

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	Blueberries	Applesauce	Mandarin Oranges	Tropical Fruit Mix	Apple Sauce
GRAIN (A whole grain is required once per day)	Pancakes	Whole Grain Fig Cookies	Cereal Mix	Oatmeal	Strawberry Muffins
Meat/Meat Alternative (Optional-can substitute grain a maximum of 3 X per week)					
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	Whole Grain Corndogs	Cheese Pizza	Fish Sticks	Spaghetti with Meatballs	nut Butter/Apple Jelly Sa
Vegetable	Baked Beans	Creamed Corn	Black Eye Peas	Sweet Peas	Veggie Chips
Fruit/ Alternate vegetable	Mandarin Oranges	Pineapple	Tropical Fruit Mix	Peaches	Apple Slices
GRAIN (A whole grain is required once per day)	Breading on Corn Dog	Quinoa	Whole Grain Sliced Bread	Garlic WholeWheat Toast	Whole Wheat 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		String Cheese	Peanut Butter		
Vegetable					
Fruit	Fruit Bowls			Jello with Fruit (HM)	Gogurt
GRAIN (A whole grain is required once per day)	Whole Grain Goldfish	WholeWheat Tortillas	Whole Wheat Pretzels	Rice Chex Cereal	Granola
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.