





Monday	Tuesday	Wednesday	Thursday	Friday
	1 Breakfast: Bagels, Egg Patties, Fruit AM Snack: Yogurt Parfait Lunch: Teriyaki Chicken/rice /Veg. teriyaki Rice, Peas, Fruit PM Snack: Grahm Cracker & Cheese	2 Breakfast: Cinnamon Raisin Bread, Fruit AM Snack: Graham Crackers Lunch: Spaghetti with Marinara and chicken, Fruit /Spaghetti Marinara PM Snack: KRK trail mix	3 Breakfast: Pancakes, Egg Patties, Fruit AM Snack: Bananas Lunch: Sloppy Joe Sandwich, Corn, Fruit/ Cheeseburger PM Snack: Pretzel	4 4 th of July Holiday
7 Breakfast: Cereal, Turkey Sausage, Fruit AM Snack: Apples Lunch: Chicken Alfredo Pasta, Mixed Veggies, Fruit/ Alfredo Pasta PM Snack: Nutri grain	8 Breakfast: Bagels, Egg Patties, Fruit AM Snack: Ritz Crackers Lunch: Spanish rice & rice /Spanish Rice, Peas, Fruit PM Snack: Animal Crackers	9 Breakfast: Cinnamon Toast Sticks, Fruit AM Snack: Graham Cracker & Cream Cheese Lunch: Chicken Nuggets, Veggies, Fruit /Veggie Nuggets PM Snack: KRK trail mix	10 Breakfast: Pancakes, Egg Patties, Fruit AM Snack: Bananas Lunch: Grilled Cheese Sandwich, Corn, Fruit/ Grilled Cheese PM Snack: Vanilla Wafers	11 Breakfast: Biscuits, Turkey Bacon, Fruit AM Snack: Oranges Lunch: Cheese Quesadilla, Broccoli, Fruit PM Snack: Pretzel / Veggie Straws
14 Breakfast: Cereal, Turkey Sausage, Fruit AM Snack: Apples Lunch: Mac & Cheese, Mixed Veggies, Fruit/ Veggie Spaghetti PM Snack: Cookies	15 Breakfast: Bagels, Egg Patties, Fruit AM Snack: Yogurt Parfait Lunch: Cheesy Chicken rice / Cheesy Rice, Peas, Fruit PM Snack: Animal Crackers	16 Breakfast: Bagels, Egg Patties, Fruit AM Snack: Graham Cracker/ Cream Cheese Lunch: Taquitos/Veggie tacos, Peas, Fruit PM Snack: KRK Trail Mix	17 Breakfast: Pancakes, Egg Patties, Fruit AM Snack: Bananas Lunch: Turkey Sandwich, Corn, Fruit/ Grilled Cheese PM Snack: Vanilla Wafers	18 Breakfast: Biscuits, Turkey Bacon, Fruit AM Snack: Oranges Lunch: Taco Rice /Taco Rice, Broccoli, Fruit PM Snack: Pretzels
21 Breakfast: Cereal, Turkey Sausage, Fruit AM Snack: Apples Lunch: Farfalle Mixed Veggies, Fruit/ Veggie Farfalle PM Snack: Nutri grain	22 Breakfast: Bagels, Egg Patties, Fruit AM Snack: Cookie Lunch: Chicken Casserole, Peas, Fruit /Veggie Rice PM Snack: Animal Crackers	23 Breakfast: Cinnamon Toast Sticks, Fruit AM Snack: Grahm Cracker/Cream Cheese Lunch: Cheese Pizza, Fruit /Cheese Pizza PM Snack: KRK trail mix	24 Breakfast: Pancakes, Egg Patties, Fruit AM Snack: Bananas Lunch: Grilled Cheese, Corn, Fruit/ Grilled Cheese PM Snack: Vanilla Wafers	25 Breakfast: Biscuits, Turkey Bacon, Fruit AM Snack: Oranges Lunch: Refried Bean Burrito, Broccoli, Fruit /Refried Bean Burrito PM Snack: Pretzels/ Veggies Straws
28 Breakfast: Cereal, Turkey Sausage, Fruit AM Snack: Grahm Cracker Lunch: Spaghetti With Chicken, Mixed Veggies, Fruit/ Veggie Spaghetti	29 Breakfast: Bagels, Egg Patties, Fruit AM Snack: Apples Lunch: Spanish rice & rice /Spanish Rice, Peas, Fruit PM Snack: Ritz Cracker & Cheese	30 Breakfast: Biscuits, Turkey Bacon, Fruit AM Snack: Oranges Lunch: Chicken Nuggets, Broccoli, Fruit /Vegetarian Nuggets PM Snack: KRK Trail Mix Veggies Straws	31 Breakfast: Cinnamon toast Sticks, Fruit AM Snack: Bananas Lunch: Turkey& Cheese Sliders/ Cheese Slider, Green Beans, Fruit PM Snack: Sun Chips/ Veggie Straws	

PM Snack: Cookies. Kids 'R' Kids Of Allen • 1223 N Alma Dr, Allen, TX • 214-667-7777 • www.kidsrkidsAllen.com