

CENTER WEEKLY MENU

Institution Name: KiddieLand Corporation

Address: 1941 Hog Mountain Road Watkinsville, GA 30677

DATE:					
MEAL PATTERNS/FOOD COMPONENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
Milk	MILK	MILK	MILK	MILK	MILK
Vegetable/Fruit		Apple Slices	Watermelon		Cantelope
GRAIN (A whole grain is required once per day)	Whole Grain Cheese Toast	Blueberry Muffins	Buttered Whole Grain Toast	Rice Cakes	Whole Grain English Muffins
Meat/Meat Alternative (Optional-can substitute grain a maximum of 3 X per week)	Cheese on Toast			Peanut Butter	
1 Year Old Counts					
2 Year Old Counts					
3-5 Year Old Counts					
6-12 Year Old Counts					
LUNCH					
Milk	MILK	MILK	MILK	MILK	MILK
Meat/Meat Alternative	Hot Dogs	Chicken Nuggets	Cheese Quesidilla	Tacos with Hamburger Meat	Bologna & Cheese Roll Ups
Vegetable	Pork and Beans	Black Eye Peas	Tomato Soup	Creamed Corn	Carrots
Fruit/ Alternate vegetable	Pineapple	Fruit Cocktail	Craisons	Lettuce	Grape Tomatoes
GRAIN (A whole grain is required once per day)	Whole Grain Hot Dog Bun	Whole Grain Noodles	Sun Chips	WholeWheat Shells	Whole Grain Bread
1 Year Old Counts					
2 Year Old Counts					
3-5 Year Old Counts					
6-12 Year Old Counts					
PM SNACK - (select 2 of 5)					
Milk	MILK	MILK	MILK	MILK	MILK
Meat/Meat Alternative	Boiled Eggs		Sliced Cheese		
Vegetable					Salsa
Fruit	Peaches	Pears		Oranges Wedges	
GRAIN (A whole grain is required once per day)		Shredded Wheat	Whole Grain Pretzels	Oatmeal Squares	Whole Wheat Tortilla Chips
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.

