





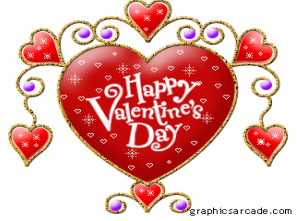


KRK February Menu



Mon	Tue	Wed		
<p>4 Martin Luther King Jr Breakfast: French Toast & Low Fat Vanilla Yogurt Snack: Nutragrain Bars Lunch: Chicken Sandwiches, Steamed Green Beans, Diced Pears Snack: Cheese Its, Craisins</p>	<p>5 Breakfast: Pork Sausage Patty, Cheese Toast Snack: Chex Mix Lunch: Hamburger Helper, Steamed Peas, Pineapple Chunks Snack: Sliced Oranges & Sliced Apples (100-200 Mandarin Oranges)</p>	<p>6 Breakfast: Whole Grain Cereal Snack: Graham Crackers & Cream Cheese, Raisins Lunch: Frito Pie, Steamed Corn, Mixed Fruit Snack: Rice Cakes, Applesauce School Age: Frito pie</p> <p>Engineers-SubZero</p>	<p>7 Breakfast: Scrambled Eggs & Hashbrowns Snack: Low Fat Vanilla Yogurt & Animal Crackers Lunch: Pizza Quesadillas, Steamed Peas, Diced Peaches Snack: Carrot Sticks, Ranch Dip (100-200: Veggie Straws) Architects- SubZero</p>	<p>8 Breakfast: Kolaches Chef Kids: Japanese Pickled Cucumber Lunch: Chicken Veggie Noodle Alfredo, Steamed Mixed Veggies, Mandarin Oranges Snack: Ants on a Celery Log w/Sunbutter</p>
<p>11 Dr. Mae Jemison Breakfast: Belgian Waffles & Low Fat Vanilla Yogurt Snack: Granola Bars Lunch: Steak Fingers w/ Cauliflower Potatoes, Gravy, Mixed Fruit Snack: Cheese, Crackers, Pepperoni</p>	<p>12 Breakfast: Buttermilk Biscuits, Pork Sausage Patty Snack: Bananas, Nilla Wafers Lunch: Chicken & Stuffing, Steamed Corn, Pineapple Chunks Snack: veggie dip and crackers</p> <p>Architects/Engineers-MayCommunity</p>	<p>13 Breakfast: Whole Grain Cereal Snack: Graham Crackers, Fresh fruit Lunch: Homemade Beef & Veggie Chili Over Rice, Diced Peaches Snack: Pretzels & Cream Cheese (100-200 Teddy Grahams)</p>	<p>14 Breakfast: Breakfast Tacos Snack: Apple Smiles Lunch: Party Food Snack: Party Food Valentine's Day Party</p> 	<p>15 Breakfast: Chicken Biscuits Chef Kids: Teriyaki Dipper Lunch: Lasagna Casserole w/ Veggie & Meat Sauce, Green Beans, Mandarin Oranges Snack: Animal Crackers, Chocolate Pudding</p> <p>Parents Night Out</p> <p>Private K-SubZero</p>
<p>18 Garrett Morgan Breakfast: French Toast & Low Fat Vanilla Yogurt Snack: Nutragrain Bars Lunch: Meatball Subs, Steamed Green Beans, Diced Pears Snack: Rice Cakes, Applesauce</p> <p>HISD-School Holiday</p>	<p>19 Breakfast: Pork Sausage Patty, English Muffins Snack: Ants on a Raft Lunch: Tator Tot Casserole, Mixed Vegetables, Pineapple Chunks Snack: Pizza Bagels</p> <p>HISD-School Holiday</p> <p>Astronauts-Picnic @ Park</p>	<p>20 Breakfast: Whole Grain Cereal Snack: Salsa & Tortilla Chips Lunch: Hot Dogs, Baked Beans, Mixed Fruit Snack: Cheese, Crackers, and Pepperoni School Age: Hot Dogs & ketchup</p>	<p>21 Breakfast: Scrambled Eggs & Hashbrowns Snack: Low Fat Vanilla Yogurt & Apple Slices Lunch: Chicken Broccoli Rice Casserole, Diced Peaches Snack: Turkey & Cheese Roll Ups</p> <p>Scientist-Picnic @ Park</p>	<p>22 PICNIC DAY</p> <p>Breakfast: Kolaches Chef Kids: Fruit Sushi Lunch: BRING A SACK LUNCH Snack: Graham Crackers, Sun Butter</p> 
<p>25 Breakfast: Belgian Waffles & Low Fat Vanilla Yogurt Snack: Granola Bars Lunch: Cheese Pizza, Steamed Peas, Pineapple Chunks Snack: Pretzels & Veggie Dip (100-200 Crackers & Veggie Dip)</p>	<p>26 Breakfast: Buttermilk Biscuits, Pork Sausage Patty Snack: Goldfish, Mixed Fruit Lunch: Beef Stroganoff, Steamed Green Beans, Diced Pears Snack: Apple Slices, Craisins</p>	<p>27 Breakfast: Whole Grain Cereal Snack: Chex Mix Lunch: Chicken Tacos w/Lettuce, Steamed Peas, Mixed Fruit Snack: Carrot Sticks, Broccoli & Ranch Dip (100-200: Veggie Straws)</p>	<p>28 Breakfast: Breakfast Tacos Snack: Low Fat Vanilla Yogurt & Fresh Fruit Lunch: Chicken Pot Pie W/ Mixed Veggies, Diced Peaches Snack: Bagels W/Cream Cheese & Jelly</p>	<p>1 Breakfast: Brown Sugar Oatmeal, Whole Wheat Toast Chef Kids: Fried Rice Lunch: Bean & Cheese Nachos, Steamed Corn, Mandarin Oranges Snack: Nilla Wafers, Sun Butter</p>
	<p>MARTIN LUTHER KING JR.  1929 1968</p>			

All Breakfast & lunches are served with milk. All breakfasts are served with fresh fruit. All snacks are served with water. Every Friday we have Chef Kids cooking class for 350- Priv.K. All casseroles have additional vegetables in the sauces.

Chef Kids Cooking Class

1st Chef Kids: Japanese Pickled Cucumber- The children will use cucumber, salt, rice vinegar, sugar, and sesame seeds to create a quick version of these treats.

Objective: Children will discover how the added ingredients can drastically change original taste of an item, they will use measurement, and follow direction, learn about the origin

2nd Chef Kids: Teriyaki Dippers – Classes will make their own teriyaki sauce using soy sauce, brown sugar and garlic. Then they will dip chicken nuggets in to taste their creation.

Objective: Children will use measurement, review taste bud location, learn about the origin of Teriyaki sauce

3rd Chef Kids: Fruit Sushi- Using tortilla, sweetened cream cheese, and fruit the children will put it all together and then roll it up. The teachers will cut it to create the look of sushi.

Objective: Children will be learning about placement, presentation, measurement, control, and learn how real sushi is made

4th Chef Kids: Fried Rice- The classrooms will actually use steamed rice and add soy sauce, peas, and carrots to create their own “fried” rice.

Objective: Children will use counting skills, measurement, control, learn how fried rice is really made, and where it originated.



nutritious snacks from the TDA -Fruit juice; Fruit smoothie; Milk, non-fat or low-fat (plain or flavored); Bagel (1/2); Graham crackers; Animal crackers; Wheat crackers; English muffin (whole wheat); Rice cakes and mini rice cakes, flavored; Fig bars; Fruit or grain muffin (low-fat); Dry cereal, individual servings; Pretzels; Baked tortilla chips with salsa; Vanilla wafers; Fresh seasonal fruit; Carrots, broccoli, cauliflower with low-fat dip or salad dressing; Fruit snacks; Low-fat string cheese; Fruit/grain bars; Frozen fruit bars; 94 percent fat-free popcorn; Fruit, nut and/or grain trail mixes; Peanut butter & crackers; Fruit pico; Corn on cob with paprika or chili powder.