

| Week 1 | 28 | 29 | 30 | 1 | 2 |
|------------|---|---|---|--|------------------------------------|
| Breakfast | | | | French Toast Sticks, Yogurt & Blue Berries, Milk | Cheerios, Milk, Pineapples, |
| Lunch | | | | Broccoli Rice & Cheese Casserole, Bananas | Cheese Pizza, Salad, Pears |
| Vegetarian | | | | | |
| Snack PM | | | | Teddy Grahams, Yogurt | Cheez-its & Raisins |
| Week 2 | 5 | 6 | 7 | 8 | 9 |
| Breakfast | Oatmeal, Blue Berries, Milk | Mini Pancakes, Turkey Sausage, Watermelon, Milk | Waffles, Sliced Bananas, Milk | French Toast Sticks, Yogurt, Blue Berries, Milk | Cheerios, Milk, Pineapples, |
| Lunch | Turkey & Cheese Sandwich, Salad, Pineapples | Taco Salad & Tortilla Chips, Watermelon | Mac & Cheese & Peas, Oranges | Chicken Pot Pie, Bananas | Chicken Nuggets, Tater Tots, Pears |
| Vegetarian | Grilled Cheese | No Meat, Chickpeas | | Veggie Pot Pies | Veggie Nuggets |
| Snack PM | KRK Trail Mix | Pretzels & Cheese | Graham Crackers & Sun Butter | Teddy Grahams, Yogurt | Cheez-its & Raisins |
| Week 3 | 12 | 13 | 14 | 15 | 16 |
| Breakfast | Oatmeal, Blue Berries, Milk | Mini Pancakes, Turkey Sausage, Watermelon, Milk | Waffles, Sliced Bananas, Milk | French Toast Sticks, Yogurt, Blue Berries, Milk | Cheerios, Milk, Pineapples, |
| Lunch | Beans & Cheese Burritos, Salad, Pineapples | Mini Tacos, Beans, Watermelon | Pasta & Red Sauce, Mixed Veggies, Oranges | Meatballs w/ Mashed Potatoes & Gravy Bananas | Fish Sticks, French Fries, Pears |
| Vegetarian | | Bean & Cheese Tacos | | Veggie Meatballs | Pizza Bites |
| Snack PM | KRK Trail Mix | Pretzels & Cheese Dip | Graham Crackers & Sun Butter | Teddy Grahams, Yogurt | Cheez-its & Raisins |
| Week 4 | 19 | 20 | 21 | 22 | 23 |
| Breakfast | Oatmeal, Blue Berries, Milk | Mini Pancakes, Turkey Sausage, Watermelon, Milk | Waffles, Sliced Bananas, Milk | French Toast Sticks, Yogurt, Blue Berries, Milk | Cheerios, Milk, Pineapples, |
| Lunch | Quesadillas, Corn, Pineapples | Taco Soup & Tortilla Chips, Watermelon | Alfredo Pasta & Peas, Oranges | Broccoli Rice & Cheese Casserole, Bananas | Cheese Pizza, Salad, Pears |
| Vegetarian | | No Meat | | | |
| Snack PM | KRK Trail Mix | Pretzels & Cheese Dip | Graham Crackers & Sun Butter | Teddy Grahams, Yogurt | Cheez-its & Raisins |
| Week 5 | 26 | 27 | 28 | 29 | 30 |
| Breakfast | Oatmeal, Blue Berries, Milk | Mini Pancakes, Turkey Sausage, Watermelon, Milk | Waffles, Sliced Bananas, Milk | French Toast Sticks, Yogurt, Blue Berries, Milk | Cheerios, Milk, Pineapples, |
| Lunch | Turkey & Cheese Sandwich, Salad, Pineapples | Taco Salad & Tortilla Chips, Watermelon | Mac & Cheese & Peas, Oranges | Chicken Pot Pie, Bananas | Chicken Nuggets, Tater Tots, Pears |
| Vegetarian | Grilled Cheese | No Meat, Chickpeas | | Veggie Pot Pies | Veggie Nuggets |
| Snack PM | KRK Trail Mix | Pretzels & Cheese | Graham Crackers & Sun Butter | Teddy Grahams, Yogurt | Cheez-its & Raisins |

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.