KRK Menu September 2020







Breakfast: Buttermilk Biscuits, fresh mixed fruit Snack: Goldfish, Raisins Lunch: Beef Tacos, Corn, Pineapples Chunks Snack: Graham Crackers, Yogurt



Breakfast: Whole Grain Cereal & Bananas Snack: Broccoli Sour Cream Ranch Dip, Crackers Lunch: Cheese Pizza CN#093240, peas, Mandarin Oranges



Breakfast: Breakfast Tacos, fresh mixed fruit

Snack: Pretzels & Mustard *no pretzels under 2 years old, sub

veggie sticks

Lunch: Meatballs CN#090923 and rice & gravy, Mixed Veg, Mixed Fruit

Snack: Animal Cracker, Low Fat Vanilla Yogurt



Breakfast: Pancakes with syrup, fresh mixed fruit

Chef kids: Persian rice & raisins Lunch: Spaghetti noodles, ground

beef, marinara sauce with squash & zucchini & peaches

Snack: Tortilla Rollups w/ Ham & cheese



Closed for Labor Day



Breakfast: Belgium Waffles, Fresh mixed fruit Snack: Granola Bars Lunch: Turkey Dogs, Ketchup, Green Beans, Diced Pears Snack: Ritz Crackers, Sliced Cheese, Pepperoni Breakfast: Whole Grain Cereal & Bananas Snack: Lady Bugs on a Raft Lunch: Fish Sticks

Lunch: Fish Sticks CN#5016981, Peas, Mandarin Oranges

Snack: crackers & Cubed Cheese

10

Breakfast: breakfast tacos, Fresh mixed fruit

Snack: Puppy Chow Trail Mix Lunch: Veggie Beef fiesta rice casserole with black beans, Mixed Fruit

Snack: Sliced Apples, Low Fat Vanilla Yogurt Grand Parent's Zoom Luncheon

Breakfast: Bagels & Jelly, Fresh mixed fruit

Chef Kids: Persian Chicken
Lunch: Chili with beans over rice &

peaches

Snack: Cheerio Trail mix & raisins

14

Breakfast: French Toast Sticks,
Fresh mixed fruit
Snack: Nutragrain Bars
Lunch: Turkey Corn Dogs
CN#095484, Green Beans, Diced
Pears

Snack: Bananas, Graham Crackers

15

Breakfast: Buttermilk Biscuits, Fresh mixed fruit Snack: Cottage Cheese, Diced Peaches

Peacnes

Lunch: Chicken & Veggie Alfredo,
Corn, Pineapples

Snack: Pizza Bagels

16

Breakfast: Whole Grain Cereal & Bananas

Snack: Red Ants on a Log (crazins on crackers) Lunch: Hamburgers CN#085257, peas. Mandarin

Oranges

nack: Graham Crackers, Lo

Snack: Graham Crackers, Low Fat Vanilla Yogurt

17

Breakfast: Breakfast Tacos & Fresh mixed fruit

Snack: carrot sticks, Sour Cream Ranch Dip, Crackers *no carrot sticks for toddlers

Lunch: Meat ball subs CN#090923, Mixed Veggies, Mixed Fruit

Snack: Apples & sunbutter

18 Teddy bear tea party Day

Breakfast: Pancakes with syrup, Fresh mixed fruit Chef Kids: Masto Kheiar

Lunch: Chicken & rice with broccoli &
Diced Peaches

Snack: Apple Bagel Craft Snack (bagels, red cream cheese, raisins and pretzels)

*no pretzels under 2 years old

25

Breakfast: English muffins & jelly Fresh mixed fruit **Chef Kids**: Special

event:

Making s'mores for Campout Day!

Lunch: Shepherd's Pie with corn, whole wheat crackers & Diced Peaches

Snack: Bean dip & tortilla chips *no chips under 2 years sub crackers

21
Breakfast: Belgium Waffles, Fresh

mixed fruit
Snack: Granola Bars
Lunch: Meatloaf CN#093752, dinner
roll, cauliflower mashed potatoes,
Diced Pears
Snack: Crackers, Sliced Cheese.



22

Breakfast: Buttermilk Biscuits, Fresh mixed fruit Snack: nilla wafers & pudding Lunch Orange chicken & rice, Pineapples, Broccoli Snack: Cheese-its, Applesauce



23

Breakfast: Whole Grain Cereal & Bananas

Snack: Lady Bugs on a Raft Lunch: Chicken nuggets CN#096402, Mac-N-Cheese, Mandarin Oranges, & Peas

Snack: Animal Crackers, Low Fat Vanilla Yogurt



24

Breakfast: Breakfast tacos, Fresh mixed fruit Snack: Harvest Hash Lunch: Lasagna casserole, Steamed Mixed Veggies, Mixed

Fruit Snack: Chex Mix with raisins



*no

All Breakfast & Lunches will include milk. Whole White, Fluid Milk will be served to all 1 year olds. 1% White, Fluid Milk will be served to all children 2 years and older. All snacks are served with water. Every Friday we have Chef Kids cooking class for Crawlers through Private Kindergarten.



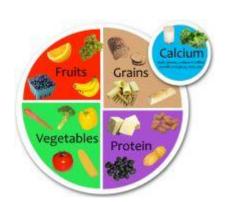
Suites 350- Private K participate in Chef Kids cooking class ---- Cooking is Science, Math, & Art all in one!!

1st Chef Kids:. Persian rice & raisins - steamed fluffy white rice, seasoned with salt and mixed with raisins. Students will sprinkle their desired seasonings and mix it in with their rice mixture.

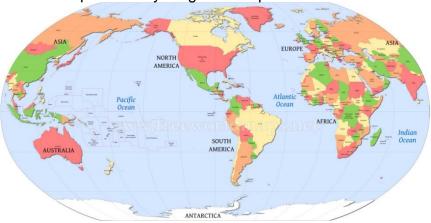
2nd Chef Kids: Persian Chicken - chicken nuggets served with a splash of lemon and lime juice – students will drizzle a spoon of their desired amount of lemon or lime juice on their chicken as well as smelling the juice and describing what they smell.

3rd Chef Kids: Masto Kheiar – vanilla yogurt, sprinkled with dill and served with sliced cucumbers and crackers- Students will learn about how the dill seasoning is made from and discuss what other foods might taste good with dill seasoning.

4th Chef Kids: Special event: Making Smores for Camping Day! Students will practice layering the components of a s'more!







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.

Cool Facts about Persia/ Modern day Iran

- 8 million people live in Iran.
- The country has 636,296 square miles of land.
- The official language is Farsi.

