

# KINDERLAND MENU

# MAR 2023

**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>1</b>	<b>2</b>	<b>3</b>
		Breakfast Burrito Kiwi	Brkfst Brown RiceWGR Cantaloupe	WGR Cold Cereal Mango
<b>Infant Substitutions</b>				
Peanut Butter, Raisins Hot Dogs, Raw Carrots Celery, Grapes, Olives		Corn Dog WGR Green Beans Cuties	Chicken, Beets Biscuits Peaches	Bologna/Chz WGR Mixed Vegetables Mixed Fruit
	" This institution is			
Corn Cob, Chips Hard Crackers, Popcorn	an equal opportunity provider."	Juice Popcorn	Banana Yogurt	Chicken in a Biscuit Boiled Egg
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Waffles Fruit Cocktail	Bagel Mango	Sausage Links Fried Potatoes	WW Oatmeal Banana	WGR Cold Cereal Blueberries
Taco WGR	SweetnSassy Chicken	Chicken Strips	Chili, Corn Bread	Ham/Chz Sand WGR
Lettuce, Tomato Mandarins	Rice, Corn Peaches	Stoplight Peppers Grapes	Sliced Cucumbers Pears	Mixed Vegetable Mixed Fruit
Apple Slices	Cheese Slices	Strawberry Shortcake	Yogurt Graham Cracker	Soft Pretzels Cheese Sauce
Peanut Butter	Ritz Crackers WGR			
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Pancakes Applesauce	English Muffin WGR Mandarin Oranges	Ham Slices Kiwi	Brkfst Brown RiceWGR Diced Strawberries	WGR Cold Cereal Apricots
Beef Nachos Refried Beans Kiwi	Broccoli Rice Cheese Casserole Peaches	Beef & Mac Green Salad Pears	Chicken Pot Pie Biscuit Mixed Fruit	Corned Beef/Breadstk Cabbage/Carrots Mashed Potatoes
Goldfish WGR Grapes	Cottage Cheese Pineapple	English Muffin Pizza WGR	Mini Bagel/Cr Chz Orange Slices	Celery Sticks Peanut Butter
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
French Toast Pears	Biscuit/Gravy Cantaloupe	Yogurt Blueberries	WW Oatmeal Fruit Cocktail	WGR Cold Cereal Mango
Baked Chicken/Peas Chicken Broth Rice Peaches	Chicken NuggetsWGR French Fries Banana	Hot Dog/Bun Chili Banana	Chicken & Veggie Couscous Apple Crisp	Egg Salad Sand WGR Mixed Vegetable Mixed Fruit
Ritz Crackers WGR Ham Slices	Peanut Butter Pretzel Sticks	Goldfish WGR Baby Carrots	Sunflower Seeds Grapes	Cinn Graham Cracker Kiwi
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
Waffles Applesauce	English Muffin WGR Pears	Breakfast Burrito Blueberries	Brkfst Brown RiceWGR Peaches	WGR Cold Cereal Mandarin Oranges
Sloppy Joe/Bun 3 Bean Salad Fresh Apple Slices	Crunchy Hawaiian Chicken Wrap Mango	Cheeseburger/Bun Tater Tots Fruit Cocktail	Mac & Cheese Green Beans Cinnamon Apples	Bologna/Chz WGR Mixed Vegetables Mixed Fruit
Rice Cakes WGR Peanut Butter	Pineapple Yogurt	Wheat Thins WGR Cheese Stick	Gardettos Raisins	Pretzels Grapes