Kids R Kids Learning Academy

2026 MENU

November

Week 1	2	3	4	5	6
Breakfast	English Muffins w/jelly Bananas & 1% Milk	Egg and cheese tacos, blueberries & 1% milk	Cheerios, w/cheese toast w/peaches & 1% Milk	Turkey Sausage & Biscuit w/apples & 1% Milk	Raisin Bread, strawberries, & 1% milk
Lunch	Steak Fingers, mashed potatoes, mandarin oranges carrots & 1% Milk	Chicken Alfredo Pasta w/peas, fruit cocktail & 1% Milk	Fish Sticks w/Sweet Potato Fries, blueberries & 1% Milk	Cheeseburgers, tater tots, w/peaches & 1% Milk	Cheese Pizza w/ green beans, pineapples & 1% Milk
Vegetarian	*Plant based meatballs*	*Plant Based Chick'n alfredo pasta*	*Plant Based Crispy Breaded Fish*	*Garden burger*	
Snack PM	Chez-its & Apples	Oatmeal cookies & 1% milk	Chex Mix & oranges	Crackers w/cheese & turkey	Oatmeal cookies & 1% milk
Light Dinner	Turkey & Cheese Sandwiches, bell peppers, oranges	Turkey & Cheese Sandwiches, bell peppers, oranges	Turkey & Cheese Sandwiches, bell peppers, oranges	Turkey & Cheese Sandwiches, bell peppers, oranges	Turkey & Cheese Sandwiches, bell peppers, oranges
Week 2	**9**	**10**	**11**	**12**	**13**
Breakfast	Eggs & sausage, mandarin oranges, & 1% milk	French Toast Sticks w/pears & 1% milk	Kix, w/cheese toast w/peaches & 1% Milk	English Muffins w/jelly Bananas & 1% Milk	Waffles w/pineapples & 1% Milk
Lunch	Broccoli and Chicken Casserole (broccoli, cheese, cream of mushroom, chicken,rice/ fruit cocktail & 1% Milk	Taco Beef Hard Shells, Corn, w/peaches & 1% Milk	Chicken Burgers, tater tots, w/pears & 1% Milk	Spaghetti w/ground beef, pears, salad & 1% milk	Cheese Pizza w/ green beans, peaches & 1% Milk
Vegetarian	*Broccoli, Plant based chicken, and Cheese Casserole (broccoli, cheese, cream of mushroom,*	*Taco Plant Based Ground Beef Hard Shell*	*Plant Based Chick'n Filets Burger*	*Plant Based Ground beef spaghetti*	
Snack PM	Teddy grahams & yogurt	Pretzel & cheese cubes	Crackers w/cheese & turkey	Chez-its & Apples	Hummus & pretzels
Light Dinner	Turkey & Cheese Sandwiches, celery, apples	Turkey & Cheese Sandwiches, celery, apples	Turkey & Cheese Sandwiches, celery, apples	Turkey & Cheese Sandwiches, celery, apples	Turkey & Cheese Sandwiches, celery, apples
Week 3	**16**	**17**	**18**	**19**	**20**
Breakfast	English Muffins w/jelly Bananas & 1% Milk	Egg and cheese tacos, blueberries & 1% milk	Kix, w/cheese toast w/peaches & 1% Milk	English Muffins w/jelly strawberries & 1% Milk	Waffles w/pineapples & 1% Milk
Lunch	Cheeseburgers, tater tots, w/peaches & 1% Milk	Chicken Alfredo Pasta w/peas, fruit cocktail & 1% Milk	Enchilada Casserole (beef, refried beans, cheese) corn w/pineapples & 1% Milk	Chicken Burger w/Sweet Potato Fries, fruit cocktail & 1% Milk	Cheese Pizza w/ green beans, peaches & 1% Milk
Vegetarian	*Garden burger*	*Plant Based Chick'n alfredo pasta*	*Cheese and Black Bean Enchiladas*	*Plant Based Chick'n Filets*	
Snack PM	*Chez-its & Apples*	*Oatmeal cookies & 1% milk*	*Crackers w/cheese & turkey*	Graham crackers w/applesauce	Hummus & pretzels
Light Dinner	Turkey & Cheese Sandwiches, bell peppers, oranges	Turkey & Cheese Sandwiches, bell peppers, oranges	Turkey & Cheese Sandwiches, bell peppers, oranges	Turkey & Cheese Sandwiches, bell peppers, oranges	Turkey & Cheese Sandwiches, bell peppers, oranges
Week 4	**23**	**24**	**25**	**26**	**27**
Breakfast	French Toast Sticks w/pears & 1% milk	Turkey Sausage & Biscuit w/apples & 1% Milk	Kix, w/cheese toast w/peaches & 1% Milk	English Muffins w/jelly Bananas & 1% Milk	Waffles w/pineapples & 1% Milk
Lunch	Taco Beef Hard Shells, Corn, w/peaches & 1% Milk	Chicken Burgers, tater tots, w/pears & 1% Milk	Salisbury Steak, Mashed potatoes, w/fruit cocktail & 1%milk	Chicken Nuggets & 1% milk	Cheese Pizza w/ green beans, peaches & 1% Milk
Vegetarian	*Taco Plant Based Ground Beef Hard Shell*	*Plant Based Chick'n Filets Burger*	*Plant based meatballs*	*Plant Based Chick'n*	
Snack PM	Hummus & pretzels	Teddy grahams & yogurt		Crackers w/cheese & turkey	
Light Dinner	Turkey & Cheese Sandwiches, pickles, fresh pears	Turkey & Cheese Sandwiches, pickles, fresh pears	, fresh pears	Turkey & Cheese Sandwiches, pickles, fresh pears	Turkey & Cheese Sandwiches, pickles, fresh pears
Week 5	**30**	**1**	**2**	**4**	**4**
Breakfast	English Muffins w/jelly Bananas & 1% Milk	Egg and cheese tacos, blueberries & 1% milk	Cheerios, w/cheese toast w/peaches & 1% Milk	Turkey Sausage & Biscuit w/apples & 1% Milk	Raisin Bread, strawberries, & 1% milk
Lunch	Broccoli and Chicken Casserole (broccoli, cheese, cream of mushroom, chicken,rice/ fruit cocktail & 1% Milk	Chicken Alfredo Pasta w/peas, fruit cocktail & 1% Milk	Fish Sticks w/Sweet Potato Fries, blueberries & 1% Milk	Cheeseburgers, tater tots, w/peaches & 1% Milk	Cheese Pizza w/ green beans, pineapples & 1% Milk
Vegetarian	*Broccoli, Plant based chicken, and Cheese Casserole (broccoli, cheese, cream of mushroom,*	*Plant Based Chick'n alfredo pasta*	*Plant Based Crispy Breaded Fish*	*Garden burger*	
Snack PM	Chez-its & Apples	Oatmeal cookies & 1% milk	Chex Mix & oranges	Crackers w/cheese & turkey	Oatmeal cookies & 1% milk
Light Dinner	Turkey & Cheese Sandwiches, bell peppers, oranges	Turkey & Cheese Sandwiches, bell peppers, oranges	Turkey & Cheese Sandwiches, bell peppers, oranges	Turkey & Cheese Sandwiches, bell peppers, oranges	Turkey & Cheese Sandwiches, bell peppers, oranges

KRK CLOSES @ 12PM

KRK CLOSED