

Week 1	1	2	3	4	5
Breakfast	Oatmeal w/ Fruit Toppings	Mini Pancakes w/ Syrup	Toast & Turkey Sausage	French Toast Sticks, Yogurt	Fruit Cereal, Milk, Water
Lunch	Turkey & Cheese Sandwich, Carrots, Peaches	Mini Tacos w Refried Beans, Fruit	Alfredo Pasta w/ Peas, Fruit	Grilled Tortilla Roll-ups, (includes veggies), Fruit	Pizza, Salad, Fruit Juice
Vegetarian	Grilled Cheese Sandwich	Bean & Cheese Tacos		Veggie Roll	
Snack PM	KRK Trail Mix (Cereal, Goldfish, Froot Loops)	Pretzels & Cheese Dip	Veggie Straws, Fiesta Dip	Nutri-Grain Bar, Yogurt	Pudding & Animal Crackers
Week 2	8	9	10	1	12
Breakfast	Oatmeal w/ Fruit Toppings	Mini Pancakes, Yogurt	Toast & Turkey Sausage	French Toast Sticks, Yogurt	Fruit Cereal, Milk, Water
Lunch	Bean & Cheese Burritos, Veggies, Fruit	Grilled BBQ Chicken w/ Mashed Potatoes, Rolls, Fruit	Mac & Cheese, Mixed Veggies, Fruit	Turkey Corndogs, Mixed Veggies, Fruit	Fish 'n' chips, Fruit Juice
Vegetarian		Meatless Chicken		Veggie Corndogs	Pizza Bites
Snack PM	KRK Trail Mix (Cereal, Goldfish, Froot Loops)	Pretzels & Cheese Dip	Veggie Straws, Fiesta Dip	Nutri-Grain Bar, Yogurt	Pudding & Animal Crackers
Week 3	15	16	17	18	19
Breakfast	Oatmeal w/ Fruit Toppings	Mini Pancakes, Yogurt	Toast & Turkey Sausage	French Toast Sticks, Yogurt	Fruit Cereal, Milk, Water
Lunch	Cheese Quesadilla & Sour Cream, Corn, Fruit	Taco Salad w/ Tortilla Chips, Fruit	Pasta w/ Red Meat Sauce, Veggies, National Banana Day!!	Broccoli Rice & Cheese Casseroles, Fruit	Chicken Strips, Tater Tots, Fruit Juice
Vegetarian		Black Beans	No Meat		Veggie Nuggets
Snack PM	KRK Trail Mix (Cereal, Goldfish, Froot Loops)	Pretzels & Cheese Dip	Veggie Straws, Fiesta Dip	Nutri-Grain Bar, Yogurt, Water	Pudding & Animal Crackers
Week 4	22	23	24	25	26
Breakfast	Oatmeal w/ Fruit Toppings	Mini Pancakes w/ Syrup	Toast & Turkey Sausage	French Toast Sticks, Yogurt	Fruit Cereal, Milk, Water
Lunch	Turkey & Cheese sandwich, Carrots, Peaches	Mini Tacos w Refried Beans, Fruit	Alfredo Pasta w/ Peas, Fruit	Grilled Tortilla Roll-ups, (includes veggies), Fruit	Pizza, Salad, Fruit Juice
Vegetarian	Grilled Cheese Sandwich	Bean & Cheese Tacos		Veggie Roll	
Snack PM	KRK Trail Mix (Cereal, Goldfish, Froot Loops)	Pretzels & Cheese Dip	Veggie Straws, Fiesta Dip	Nutri-Grain Bar, Yogurt	Pudding & Animal Crackers
Week 5	27	28	29	30	1
Breakfast	Oatmeal w/ Fruit Toppings	Mini Pancakes, Yogurt	Toast & Turkey Sausage	French Toast Sticks, Yogurt	
Lunch	Bean & Cheese Burritos, Veggies, Fruit	Grilled BBQ Chicken w/ Mashed Potatoes, Fruit	Mac & Cheese, Mixed Veggies, Fruit	Turkey Corndogs, Mixed Veggies, Fruit	
Vegetarian		Meatless Chicken		Veggie Corndogs	

Snack PM	KRK Trail Mix (Cereal, Goldfish, Froot Loops)	Pretzels & Cheese Dip	Veggie Straws, Fiesta Dip	Nutri-Grain Bar, Yogurt	
----------	---	-----------------------	---------------------------	-------------------------	--



2024 MENU

April

Early Release
PreK-8th Grade

School Picture Day

Early Release
PreK-8th Grade

School Picture Day

Early Release
PreK-8th Grade

School Picture Day

Early Release
PreK-8th Grade

School Picture Day

Early Release
PreK-8th Grade

School Picture Day

www.krkflowermound.com

Kids 'R' Kids of Flower Mound is a **NUT & RED MEAT FREE** facility, substitutions will be available.

Juice will be served during breakfast; milk will be served during lunch along with water. Substitutions are available for student's that need it.
Crackers will be served during late snack.