

# KINDERLAND MENU

SEP 2019

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
2 <b>HAPPY LABOR DAY</b> 	3 WGR Cold Cereal Blueberries Fish Sticks Green Beans Mandarin Oranges Celery Sticks Peanut Butter	4 Breakfast Burritos Pears Beef Nachos Chili Beans Fruit Cocktail Banana WGR Gold Fish	5 WW Oatmeal Diced Strawberries Corn Dog WGR Peas Watermelon Pretzels Baby Carrots	6 Pancakes WGR Honeydew Melon Tuna Salad Sandwich Mixed Veggie Mixed Fruit Apple Crisp Milk
9 X Bagel Applesauce Chicken Strips WGR Cauliflower Peaches String Cheese Orange Slices	10 WGR Cold Cereal Pears Chicken Alfredo Caribbean Mix Strawberries Spotlight Peppers/Ranch WGR Triscuits	11 Ham Slices Potatoes O'Bryan Mac and Ham Salad Olives Mango WGR English Muffin Pizza	12 Cream of Wheat WGR Kiwi Baked Chicken Mac & Cheese Cook Carrots/Grapes Animal Crackers Yogurt	13 French Toast Cantaloupe Chicken Salad Sandwich Mixed Veggie Mixed Fruit Soft Pretzels Cheese Sauce
16 Brkfst Brown Rice WGR Cinnamon Apples Pork Tenderloin Garlic Noodles / Yams Peaches Peanut Butter Sandwich WGR	17 WGR Cold Cereal Apricots Chef Salad Croissant Mandarin Oranges Sliced Cucumbers WGR Ritz Crackers	18 Scrambled Eggs Honeydew Melon Sausage Patty/Eng Muf Hash Brown Sliced Apples Snack Mix Banana	19 WW Oatmeal Banana Mexican Chicken & Rice 3 Bean Salad Pears Wheat Thins WGR Fresh Strawberries	20 Waffle WGR Blueberries Egg Salad Sandwich Mixed Veggie Mixed Fruit Cheese Quesadilla
23 X English Muffin WGR Applesauce Broccoli Rice and Cheese Casserole Mandarin Oranges Rice Cake WGR Grapes	24 WGR Cold Cereal Peaches Tilapia/Beets Tri Color Pasta Fresh Pears Cheese Cubes Saltines WGR	25 Sausage Links Strawberries Cheeseburger Tater Tots Watermelon Sun Chips WGR Bean Dip	26 Cream of Wheat WGR Kiwi Mac and Cheese Broccoli Fruit Cocktail Hard Boiled Egg Plum	27 Pancakes WGR Fresh Raspberries Ham & Cheese Sandwich Mixed Veggie Mixed Fruit Cottage Cheese Fresh Pineapple
30 Bagel Cantaloupe Hot Dog/Bun WGR Cole Slaw Craisins Cheese Crackers Juice				Infant Substitutions Peanut Butter, Raisins Hot Dogs, Raw Carrots Celery, Grapes, Olives Corn Cob, Chips Hard Crackers

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