

KINDERLAND MENU

SEP 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				WGR Cold Cereal Diced Strawberries
Infant Substitutions				PB & J
Peanut Butter, Raisins Hot Dogs, Raw Carrots Celery, Grapes, Olives	" This institution is an equal opportunity provider"			Mixed Veggie Mixed Fruit
Corn Cob, B Sprouts Chips, Hard Crackers				Chicken N Biscuit Oranges
4	5	6	7	8
HAPPY	WGR Biscuit/Jam	Sausage Links	WGR Oatmeal	WGR Cold Cereal
	Pears	Fruit Cocktail	Kiwi	Cantaloupe
	Chicken Nuggets	Mac and Ham Salad	Beef Tips/Roll	Egg Salad Sandwich
	Caribbean Mix	Olives	Mashed Potatoes	Mixed Veggie
	Peaches	Watermelon	Cooked Carrots	Mixed Fruit
	Cheese Sticks	Cheez Its WGR	Granola	WGR English Muffin
	WGR Triscuits	Juice	Yogurt	Pizza
11	12	13	14	15
Pancakes	Bagel	Ham Slices	Brkfst Brown RiceWGR	WGR Cold Cereal
Apricots	Cinamon Apples	Diced Potatoes	Banana	Blueberries
Beef Burrito	Chef Salad	Sausage Patty/Eng Muf	Beef & Spanish Rice	Ham & Cheese Sandwich
Corn	Croissant	Hash Brown	3 Bean Salad	Mixed Veggie
Peaches	Mandarin Oranges	Pineapple	Pears	Mixed Fruit
Rice Cake WGR	Sliced Cucumbers	Snack Mix WGR	Wheat Thins WGR	Pretzels
Apple Slices	WGR Ritz Crackers	Banana	Cheese Sticks	Baby Carrots
18	19	20	21	22
Waffle	English Muffin WGR	Yogurt/Granola	WGR Oatmeal	WGR Cold Cereal
Applesauce	Fruit Cocktail	Fresh Blueberries	Bananas	Peaches
Broccoli Rice and Cheese Casserole	Chicken Patty WGR	Cheeseburger	Chicken Alfrado	Egg Salad SandWGR
Mandarin Oranges	Beets	Tater Tots	Broccoli	Mixed Veggie
	Pears	Watermelon	Fresh Blueberries	Mixed Fruit
Peanut Butter	Cheese Sticks	Triscuit WGR	Cheez Its	Cheese
Sandwich WGR	Saltines WGR	Boiled Egg	Plum	Quesadilla
25	26	27	28	29
French Toast	WGR Biscuit/Jam	Good Morning Burrito	Brkfst Brown RiceWGR	WGR Cold Cereal
Pears	Cantaloupe	Banana	Apple Sauce	Honeydew Melon
Hot Dog/Bun	Chicken/Brown Rice	Chicken Strips WGR	Sweet & Sour Chicken	P B & J, Cheese St
Pork and Beans	Peas & Carrots	Cole Slaw	Green Beans/Bread Btr	Mixed Veggie
Apricots	Fresh Peaches	Pineapple	Mandarin Oranges	Mixed Fruit
Sun Chips WGR	String Cheese	Soft Pretzels	Celery Sticks	Banana
Raisins	Oranges	Cheese Sauce	Peanut Butter	Gold Fish WGR

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