

Week 1	2	3	4	5	6
Breakfast		Mini Pancakes, Turkey Sausage	Banana & Berry Muffins	French Toast Sticks, Yogurt	Frosted Mini Wheats, Milk, Water
Lunch		Mini Tacos w/ Beans, Watermelon	Pasta w/ Red Meat Sauce, Mixed Veggies, Orange	Cheese Pizza Day! Mixed veggie, Watermelon	Fish Sticks, Tater Tots, Pineapples
Vegetarian		Veggie Meat			Pizza Bites
Snack PM		Pretzels & Cheese Dip	Graham Crackers & Sun Butter	Teddy Grahams, Yogurt, Water	Cheez-its & Raisins
Week 2	9	10	11	12	13
Breakfast	Oatmeal, Bananas	Mini Pancakes, Turkey Sausage	Banana & Berry Muffins	French Toast Sticks, Yogurt	Frosted Mini Wheats, Milk, Water
Lunch	Turkey & Cheese Sandwich, Carrots, Bananas	Taco Soup w/ Tortilla Chips, Watermelon	Alfredo Pasta /w Peas, Oranges	Mini Chicken Corndogs, Mixed Veggies, Watermelon	Chicken Nuggets, Tater Tots, Pineapples
Vegetarian		Veggie Meat		Vegetarian Corndogs	Pizza Bites
Snack PM	KRK Trail Mix (Cereal, Goldfish, Froot Loops)	Pretzels & Cheese Dip	Graham Crackers & Sun Butter	Teddy Grahams, Yogurt, Water	Cheez-its & Raisins
Week 3	16	17	18	19	20
Breakfast	Oatmeal, Fruit Toppings	Mini Pancakes, Turkey Sausage	Banana & Berry Muffins	French Toast Sticks, Yogurt	Frosted Mini Wheats, Milk, Water
Lunch	Turkey Roll-up w/ Greens, Bananas	Taco Salad w/ Tortilla Chips, Watermelon	Mac & Cheese, Mixed Veggies, Oranges	Broccoli Rice & Cheese Casseroles, Watermelon	Cheese Pizza, Salad, Pineapples
Vegetarian		Veggie Meat			Pizza Bites
Snack PM	KRK Trail Mix (Cereal, Goldfish, Froot Loops)	Pretzels & Cheese Dip	Graham Crackers & Sun Butter	Teddy Grahams, Yogurt, Water	Cheez-its & Raisins
Week 4	23	24	25	26	27
Breakfast	Oatmeal, Fruit Toppings	Mini Pancakes, Turkey Sausage	Banana & Berry Muffins	French Toast Sticks, Yogurt	Frosted Mini Wheats, Milk, Water
Lunch	Bean & Cheese Burritos, Mixed Veggies, Bananas	Mini Tacos w/ Beans, Watermelon	Pasta w/ Red Meat Sauce, Mixed Veggies, Oranges	Broccoli Rice & Cheese Casseroles, Watermelon	Fish Sticks, Tater Tots, Pineapples
Vegetarian		Veggie Meat			Pizza Bites
Snack PM	KRK Trail Mix (Cereal, Goldfish, Froot Loops)	Pretzels & Cheese Dip	Graham Crackers & Sun Butter	Teddy Grahams, Yogurt, Water	Cheez-its & Raisins
Week 5	30	1	2	3	4
Breakfast	Oatmeal, Fruit Toppings				
Lunch	Turkey & Cheese Sandwich, Carrots, Bananas				

Vegetarian					
Snack PM	KRK Trail Mix (Cereal, Goldfish, Froot Loops)				



2024 MENU

September

Early Release
PreK-8th Grade

School Picture Day

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Kids 'R' Kids of Flower Mound • 1230 Flower Mound Rd, TX 75028 • 972-691-2634 • www.krkflowermound.com

Kids 'R' Kids of Flower Mound is a **NUT & RED MEAT FREE** facility, substitutions will be available. Juice and milk will be served during breakfast, milk will be served during lunch. Substitutions are available for student's that need it. Crackers will be served during late snack.