

# KINDERLAND MENU

# OCT 2020

**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>
			WW Oatmeal	French Toast
			Blueberries	Diced Strawberries
<b>Infant Substitutions</b>				
			Grilled Cheese WGR	Tuna Salad Sandwich
Peanut Butter, Raisins			Beef Veg Soup	Mixed Veggies
Hot Dogs, Raw Carrots			Fruit Cocktail	Mixed Fruit
Celery, Grapes, Olives				
			Pretzels	Cheese Cubes
Corn Cob, Chips			Raisins	Chicken in a Biscuit
Hard Crackers				
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
English Muffin WGR	WGR Cold Cereal	Breakfast Burritos	Cream of Wheat WGR	Waffle WGR
Apricots	Fruit Cocktail	Cantaloupe	Banana	Mand Oranges
BkChicken/Croissant	Mac & Ham Salad	Roast Beef/Roll WGR	Tiliapia/Rice	P B & J, Cheese St
Cooked Carrots	Beets	Mashed Potatoes	Brussels Sprouts	Mixed Veggies
Pears	Cuties	Green Salad	Peaches	Mixed Fruit
Popcorn	Cheese Stick	Fried Egg	WGR English	Stoplight Peppers
Juice	WGR Saltines	Sandwich	Muffin Pizza	WGR Triscuits
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Bagel	WGR Cold Cereal	Ham Slices	Brkfst Brown RiceWGR	Pancakes WGR
Applesauce	Honeydew	Banana	Kiwi	Fruit Cocktail
Meat Lasagna	Corn Dog WGR	Chicken Strips WGR	Chicken Alfredo	Egg Salad Sandwich
Green Beans	Yams	Corn on Cob	Asian Mix	Mixed Veggies
Peaches	Banana	Apple Slices	Mango	Mixed Fruit
Peanut Butter	Cottage Cheese	Rice Cakes WGR	Cheese Cubes	Mini Bagel/Cr Chz
WGR Ritz Crackers	Fresh Pineapple	Grapes	Graham Crackers	Raisins
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
English Muffin WGR	WGR Cold Cereal	Scrambled Eggs	WW Oatmeal	French Toast
Blueberries	Banana	Cantaloupe	Diced Strawberries	Mandarins
Chicken Nuggets WGR	Hot Dog/WW Bun	Sloppy Joe WGR	Broccoli Rice WW	Gr. Ham/CheeseWGR
Tots	Chili	Spinach Salad	Cheese Casserole	Mixed Veggies
Grapefruit	Cuties	Watermelon	Plum	Mixed Fruit
Cheese	Pretzels	Apple Slices	Baby Carrots	Sun Chips WGR
Quesadillas	Sliced Cucumbers	WGR Goldfish	WGR Saltines	Bean Dip
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Bagel	WGR Cold Cereal	Sausage Links	WGR Cream Wheat	Waffle WGR
Applesauce	Kiwi	Pears	Banana	Apricots
Bean Burrito	Stroganoff	Tiny Meatloaf	Chicken Veg Soup	Tuna Salad Sandwich
Corn	Zucchini	Mashed Potatoes	Bread Sticks	Mixed Veggies
Mango	Pineapple	Green Salad	Grapes	Mixed Fruit
Boiled Egg	String Cheese	WGR Wheat Thins	Peanut Butter	Soft Pretzels
WGR Ritz Cracker	Orange Slices	Fresh Peaches	Celery Sticks	Cheese Sauce

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