

KINDERLAND MENU

NOV 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	2	3
		Sausage Links Mandarin Oranges	WW Rice Cake Tropical fruit	Cold Cereal WGR Raisins
Infant Substitutions				
Peanut Butter, Raisins Hot Dogs, Raw Carrots Celery, Grapes, Olives		Corn Dog WGR Yams Pears	Pork Loin w/ Roll Mashed Potatoes Applesauce	Egg Salad Sandwich Mixed Veggies Mixed Fruit
		Popcorn Grapes	Cottage Cheese Pineapple	Sliced Cheese Chick'n Biscuit
Corn Cob, B Sprouts Chips, Hard Crackers				
6	7	8	9	10
French Toast Applesauce	WGR Biscuit/Jam Honeydew	Ham Slices Hash Browns	WW Cinnamon Toast Kiwi	Cold Cereal WGR Fruit Cocktail
Meat Lasagna Green Beans Peaches	Beef Nachos w/ Chips Veg. Chilli Green Salad	Chicken Strips WGR Corn on Cob Apple Slices	XtraChicken Veg Soup Bread Sticks Mango	Gr. Ham/CheeseWGR Mixed Veggies Mixed Fruit
Peanut Butter WGR Ritz Crackers	Cold Cereal Milk	Yogurt Banana	Cuties Graham Crackers	Mini Bagel/Cr Chz Raisins
13	14	15	16	17
Pancake Applesauce	Bagel Banana	Yogurt & Granola Blueberries	WW Oatmeal Diced Strawberries	Cold Cereal WGR Mandarins
Chicken Nuggets WGR Peas Grapefruit	Baked Chicken/ Noodles Carrots Applesauce	Sloppy Joe on Bun Corn Watermelon	Cheeseburger Tater Tots Tropical Fruit	P B & J. Cheese Stick Mixed Veggies Mixed Fruit
Cheese Quesadillas	Sun Chips WGR Cheese Dip	Banana WGR Goldfish	Raisins Chick'n Biscuit	Peaches Cottage Cheese
20	21	22	23	24
Waffles Applesauce	English Muffin WGR Peaches	Good Morning Burrito Apricots	CLOSED	CLOSED
Bean Burrito Cooked Carrots Mango	Broccoli Rice Cheese Cass Pineapple	Turkey / Roll Mashed Potatoes Corn		
WGR English Muffin Pizza	Yogurt Orange Slices	WGR Wheat Thins Juice		
27	28	29	30	
French Toast Cinnamon Pears	WGR Biscuit/Jam Peaches	Scrambled Eggs Hash Brown	WW Rice Cake Applesauce	
Chicken Alfredo Asian Mix Grapes	Hot Dog/Bun Veg. Chili Cuties	Broccoli Cheese Soup Bread Stick Banana	Tilapia w/ Rice Brussell Sprouts Fruit Cocktail	
Cold Cereal Milk	Boiled Egg WGR Ritz Cracker	Baby Carrots Saltines WGR	Soft Pretzel Cheese Sauce	

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