sassy Chicken Rice, Caribbean Mix Apricots Fried Egg WW Bread	Cream of Wheat WGR Applesauce Chicken Alfredo Caribbean Mix Peaches Wheat Thins Baby Carrots	Bagel WGR Diced Strawberries Ham Sandwich WGR Mixed Veggies Mixed Fruit Celery Peanut Butter

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

