

KINDERLAND MENU

AUG 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>	
1 X		2		3		4		5	
Waffle WGR		English Muffin WGR		WGR Cold Cereal		Cream of Wheat WGR		Sausage Links	
Cinnamon Apples		Diced Strawberries		Mixed Fruit		Blueberries		Applesauce	
Mac & Ham Salad		Chicken Strips		Egg Salad Sandwich		Hot Dog on Bun		Taco Salad in	
Olives		Potato Salad		Dill Pickle Spears		Chili		Tostada Bowl	
Apricots		Watermelon		Banana		Pears		Mangos	
Saltines WGR		Cheese Stick		Wheat Thins WGR		Granola		Cheez Its WGR	
Grapes		Orange Slices		Cantaloupe		Yogurt		Raisins	
8		9		10		11		12	
Pancakes WGR		Bagel		WGR Cold Cereal		Brkfst Brown RiceWGR		Breakfast Burritos	
Peaches		Pears		Banana		Diced Strawberries		Honeydew Melon	
Chicken Alfredo		Hamburger		P B & J, Cheese St		Baked Chicken/ Btr Noodle		Corn Dog WGR	
Broccoli		Tater Tots		Dill Pickle Spears		Green Salad		Cole Slaw	
Mandarins		Cantaloupe		Kiwi		Sliced Apples		Watermelon	
WW Saltines		Cheese Stick		Baby Carrots		Yogurt		Pretzels	
Boiled Egg		Ritz WGR		Chik'N A Biscuit		Banana		Cheese Stick	
15 X		16		17 No SA		18		19	
French Toast		English Muffin WGR		WGR Cold Cereal		WW Oatmeal		Ham Slices	
Apricots		Cinnamon Apples		Raspberries		Cantaloupe		Kiwi	
Broccoli Rice and		Beef Nachos/Chips		Sausage Patty/ Eng Muffin		Sloppy Joe		Ham/Chz Sand WGR	
Cheese Casserole		Chili Beans		Hash Brown		Cooked Carrots		Mixed Veggie	
Peaches		Mangos		Applesauce		Pears		Mixed Fruit	
Rice Cake WGR		Club Crackers		Mini Bagel		Sun Chips WGR		Grapes	
Apple Juice		Banana		Cuties		Cheese Dip		Graham Crackers	
22		23		24		25		26	
Waffle WGR		Bagel		WGR Cold Cereal		WGR Cream Wheat		Scrambled Eggs	
Pears		Honeydew		Banana		Mandarin Oranges		Mango	
Meat Lasagna		Chicken Nuggets		Corn Dog WGR		Pork Tenderloin/Roll		Tuna Salad SandWGR	
Green Beans		Zucchini		Corn on the Cob		Spinach Salad		Mixed Veggie	
Peaches		Plums		Watermelon		Fresh Nectarines		Mixed Fruit	
Sliced Apples		Soft Pretzels		Cheese		Pineapple		Granola	
WGR Gold Fish		Cheese Sauce		Quesadilla		Cottage Cheese		Yogurt	
29 X		30		31					
Pancakes WGR		English Muffin WGR		WGR Cold Cereal					
Mango		Mixed Fruit		Cantaloupe				Infant Substitutions	
Chicken Strips		Tiny Meatloaf		Beef Stroganoff		" This institution is an equal opportunity provider"		Peanut Butter, Raisins	
Carrot Raisin Salad		Corn		Lima Beans				Hot Dogs, Raw Carrots	
Pears		Mashed Potatoes		Peaches				Celery, Grapes, Olives	
Cheese Slice		Yogurt		Juice				Corn Cob, B Sprouts	
Saltines WGR		Rice Cake		Cheez Its				Chips, Hard Crackers	

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