

KINDERLAND MENU

NOV 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
2	3	4	5	6
English Muffin WGR Apricots	WGR Cold Cereal Fruit Cocktail	Breakfast Burritos Cantaloupe	Cream of Wheat WGR Banana	Waffle WGR Mand Oranges
BkChicken/Croissant Cooked Carrots Pears	Mac & Ham Salad Beets Cuties	Roast Beef/Roll WGR Mashed Potatoes Green Salad	Tiliapia/Rice Brussels Sprouts Peaches	P B & J, Cheese St Mixed Veggies Mixed Fruit
Popcorn	Cheese Stick	Fried Egg	WGR English Muffin Pizza	Stoplight Peppers WGR Triscuits
Juice	WGR Saltines	Sandwich		
9	10	11	12	13
Bagel Applesauce	WGR Cold Cereal Honeydew	Ham Slices Hash Browns	Brkfst Brown Rice WGR Kiwi	Pancakes WGR Fruit Cocktail
Meat Lasagna Green Beans	Corn Dog WGR Yams Pears	Chicken Strips WGR Corn on Cob	Chicken Alfredo Asian Mix Mango	Egg Salad Sandwich Mixed Veggies Mixed Fruit
Peanut Butter WGR Ritz Crackers	Cottage Cheese Fresh Pineapple	Rice Cakes WGR Grapes	Cheese Cubes Graham Crackers	Mini Bagel/Cr Chz Raisins
16	17	18	19	20
English Muffin WGR Blueberries	WGR Cold Cereal Banana	Scrambled Eggs Cantaloupe	WW Oatmeal Diced Strawberries	French Toast Mandarins
Chicken Nuggets WGR Tots Grapefruit	Hot Dog/WW Bun Chili Cuties	Sloppy Joe WGR Spinach Salad Watermelon	Broccoli Rice WW Cheese Casserole Plum	Gr. Ham/Cheese WGR Mixed Veggies Mixed Fruit
Cheese Quesadillas	Pretzels Sliced Cucumbers	Apple Slices WGR Goldfish	Baby Carrots WGR Saltines	Sun Chips WGR Bean Dip
23	24	25	26	27
Bagel Applesauce	WGR Cold Cereal Kiwi	Sausage Links Apricots	CLOSED	CLOSED
Bean Burrito Corn Mango	Stroganoff Zucchini Pineapple	Turkey / Roll Yams Green Beans		
Boiled Egg WGR Ritz Cracker	String Cheese Orange Slices	WGR Wheat Thins Peaches		
30				
English Muffin WGR Cinnamon Pears				Infant Substitutions
Chicken Veg Soup Bread Sticks Grapes				Peanut Butter, Raisins Hot Dogs, Raw Carrots Celery, Grapes, Olives
Pretzels Raisins				Corn Cob, Chips Hard Crackers

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