

KINDERLAND MENU

AUG 2021

LUNCH SERVICE TIMES: Inf/Trans 11:00 a.m. / PreS 11:30 a.m./SA 12:00p.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

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
2 X	3	4	5	6
Waffle WGR Cinnamon Apples	English Muffin WGR Diced Strawberries	Sausage Links Applesauce	Cream of Wheat WGR Blueberries	WGR Cold Cereal Mixed Fruit
Mac & Ham Salad Olives	Chicken Strips Potato Salad	Taco Salad in Tostada Bowl	Hot Dog on Bun Chili	Egg Salad Sandwich Mixed Veggie
Watermelon Grapes	Apricots Food Court Smoothie	Mangos Wheat Thins WGR	Pears Peanut Butter	Mixed Fruit Mini Bagel/Cr Chz
Saltines WGR	Orange Slices	Banana	Apple Slices	Raisins
9	10	11	12	13
Pancakes WGR Cantaloupe	Bagel Pears	Breakfast Burritos Honeydew Melon	Brkfst Brown RiceWGR Diced Strawberries	WGR Cold Cereal Banana
Chicken Alfredo Broccoli Mandarins	Hamburger Tater Tots Grapes	Corn Dog WGR Cole Slaw Watermelon	Baked Chicken/ Btr Noodle Green Salad Sliced Apples	P B & J, Cheese St Mixed Veggie Mixed Fruit
WW Saltines Boiled Egg	Cheese Stick Cheez Its WGR	Baby Carrots Sunflower Seeds	Pretzels Fresh Strawberries	Yogurt Banana
16 X Few SA	17	18 No SA	19	20
French Toast Raspberries	English Muffin WGR Cinnamon Apples	Ham Slices Kiwi	WW Oatmeal Cantaloupe	WGR Cold Cereal Apricot
Broccoli Rice and Cheese Casserole Peaches	Beef Nachos/Chips Chili Beans Mangos	Sausage Patty/ Eng Muffin Hash Brown Applesauce	Sloppy Joe Cooked Carrots Pears	Ham/Chz Sand WGR Mixed Veggie Mixed Fruit
Rice Cake WGR Apple Juice	Cinn. Roll Smoothie Banana	Peanut Butter Crackers Grapes	Sun Chips WGR Cheese Dip	Cherries Graham Crackers
23	24	25	26	27
Waffle WGR Honeydew Melon	Bagel Pears	Scrambled Eggs Mango	WGR Cream Wheat Mandarin Oranges	WGR Cold Cereal Banana
Meat Lasagna Green Beans Peaches	Chicken Nuggets Zucchini Plums	Corn Dog WGR Olives Watermelon	Spaghetti w/ Meat Green Salad Fresh Nectarines	Tuna Salad SandWGR Mixed Veggie Mixed Fruit
Stoplight Peppers/Ranch WGR Gold Fish	Soft Pretzels Cheese Sauce	Cheese Quesadilla	Peanuts Baby Carrots	Apple Crisp Milk
30 X	31			
Pancakes WGR Cantaloupe	English Muffin WGR Mixed Fruit			Infant Substitutions
Pork Tenderloin/Roll Carrot Raisin Salad Pears	Tiny Meatloaf Corn Mashed Potatoes		" This institution is an equal opportunity provider"	Peanut Butter, Raisins Hot Dogs, Raw Carrots Celery, Grapes, Olives
Cheese Cubes Saltines WGR	Yogurt Rice Caske			Corn Cob, B Sprouts Chips, Hard Crackers

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