

Kinderwood Children's Center Menu

Week 1 & 3

Rooms 1-3

	<u>Breakfast</u>	<u>Lunch:</u>	<u>Snack</u>
<u>Monday:</u>	Cheerios ¼c Peaches ¼c Milk ½c	Spaghetti ¼c Cheddar Cubes 1oz Pears 1/8c Green Beans 1/8c Milk ½c	Yogurt ¼c Apple Juice ½c
<u>Tuesday:</u>	Waffles ½ serving w/ butter & syrup Pears ¼ c Milk ½c	Chicken Sandwich 1.75 oz Applesauce 1/8c Corn 1/8c Milk ½c	Life Cereal ¼c Apple Juice ½c
<u>Wednesday:</u>	Toast 1 slice w/ butter Mandarin Oranges ¼c Milk ½c	Bean & Cheese Burritos 2oz Pears 1/8c Cucumbers 1/8c Milk ½c	Whole Grain Goldfish Crackers ¼c Apple Juice ½c
<u>Thursday:</u>	Nutrigrain Bars 1 serving Applesauce ¼c Milk ½c	Chicken Nuggets 1.25 oz Peaches 1/8c Corn 1/8c Milk ½c	String Cheese 1oz Apple Juice ½c
<u>Friday:</u>	Frosted Mini Wheats ¼c Banana ¼c Milk ½c	Cheese Pizza 1oz on Whole Grain Buns Mandarin Oranges 1/8c Peas/carrot Medley 1/8c Milk ½c	Graham Crackers 1 Serving Apple Juice ½c

***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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March 2017