



# Kids **R** Kids

Schools of Quality Learning



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> <b>6am-8am</b> *cereals offered are Kix and Rice Krispies	Whole Grain French Toast Sticks Cereal Fresh Fruit Homogenized 2 % Milk	Scrambled Eggs & Hash Browns Cereal Fresh Fruit Homogenized 2 % Milk	Eggo Waffles Cereal Fresh Fruit Homogenized 2 % Milk	Sausage and Buttermilk Biscuit Cereal Fresh Fruit Homogenized 2 % Milk	Kolaches Cereal Fresh Fruit Homogenized 2 % Milk
<b>Lunch</b> *fruits offered are pears, peaches, fruit cocktail, mandarin oranges, pineapples, and tropical fruit	Golden Crisp Chicken Tenders Mac & Cheese Corn Fruit Homogenized 2 % Milk	Meat Loaf w/Gravy Mashed Potatoes Peas Fruit Homogenized 2 % Milk	Cheese Ravioli Green Beans Fruit Homogenized 2 % Milk	Hamburger with Whole Wheat Bun French Fries Mixed Veggies Fruit Homogenized 2 % Milk	Polka Dot Mac & Cheese Corn Fruit Homogenized 2 % Milk
<b>PM Snack</b> *this snack is only offered to Gym students  *Milk is offered with every snack	Banana Chocolate Chip Muffin 100% Fruit Juice  *Whole Grain Chicken Nuggets	Vanilla Wafers Vanilla Pudding Water	Strawberry Light & Fit Yogurt Parfaits Water	Pretzels w/Ranch 100% Fruit Juice  *Pretzels W/ Fruit Cocktail	String Cheese 100% Fruit Juice  *Tater Tots w/cheese



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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> <b>6am-8am</b> *cereals offered are Kix and Rice Krispies	Whole Grain French Toast Sticks Cereal Fresh Fruit Homogenized 2 % Milk	Scrambled Eggs & Hash Browns Cereal Fresh Fruit 2 Homogenized 2 % Milk	Eggo Waffles Cereal Fresh Fruit Homogenized 2 % Milk	Sausage and Buttermilk Biscuit Cereal Fresh Fruit Homogenized 2 % Milk	Kolaches Cereal Fresh Fruit Homogenized 2 % Milk
<b>Lunch</b> *fruits offered are pears, peaches, fruit cocktail, mandarin oranges, pineapples, and tropical fruit	Frito Pie Steamed Carrots Fruit Homogenized 2 % Milk	Whole Grain Breaded Chicken Nuggets Mashed Potatoes Fruit Homogenized 2 % Milk	Fish Sticks Mac & Cheese Mixed Veggies Fruit Homogenized 2 % Milk	Chicken Fettuccini Alfredo Green Beans Fruit Homogenized 2 % Milk	Sloppy Joes Baked Chips Fruit Homogenized 2 % Milk
<b>PM Snack</b> *this snack is only offered to Gym students  *Milk is offered with every snack	Fruit Cocktail and Saltine Crackers Water	Banana w/ Whole Grain Graham Crackers 100% Fruit Juice  *Hot Pocket	Chex-Mix Water	Nutri Grain Bar 100% Fruit Juice	Whole Grain Garlic Breadsticks 100% Fruit Juice  *Chili Cheese Fries



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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Breakfast</b> <b>6am-8am</b> *cereals offered are Kix and Rice Krispies</p>	<p>Whole Grain French Toast Sticks Cereal Fresh Fruit Homogenized 2 % Milk</p>	<p>Scrambled Eggs &amp; Hash Browns Cereal Fresh Fruit 2 Homogenized 2 % Milk</p>	<p>Eggo Waffles Cereal Fresh Fruit Homogenized 2 % Milk</p>	<p>Sausage and Buttermilk Biscuit Cereal Fresh Fruit Homogenized 2 % Milk</p>	<p>Kolaches Cereal Fresh Fruit Homogenized 2 % Milk</p>
<p><b>Lunch</b> *fruits offered are pears, peaches, fruit cocktail, mandarin oranges, pineapples, and tropical fruit</p>	<p>Meatballs w/ Gravy Steamed White Rice Peas Fruit Homogenized 2 % Milk</p>	<p>Steak Fingers w/Mashed Potatoes Corn Fruit Homogenized 2 % Milk</p>	<p>Spaghetti w/ Meat Sauce Green Beans Fruit Homogenized 2 % Milk</p>	<p>Pizza With Fresh Garden Salad Peas &amp; Carrots Fruit Homogenized 2 % Milk</p>	<p>Ground Turkey Tacos Black Beans Yellow Rice Fruit Homogenized 2 % Milk</p>
<p><b>PM Snack</b> *this snack is only offered to Gym students  *Milk is offered with every snack</p>	<p>Little Smokies 100% Fruit Juice  *Mini Turkey Corn Dogs</p>	<p>Whole Grain Goldfish 100% Fruit Juice</p>	<p>Homemade Cinnamon Muffins 100% Fruit Juice  *Pizza Sticks</p>	<p>Apple Sauce Whole Grain Teddy Grahams 100% Fruit Juice</p>	<p>Spiced Cake 100% Fruit Juice  *Chocolate Muffins</p>



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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Breakfast</b> <b>6am-8am</b> *cereals offered are Kix and Rice Krispies</p>	<p>Whole Grain French Toast Sticks Cereal Fresh Fruit Homogenized 2 % Milk</p>	<p>Scrambled Eggs &amp; Hash Browns Cereal Fresh Fruit 2 Homogenized 2 % Milk</p>	<p>Eggo Waffles Cereal Fresh Fruit Homogenized 2 % Milk</p>	<p>Sausage and Buttermilk Biscuit Cereal Fresh Fruit Homogenized 2 % Milk</p>	<p>Kolaches Cereal Fresh Fruit Homogenized 2 % Milk</p>
<p><b>Lunch</b> *fruits offered are pears, peaches, fruit cocktail, mandarin oranges, pineapples, and tropical fruit</p>	<p>Mini Turkey Corn Dogs French Fries Mixed Veggies Fruit Homogenized 2 % Milk</p>	<p>Chicken Parmesan w/ Egg Noodles Corn Fruit Homogenized 2 % Milk</p>	<p>Turkey &amp; Cheese Croissants Carrots Sun Chips Fruit Homogenized 2 % Milk</p>	<p>Meat Lasagna Green Beans Fruit Homogenized 2 % Milk</p>	<p>Hot Dogs Baked Chips Fruit Homogenized 2 % Milk</p>
<p><b>PM Snack</b> *this snack is only offered to Gym students  *Milk is offered with every snack</p>	<p>Ritz Crackers w/Cubed Cheese 100% Fruit Juice</p>	<p>Rice Cakes Apple Brickle Dip 100% Fruit Juice  *Oranges &amp; Rice Cakes</p>	<p>Animal Cookies w/ Chocolate Pudding Water</p>	<p>Cheese Its 100% Fruit Juice  *Cheese Sticks</p>	<p>Nachos 100% Fruit Juice</p>