





Week 1	30	31	1	2	3
Snack AM	Granola* Yogurt Parfait w/Berries	WG Bagels*/Jelly & Bananas		Chex Cereal* and Bananas	Blueberry Muffins
Lunch	Sausage Breakfast Potatoes Pineapple Tidbits	Lunchables on WG Crackers* Carrot Sticks Applesauce	CLOSED	Chicken Alfredo Peas Fruit Cocktail	Chicken Taco Salad Oranges
Vegetarian	Veggie Sausage			Meatless Strips	Meatless Strips
Snack PM	Chips and Salsa	CLOSE @ 12pm		Pretzels and String Cheese	Graham cracker*/ Applesauce
Week 2	6	7	8	9	10
Snack AM	English Muffins/Jelly & Oranges	Granola* Yogurt Parfait w/Berries	Pancakes and Peaches	Blueberry WG Oatmeal*	Cheerios and Bananas
Lunch	Spaghetti and Meat Sauce Green Beans Apples	Fish Sticks Mixed Veggies Pineapple Tidbits	Swedish Meatballs Peas and Carrots Oranges	Chicken Rice Casserole Mixed Veggies Fruit Cocktail	Whole Grain Cheese Pizza* Green Beans Applesauce
Vegetarian	Meatless Crumbles	Fish Filets	Meatless Meatballs	Meatless Strips	N/A
Snack PM	Wheat Thins* & Cheese	Goldfish	Graham Cracker*/Applesauce	Chex Mix	Cheese and Crackers
Week 3	13	14	15	16	17
Snack AM	Hashbrowns and Pears	Eggs and Whole Wheat Toast* Fruit Cocktail	French Toast & Blueberries	Croissant /Jelly w Peaches	Cereal* & Bananas
Lunch	Cheeseburger Smile Fries Apples	Taquitos Refried Beans Pineapple Tidbits	Whole Grain Steak Fingers* Broccoli and Cheese Oranges	Cheese Quesadillas Green Beans Tropical Fruit	Chicken Sandwich Salad w/Ranch Fruit Cocktail
Vegetarian	Veggie Burgers	Veggie Taquito Bites	Veggie Corn Dog	N/A	Veggie Patty
Snack PM	Crackers* and String Cheese	Cheese its	Chex Mix	Cheese and Whole Wheat* Butter Rounds	Graham Crackers*/ Applesauce
Week 4	20	21	22	23	23
Snack AM	Cheerios* and Bananas	Peach WG Oatmeal*	Whole Wheat Toast*/Pears	Cereal* & Bananas	Pancakes & Blueberries
Lunch	Macaroni and Cheese Mixed Veggies Pineapple Tidbits	Grilled Cheese Tomato Soup Apples	Chicken Fried Chicken Mashed Potatoes Oranges	Corn Dogs Tater Tots Peaches	Lunchables on WG Crackers* Carrot Sticks Tropical Fruit
Vegetarian	N/A	N/A	Veggie Patty	Veggie Corn Dog	Cheese Roll Up
Snack PM	Pretzels and String Cheese	Chips and Salsa	Goldfish	Animal Crackers	Oatmeal Cookies
Week 5	27	28	29	30	31
Snack AM	Strawberry WG Oatmeal*	Pancakes and Bananas	Cinnamon Toast* & Blueberries	French Toast and Pears	Cheerios* and Bananas
Lunch	Fish Sticks Peas Applesauce	Dino Nuggets* Tater Tots Pears	Macaroni & Cheese Peas and Carrots Apples	Salisbury Steak Mashed Potatoes Oranges	Whole Grain Cheese Pizza* Green Beans Fruit Cocktail
Vegetarian	Veggie Fish Filets	Veggie Nuggets	N/A	Veggie Patty	N/A
Snack PM	Club Crackers & Cheese Sticks	Goldfish	Cheese and Crackers	Graham Crackers*/ Applesauce	Chex Mix

Milk Served with Breakfast --Milk served with Lunch -- 100% Juice served with PM Snack \*=Whole Grain/Whole Wheat Kids 'R' Kids of Keller • 4117 Keller Hicks Rd, TX 76244 • 817-337-0010 • www.krkkeller.com