

KINDERLAND MENU

OCT 2024

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>
	1	2	3	4
	WGR Biscuit/Gravy Fruit Cocktail	WGR Cold Cereal Cantaloupe	WGR Rice Cake Banana	WGR Cold Cereal Mandarin Oranges
" This institution is an equal opportunity provider"	Mac and Beef Broccoli Cuties	Broccoli Rice and Cheese Casserole Pears	Chili with Cornbread Peas Mango	Ham/Chz Sand WGR Mixed Veggies Mixed Fruit
	Cheese Stick WGR Saltines	WGR Wheat Thins Banana	Granola Yogurt	Juice Popcorn
7	8	9	10	11
French Toast Applesauce	WGR English Muffin Honeydew	WGR Cold Cereal Apricots	WW Oatmeal Kiwi	WGR Cold Cereal Fruit Cocktail
Meat Lasagna Green Beans Peaches	Corned Beef WGR /Roll Yams Pears	WGR Chicken Strips Corn on Cob Apple Slices	Chicken Alfredo Asian Mix Mandarin Oranges	WGR PBJ/Chz Stick Mixed Veggies Mixed Fruit
Peanut Butter WGR Ritz Crackers	Cold Cereal Milk	Pretzels Cucumber	Cheese Slice Club Crackers	Mini Bagel/Cr Chz Raisins
14	15	16	17	18
Waffles Blueberries	Bagel Cantaloupe	WGR Cold Cereal Banana	WGR Cinn Toast Diced Strawberries	WGR Cold Cereal Pears
WGR Corn Dog Green Beans Grapefruit	Sausage Patties Hash Browns/Cuties WGR Eng Muffin	Sloppy Joe on Bun Green Salad Watermelon	Broccoli Rice Cheese Casserole Carrots	WGR Grilled Cheese Mixed Veggies Mixed Fruit
WGR Peanut Butter Sandwich	Baby Carrots WGR Saltines	Apple Slices WGR Goldfish	Cheese Quesadilla	String Cheese Orange Slices
21	22	23	24	25
Pancakes Applesauce	WGR Biscuit/Gravy Banana	WGR Cold Cereal Fruit Cocktail	WGR Rice Cake Pears	WGR Cold Cereal Apricots
Bean Burrito Peas & Carrots Tropical Fruit	Pork Egg Roll Pineapple	Tiny Meatloaf Mashed Potatoes Corn	XtraChicken Veg Soup Bread Sticks Mandarin Oranges	WGR Egg Salad Sand Mixed Veggies Mixed Fruit
Boiled Egg WGR Ritz Cracker	WGR Rice Cakes Grapes	WGR Sun Chips Banana	Popcorn Juice	Soft Pretzels Cheese Sauce
28	28	30	31	
French Toast Diced Strawberries	English Muffin WGR Cantaloupe	WGR Cold Cereal Pears	WW Oatmeal Banana	Infant Substitutions
Hot Dog/Bun Chili Peaches	Tacos Green Beans Mango	Mac & Ham Salad Tropical Fruit Olives	Cheeseburger Tater Tots Watermelon	Peanut Butter Hot Dogs, Raw Carrots Celery, Grapes, Olives
WGR Triscuit Apple Slices	Cheese Stick Chicken InA Biscuit	Pretzels Baby Carrots	WGR English Muffin Pizza	Corn Cob, Chips Popcorn, Hard Crackers

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