



Kinderwood Children's Center Menu
Rooms 4 & 5



Week 1 & 3

	Breakfast	Lunch	Snack
Monday	Pancakes Banana Milk	Spaghetti Apples Mixed Vegetables Milk	Yogurt Apple Juice
Tuesday	Waffles w/butter Peaches Milk	Turkey & Cheese Wrap Watermelon Cucumber Milk	Ritz Crackers & Cheddar Cheese Cubes Apple Juice
Wednesday	Toast w/butter Mandarin Oranges Milk	Bean & Cheese Burrito Peaches Green Beans Milk	Whole Grain Goldfish Apple Juice
Thursday	Blueberry Muffins Applesauce Milk	Fish Sticks Melon Corn Milk	Graham Crackers Apple Juice
Friday	Frosted Mini Wheats Tropical Fruit Salad Milk	Chicken Nuggets Raisins Peas & Carrots Milk	String Cheese Apple Juice

Menu is subject to change if needed

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Week 2 & 4

	Breakfast	Lunch	Snack
Monday	Waffles w/butter Peaches Milk	Tortellini Apples Mixed Vegetables Milk	Yogurt Apple Juice
Tuesday	Special K Cereal Banana Milk	Quesadilla Watermelon Green Beans Milk	Ritz Crackers & Cheddar Cheese Cubes Apple Juice
Wednesday	Toast w/butter Tropical Fruit Milk	Fish Sticks Melon Cucumber Milk	Whole Grain Goldfish Apple Juice
Thursday	Cheerios Mandarin Oranges Milk	Pizza Oranges Green Beans Milk	Graham Crackers Apple Juice
Friday	Nutrigrain Bar Applesauce Milk	Turkey & Cheese Sandwich Raisins Corn Milk	String Cheese Apple Juice

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