

## CENTER WEEKLY MENU

**Institution Name:** KiddieLand Corporation

Menu One

**Address:** 1941 Hog Mountain Road Watkinsville, GA 30677

DATE:						
MEAL PATTERNS/FOOD COMPONENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>BREAKFAST</b>						
Milk		MILK	MILK	MILK	MILK	
Vegetable/Fruit	Honey Dew Melon	Applesauce	Banana's	Tropical Fruit	Pears	
GRAIN (A whole grain is required once per day)	Cheerios	Whole Grain Toast			Whole Grain Ritz	
Meat/Meat Alternative (Optional-can substitute grain a maximum of 3 X per week)			Cottage Cheese	Cereal Mix		TOTAL COUNT BY AGE
Milk	MILK	MILK	MILK	MILK	MILK	
Meat/Meat Alternative	Mac and Cheese	Beef Sticks	Ravoli	Chicken Quesdilla	Ham & Cheese Rollups	
Vegetable	Green Beans	Field Peas	Sweet Peas	Avacodo	Salad	
Fruit/ Alternate vegetable	Apple Sauce	Mandarian Oranges	Fruit Cocktail	Salsa	Tropical Fruit Mix	
GRAIN (A whole grain is required once per day)	Whole Grain Bread	Whole Grain Bread	Whole grain Bread	Whole Grain Tortilla	Whole Grain Bread	TOTAL COUNT BY AGE
1 Year Old Counts						
2 Year Old Counts						
3-5 Year Old Counts						
6-12 Year Old Counts						
<b>PM SNACK - (select 2 of 5)</b>						
Milk	MILK	MILK	MILK	MILK	MILK	
Meat/Meat Alternative		Peanut Butter			String Cheese	
Vegetable			Cucumbers			
Fruit	Whole Grain Fruit Newtons			Craisons		
GRAIN (A whole grain is required once per day)		Whole Grain Crackers	Whole Grain Cheese it's	Whole Grain Pretzels	Whole Grain Saltines	TOTAL COUNT BY AGE
1 Year Old Counts						
2 Year Old Counts						
3-5 Year Old Counts						
6-12 Year Old Counts						

\* Whole Milk ONLY for 1 year old; \*\*1% or Low Fat or Skim Milk 2 years and above. \*\*\*Flavored Skim Milk for 6 and above permitted.