

# Lindgren Child Care Center Meal Service

## 2020-21

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Breakfast:</b> Kix cereal, apples &amp; milk  <b>Lunch:</b> Turkey sausage, scrambled eggs, pancake, sweet potatoes &amp; mandarin oranges  <b>Snack:</b> Ritz crackers &amp; 2<sup>nd</sup> component (variable)</p> <p style="text-align: center; border: 1px solid black; padding: 5px;">Week 1</p>	<p><b>Breakfast:</b> English muffin, applesauce, milk  <b>Lunch:</b> Cheeseburger, carrots, pears, kidney beans &amp; milk  <b>Snack:</b> Cheez It crackers &amp; 2<sup>nd</sup> component (variable)</p>	<p><b>Breakfast:</b> Life cereal, pineapple, milk  <b>Lunch:</b> Pulled pork sandwich, green beans, banana, black beans &amp; milk  <b>Snack:</b> Kix (puffed) &amp; milk</p>	<p><b>Breakfast:</b> Cheerios cereal, oranges, milk  <b>Lunch:</b> Tortilla with black beans, brown rice &amp; cheese, peas, carrots, pineapple, kidney beans &amp; milk  <b>Snack:</b> Graham crackers &amp; milk</p>	<p><b>Breakfast:</b> Waffle, apples, milk  <b>Lunch:</b> Cheese pizza, apples, California blend, &amp; milk  <b>Snack:</b> Weavables &amp; 2<sup>nd</sup> component (variable)</p>
<p><b>Breakfast:</b> Mini-Spooners cereal, apples &amp; milk  <b>Lunch:</b> Spaghetti &amp; beef meat sauce, garlic breadstick, peas, mandarin oranges, kidney beans, &amp; milk  <b>Snack:</b> Yogurt &amp; 2<sup>nd</sup> component (variable)</p> <p style="text-align: center; border: 1px solid black; padding: 5px;">Week 2</p>	<p><b>Breakfast:</b> Wheat toast, pineapple, milk  <b>Lunch:</b> Tortilla with beef taco meat, refried beans, lettuce, cheese &amp; mild salsa, carrots, apples, black beans &amp; milk  <b>Snack:</b> Toast &amp; milk</p>	<p><b>Breakfast:</b> Cheerios cereal, applesauce, milk  <b>Lunch:</b> Chicken &amp; rice hot dish, whole wheat bread, green beans, banana, kidney beans &amp; milk  <b>Snack:</b> Goldfish &amp; 2<sup>nd</sup> component (variable)</p>	<p><b>Breakfast:</b> Life cereal, pears, milk  <b>Lunch:</b> Grilled cheese sandwich, tomato soup, yams, pineapple &amp; milk  <b>Snack:</b> Graham crackers &amp; milk</p>	<p><b>Breakfast:</b> English Muffin, mandarin oranges, milk  <b>Lunch:</b> Turkey pot pie, wheat dinner roll, California blend, apples, kidney beans &amp; milk  <b>Snack:</b> Ritz crackers &amp; 2<sup>nd</sup> component (variable)</p>

MENUS ARE ON A 4 WEEK CYCLE. LUNCH IS VENDED IN BY CHARTWELLS. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

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## 2020-21

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Breakfast:</b> Waffle, pears, milk  <b>Lunch:</b> Stir fry, bread stick, peas, mandarin oranges, kidney beans &amp; milk  <b>Snack:</b> Wheat thins &amp; 2<sup>nd</sup> component (variable)</p>	<p><b>Breakfast:</b> Cheerios cereal, pineapple, milk  <b>Lunch:</b> Grilled chicken breast, whole wheat pasta &amp; marinara sauce, steamed carrots, pears, black beans &amp; milk  <b>Snack:</b> English muffin &amp; milk</p>	<p><b>Breakfast:</b> Kix cereal, apples, milk  <b>Lunch:</b> BBQ brisket, whole wheat bread, baked beans, banana, peas &amp; milk  <b>Snack:</b> Weavables &amp; 2<sup>nd</sup> component (variable)</p>	<p><b>Breakfast:</b> English muffin, mandarin oranges, milk  <b>Lunch:</b> Cheese pizza, sweet potatoes, pineapple &amp; milk  <b>Snack:</b> Goldfish &amp; 2<sup>nd</sup> component (variable)</p>	<p><b>Breakfast:</b> Mini-Spooners cereal, applesauce, milk  <b>Lunch:</b> Hot turkey &amp; cheese sandwich, California blend cup, apples, grilled cheese &amp; milk  <b>Snack:</b> Cheerios &amp; milk</p>
<div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 0 auto;">Week 3</div>				
<p><b>Breakfast:</b> Wheat toast, pineapple, milk  <b>Lunch:</b> Aloha chicken breast, whole wheat bread, peas, mandarin oranges, kidney beans &amp; milk  <b>Snack:</b> Cheez It crackers &amp; 2<sup>nd</sup> component (variable)</p>	<p><b>Breakfast:</b> Kix cereal, pears, milk  <b>Lunch:</b> Sloppy Joe, steamed carrots, apples, baked beans &amp; milk  <b>Snack:</b> Graham crackers &amp; milk</p>	<p><b>Breakfast:</b> English Muffin, applesauce, milk  <b>Lunch:</b> Turkey tater tot hot dish, bread stick, banana, black beans &amp; milk  <b>Snack:</b> Toast &amp; milk</p>	<p><b>Breakfast:</b> Life cereal, apples, milk  <b>Lunch:</b> Grilled chicken breast sandwich, green beans, pineapple, black beans &amp; milk  <b>Snack:</b> Yogurt &amp; 2<sup>nd</sup> component (variable)</p>	<p><b>Breakfast:</b> Waffle, mandarin oranges, milk  <b>Lunch:</b> Tortilla with beef taco meat, refried beans, lettuce, cheese &amp; mild salsa, California blend, apples &amp; milk  <b>Snack:</b> Goldfish &amp; 2<sup>nd</sup> component (variable)</p>
<div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 0 auto;">Week 4</div>				

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