

Kinderwood Children's Center Menu

Week 1 & 3
Rooms 4 & 5

	<u>Breakfast</u>	<u>Lunch:</u>	<u>Snack</u>
<u>Monday:</u>	Cheerios 1/3 c Peaches 1/2 c Milk 3/4 c	Spaghetti 1/4c Cheddar Cubes 2 oz Pears 1/4c Green Beans 1/4c Milk 3/4 c	Yogurt 1/4c Apple Juice 1/2c
<u>Tuesday:</u>	Waffles 1/2 serving w/ butter & syrup Pears 1/2 c Milk 3/4 c	Chicken Sandwich 1.75 oz Apples 1/4c Salad 1/4c Milk 3/4 c	Life Cereal 1/2 serving Apple Juice 1/2c
<u>Wednesday:</u>	Toast 1 slice w/ butter Mandarin Oranges 1/2 c Milk 3/4 c	Bean & Cheese Burritos 2oz Pears 1/4c Cucumbers 1/4c Milk 3/4 c	Whole Grain Goldfish Crackers 1/4c Apple Juice 1/2c
<u>Thursday:</u>	Nutrigrain Bar 1 serving Applesauce 1/2 c Milk 3/4 c	Chicken Nuggets 1.56 oz Graham Cracker 1/2 serv Peaches 1/4c Salad 1/4c Milk 3/4 c	String Cheese 1oz Apple Juice 1/2c
<u>Friday:</u>	Frosted Mini Wheats 1/3c Banana 1/2 c Milk 3/4 c	Cheese Pizza 1.5 oz on Whole Grain Buns Oranges 1/4c Carrots Sticks 1/4c Milk 3/4 c	Graham Crackers 1 Serving Apple Juice 1/2c

***All bread is Whole Grain Wheat *We serve 100% Apple Juice**
***Room 1 & 2 receive Whole Milk * Room 3-5 receive Fat Free Milk**

Menu is subject to change if needed

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