

Kinderwood Children's Center Menu

Week 1 & 3

Room 4-5

	<u>Breakfast</u>	<u>Lunch</u>	<u>Snack</u>
<u>Monday:</u>	Cheerios 1/3 C Bananas Milk 3/4 C	Spaghetti 1/4 C Tropical Fruit Salad 1/4 C Green Beans 1/4 C Milk 3/4 C	Yogurt 1/4 C Apple Juice 1/2 C
<u>Tuesday:</u>	Waffles 1/2 serving w/butter & syrup Peaches 1/4 C Milk 3/4 C	Chicken Sandwich 1.75 oz Apples Corn 1/4 C Milk 3/4 C	Life Cereal 1/4 C Apple Juice 1/2 C
<u>Wednesday:</u>	Toast 1 slice w/butter Mandarin Oranges 1/4 C Milk 3/4 C	Bean and Cheese Burritos Peaches 1/4 C Mixed Vegetable 1/4 C Milk 3/4 C	Whole Grain Goldfish Crackers 1/4 C Apple Juice 1/2 C
<u>Thursday:</u>	Nutrigrain Bars 1 serving Applesauce 1/4 C Milk 3/4 C	Chicken Nuggets Melon 1/4 C Corn 1/4 C Milk 3/4 C	Carrots and Dip Apple Juice 1/2 C
<u>Friday:</u>	Frosted Mini Wheats 1/4 C Banana 1/4 C Milk 3/4 C	Macaroni & Cheese 1/4 C Oranges Peas/Carrots Medley 1/4 C Milk 3/4 C	Graham Crackers 1 Serving Apple Juice 1/2 C

Menu is subject to change if needed

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