

# KINDERLAND MENU

**JUN 2022**

**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>
		<b>1</b>	<b>2</b>	<b>3</b>
		Good Morning Burrito Banana	Brkfst Brown RiceWGR Honey Dew	WGR Cold Cereal Mandarins
" This institution is an equal opportunity provider"		Mini Corn Dog WGR Potato Salad Apple Slices	Broccoli Rice & Cheese Casserole Waldorf Fruit Salad	Tuna Salad SandWGR Mixed Veggies Mixed Fruit
		Boiled Eggs WGR Gold Fish	Yogurt Graham Crackers	Soft Pretzel WGR Cheese Sauce
<b>6 X</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
French Toast Apricots	Bagel Fruit Cocktail	Sausage Links Cantaloupe	WW Oatmeal Diced Strawberries	WGR Bran Cereal Raisins
Chicken Nuggets Pickled Beets Peaches	Sausage Patty/Muff Applesauce Hash Brown	Beef Nachos/Chips Refried Beans Blackberries	Sloppy Joe Corn on the Cob Kiwi	Egg Salad Sand WGR Mixed Veggies Mixed Fruit
Peanut Butter Apples	Cheese Stick Banana	Cuties Snack Mix WGR	Cheese Quesadilla	Rice Cake Juice
<b>13 SA here 4 summer</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Pancakes Fruit Cocktail	English Muffin WGR Honeydew	Scrambled Eggs Blueberries	Cream Wheat Banana	WGR Bran Cereal Raisins
Lasagna Peas and Carrots Pears	ChickBr/Breadstick Fresh Zucchini Peaches	Mac and Ham Salad Broccoli Florets Mandarin Oranges	Egg Rolls - Plums	Chicken Salad WGR Mixed Veggies Mixed Fruit
PBJ Sandwich	Cheez-Its Watermelon	Veggie Sticks/Ranch WGR Ritz Crackers	Boiled Egg Gold Fish WGR	Tortilla Chips Cheese Sauce
<b>20 X</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Waffles Apricots	Bagel Banana	Ham Slices Applesauce	Brkfst Brown RiceWGR Cantaloupe	WGR Cold Cereal Mandarin Oranges
Taco Salad Boats WGR Peaches	Beef Hot Dog/Bun Pork & Beans Raspberries	Chicken Alfredo Banana Summer Squash	Spaghetti w/ Meat Green Salad Blueberries	Ham/Chz Sand WGR Mixed Veggies Mixed Fruit
Pretzel Sticks Peanut Butter	Soft Pretzels Cheese Sauce	WGR English Muffin Pizza	Mini Bagel/Cr Chz Raisins	Strawberries Yogurt
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
French Toast Pears	English Muffin WGR Honeydew	Good Morning Burrito Mandarin Oranges	WW Oatmeal Apricots	Infant Substitutions
Chicken Strips Carrot Raisin Salad Cinnamon Apples	Chef Salad Pineapple Breadstick WGR	Stroganoff Green Beans Fresh Strawberries	Hamburger/Bun Tater Tots Fruit Cocktail	Peanut Butter, Raisins Hot Dogs, Raw Carrots Celery, Grapes, Olives
PBJ Sandwich	Cottage Cheese Peaches	WGR Cold Cereal Milk	Goldfish WGR Watermelon	Corn Cob, Chips Popcorn, Hard Crackers

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