



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	BREAKFAST	Cereal	Yogurt / Graham Crackers	Cereal	Biscuit / Fruit	Cereal
	AM SNACK	Graham Crackers / Fruit	Whole Grain Cinnamon Toast	Yogurt / Vanilla Wafers	Cereal Mix	Whole Grain Toast w/ Jelly
	LUNCH	Chicken Sandwich / Vegetarian Burger / Roasted Potatoes / Mandarin Oranges	Grilled Chicken / Vegetarian Nuggets / Mac & Cheese / Peas / Pineapple	Salisbury Steak / Vegetarian Patty / Green Beans / Flat Bread / Peaches	Cheese Pizza / Mixed Vegetables / Applesauce	Turkey & Cheese Sandwich / Cheese Sandwich / Carrots / Pears
	PM SNACK	Veggie Straws	Belvita Biscuits	Fresh Fruit	Whole Grain Fruit Bar	Bagel / Cream Cheese
Week 2	BREAKFAST	Cereal	Yogurt / Whole Grain Fruit Bar	Cereal	Whole Grain Toast / Fruit	Cereal
	AM SNACK	Biscuit w/ Jelly	Whole Grain Cinnamon Toast	Yogurt / Graham Crackers	Belvita Biscuits	Vanilla Wafers / Fruit
	LUNCH	Chicken & Vegetable Pot Pie / Vegetable Pot Pie / Brown Rice / Applesauce	Turkey Tacos / Refried Beans / Green Beans / Pineapple	Grilled Cheese Sandwich / Tomato Soup / Peaches	Spaghetti with Meat Sauce / Spaghetti with Marinara Sauce / Peas / Pears	Chicken Nuggets / Vegetarian Nuggets / Mashed Potatoes / Sliced Bread / Mandarin Oranges
	PM SNACK	Goldfish	Cheese / Crackers	Veggie Straws	Cinnamon Biscuit	Whole Grain Fruit Bar
Week 3	BREAKFAST	Cereal	Whole Grain Toast / Fresh Fruit	Cereal	Yogurt / Graham Crackers	Cereal
	AM SNACK	Whole Grain Toast w/ Jelly	Belvita Biscuits	Biscuit w/ Jelly	Fresh Fruit	Goldfish
	LUNCH	Hamburgers / Vegetarian Burger / Roasted Potatoes / Applesauce	Bean & Cheese Burrito / Peas / Pineapple	Tater Tot Casserole / Cheese Sandwich / Sliced Bread / Carrots / Peaches	Chicken Alfredo Pasta / Alfredo Pasta / Green Beans / Mandarin Oranges	Chicken Crispitos / Cheese Roll Up / Mixed Vegetables / Pears
	PM SNACK	Goldfish	Hummus / Pita Bread	Fruit / Graham Crackers	Cheese / Crackers	Yogurt / Vanilla Wafers

* Items in red are vegetarian options. Kids 'R' Kids is a peanut/nut free & pork free school.

Milk is served for all breakfasts & lunches (Whole for 100-250; 1% for 300 and up). Water is served with all snacks.