

# KINDERLAND MENU

# OCT 2022

**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**

| <i>MONDAY</i>  | <i>TUESDAY</i>   | <i>WEDNESDAY</i>                                   | <i>THURSDAY</i>  | <i>FRIDAY</i>   |
|--|--|--|--|---|
| <b>3</b>   | <b>4</b>   | <b>5</b>   | <b>6</b>   | <b>7</b>  |
| French Toast<br>Apricots                             | Bagel<br>Banana  | Sausage Links<br>Cantaloupe                        | Cream of Wheat WGR<br>Fruit Cocktail                     | WGR Cold Cereal<br>Mandarin Oranges                                       |
| BkChicken/Croissant<br>Tropical Fruit<br>Green Beans | Beef Stroganoff<br>Broccoli<br>Cuties                  | Chicken Nuggets WGR<br>Cooked Carrots<br>Pears     | Chili with Cornbread<br>Peas<br>Mango                    | P B & J, Cheese St<br>Mixed Veggies<br>Mixed Fruit                        |
| Granola WGR<br>Yogurt                                | Cheese Stick<br>WGR Saltines                           | Sun Chips WGR<br>Banana                            | WGR English<br>Muffin Pizza                              | Juice<br>WGR Sun Chips  |
| <b>10</b>  | <b>11</b>  | <b>12</b>  | <b>13</b>  | <b>14</b>   |
| Waffle<br>Applesauce                                 | English Muffin WGR<br>Honeydew                         | Good Morning Burrito<br>Banana                     | Brkfst Brown Rice WGR<br>Kiwi                            | WGR Cold Cereal<br>Fruit Cocktail   |
| Meat Lasagna<br>Green Beans<br>Peaches               | Corned Beef/Roll WGR<br>Yams<br>Pears                  | Chicken Strips WGR<br>Corn on Cob<br>Apple Slices  | Chicken Alfredo<br>Asian Mix<br>Mandarin Oranges         | Ham & Cheese Sandwich<br>Mixed Veggies<br>Mixed Fruit                     |
| Peanut Butter<br>WGR Ritz Crackers                   | Cottage Cheese<br>Pineapple                            | Rice Cakes WGR<br>Grapes                           | Cheese Slice<br>Club Crackers                            | Mini Bagel/Cr Chz<br>Raisins  |
| <b>17</b>  | <b>18</b>  | <b>19</b>  | <b>20</b>  | <b>21</b>   |
| Pancakes<br>Blueberries                              | Bagel<br>Cantaloupe                                    | Ham Slices<br>Banana                               | WW Oatmeal<br>Diced Strawberries                         | WGR Cold Cereal<br>Pears  |
| Corn Dog WGR<br>Peas and Carrots<br>Grapefruit       | Scrambled Eggs<br>Hash Browns/Cuties<br>Eng Muffin WGR | Sloppy Joe on Bun<br>Green Salad<br>Watermelon     | Broccoli Rice<br>Cheese Casserole<br>Plum                | Tuna Salad Sand WGR<br>Mixed Veggies<br>Mixed Fruit                       |
| Pretzels<br>Sliced Cucumbers                         | Cheese<br>Quesadilla                                   | Apple Slices<br>WGR Goldfish                       | Baby Carrots<br>WGR Saltines                             | String Cheese<br>Orange Slices  |
| <b>24</b>  | <b>25</b>  | <b>26</b>  | <b>27</b>  | <b>28</b>   |
| French Toast<br>Applesauce                           | English Muffin WGR<br>Pears                            | Scrambled Eggs<br>Kiwi                             | WGR Cream Wheat<br>Banana                                | WGR Cold Cereal<br>Apricots   |
| Bean Burrito<br>Corn<br>Tropical Fruit               | Mac & Ham Salad<br>Beets<br>Pineapple                  | Tiny Meatloaf<br>Mashed Potatoes<br>Peas & Carrots | XtraChicken Veg Soup<br>Bread Sticks<br>Mandarin Oranges | Grilled Cheese WGR<br>Mixed Veggies<br>Mixed Fruit                        |
| Boiled Egg<br>WGR Ritz Cracker                       | Popcorn<br>Juice                                       | WGR Wheat Thins<br>Grapes                          | Peanut Butter<br>Sandwich WGR                            | Soft Pretzels<br>Cheese Sauce   |
| <b>31</b>  |  |  |  |   |
| Waffle<br>Diced Strawberries                         |  |  |  | Infant Substitutions  |
| Hot Dog/Bun<br>Chili<br>Peaches                      |  |  |  | Peanut Butter, Raisins<br>Hot Dogs, Raw Carrots<br>Celery, Grapes, Olives |
| Triscuit WGR<br>Apple Slices                         |  |  |  | Corn Cob, B Sprouts<br>Chips, Hard Crackers                               |

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