


KINDERLAND MENU

JAN 21

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
				CLOSED
Infant Substitutions				
Peanut Butter, Raisins Hot Dogs, Raw Carrots Celery, Grapes, Olives				
Corn Cob, Chips Hard Crackers, Popcorn				
4 X	5	6	7	8
Bagel Raisins	WGR Cold Cereal Cinnamon Apples	Breakfast Burrito Fruit Cocktail	WW Oatmeal Banana	Pancakes WGR Blueberries
Hot Dog/Bun WGR Chili Pears	Chicken Alfredo Broccoli Peaches	Beef Veg Stew Corn Bread Mandarin Oranges	Sloppy Joe/Bun WGR Veggie Blend Kiwi	Tuna Salad Sand WGR Mixed Vegetables Mixed Fruit
WGR English Muffin Pizza	Pretzels Banana	WGR Goldfish Grapes	Celery Peanut Butter	Apple Slices Cheese Cubes
11	12	13	14	15
English Muffin WGR Mandarin Oranges	WGR Cold Cereal Strawberries	Ham Slices Cantaloupe	WGR Cream Wheat Mango	French Toast Peaches
Corn Dog WGR Peas and Carrots Apricots	Meat Chili, Cornbread Corn Pears	Chicken Strips WGR Beets Applesauce	Tiny Meatloaf Mashed Potatoes Cuties	Egg Salad Sand WGR Mixed Vegetables Mixed Fruit
Cuties Cheese Stick	Graham Cracker Yogurt	WGR Wheat Thins Cheese Cubes	Stoplight Peppers WGR Cheez Its	WGR Ritz Cracker Peanut Butter
18 X	19	20	21	22
Bagel Kiwi	WGR Cold Cereal Honeydew	Scrambled Eggs Cinn Apples	Brkfst Brown Rice WGR Fruit Cocktail	Waffle WGR Pears
Chicken Veg Soup Bread Sticks WGR Peaches	Beef Nachos Refried Beans Strawberries	Broccoli/ Rice/ Cheese Casserole Applesauce	Saus Pty/Eng Muff Hash Brown Mandarin Oranges	P B & J WGR Mixed Vegetables Mixed Fruit
Popcorn Juice	Grapes WGR Goldfish	Orange Slices Rice Cake WGR	Mini Bagel/Cr Chz Boiled Egg	Cherry Crisp Milk
25	26	27	28	29
English Muffin WGR Applesauce	WGR Cold Cereal Pears	Sausage Links Mango	WW Oatmeal Blueberries	Pancakes WGR Mandarin Oranges
Cheeseburger/WGR Bun Tater Tots Peaches	Chicken Nuggets Corn on the Cob Apricots	Tilapia/Breadstick Carrot Raisin Salad Strawberries	Beef and Macaroni Cooked Carrots Cuties	Grilled Ham/Cheese WGR Mixed Vegetables Mixed Fruit
Raisins Rice Cake	Pretzels Yogurt	Cheese Quesadilla	WGR Cheez Its Baby Carrots/Ranch	Cottage Cheese Pineapple