

# KINDERLAND MENU

# JAN 19

**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 SA	2 SA	3 SA	4 SA
	<b>CLOSED</b>	WGR Cold Cereal	WW Oatmeal	Pancakes WGR
		Peaches	Blueberries	Strawberries
	<b>2019</b>	Meat Lasagna	Corn Dog WGR	Ham/Chz SandWGR
		Green Salad	Green Beans	Mixed Vegetables
		Banana	Apricots	Mixed Fruit
		Graham Cracker	Celery	Cheese
		Yogurt	Peanut Butter	Quesadilla
7 SA	8 X	9	10	11
English Muffin WGR	Ham Slices	WGR Cold Cereal	WGR Cream Wheat	Waffle WGR
Fruit Cocktail	Potatoes O'Bryan	Raisins	Banana	Blueberries
Hot Dog/Bun WGR	Chicken Alfredo	Beef Veg Stew	Sloppy Joe/Bun WGR	Tuna Salad Sand WGR
Chili	Broccoli	Corn Bread	Veggie Blend	Mixed Vegetables
Pears	Peaches	Mandarin Oranges	Cuties	Mixed Fruit
Cottage Cheese	WGR Goldfish	Pretzels	Cherry Crisp	Apple Slices
Pineapple	Grapes	Banana	Milk	Cheese Cubes
14	15	16	17	18
Bagel WGR	Scrambled Eggs	WGR Cold Cereal	WW Oatmeal	French Toast WGR
Mandarin Oranges	Strawberries	Cantaloupe	Mango	Peaches
Bk Chicken/Croissant	Pork Loin/RollWGR	Chicken Strips WGR	Tiny Meatloaf	Egg Salad Sand WGR
Peas and Carrots	Brussels Sprouts	Beets	Mashed Potatoes	Mixed Vegetables
Apricots	Carrot Raisin Salad	Applesauce	Pears	Mixed Fruit
WGR Cold Cereal	WGR Wheat Thins	Graham Cracker	Stoplight Peppers	Orange Slices
Milk	Cheese Cubes	Yogurt	WGR Cheez Its	Rice Cakes
21 SA	22 X	23	24	25
Brkfst Brown Rice WGR	Sausage Links	WGR Cold Cereal	WGR Cream Wheat	Pancakes WGR
Cinn Apples	Honeydew	Kiwi	Fruit Cocktail	Pears
Chicken Veg Soup	Beef Nachos	Saus Pty/Eng Muff	Broccoli/ Rice/	Chicken Salad Sand WGR
Bread Sticks WGR	Refried Beans	Hash Brown	Cheese Casserole	Mixed Vegetables
Peaches	Strawberries	Applesauce	Mandarin Oranges	Mixed Fruit
Mini Bagel/Cr Chz	Stoplight Peppers	Peanut Butter	WGR Ritz Cracker	WGR English Muffin
Boiled Egg	WGR Goldfish	Banana	Juice	Pizza
28	29	30	31	
English Muffin WGR	Breakfast Burrito	WGR Cold Cereal	WW Oatmeal	Infant Substitutions
Applesauce	Pears	Mango	Blueberries	Peanut Butter, Raisins
Cheeseburger/WGR Bun	Chicken Nuggets	Tilapia/Breadstick	Stroganoff	Raw Carrots, Celery
Tater Tots	Corn on the Cob	Asian Vegetables	Cooked Carrots	
Peaches	Apricots	Strawberries	Cuties	" This institution is
Grapes	WGR Cheez Its	Pretzels	Apple Crisp	an equal opportunity
Cheese Stick	Baby Carrots/Ranch	Yogurt	Milk	provider"

