

Week 1	29	30	1	2	3
Breakfast			Homemade Maple Sugar Oatmeal, Fresh Fruit	Homemade Blueberry Bliss Pancakes	
Lunch			Protein Tex Mex Cheese Quesadillas, Beans, Roasted Veggies, Milk/Water	Oven Baked Chicken Romano, Pasta, Seasonal Veggies, Milk/Water	CLOSED! In Observation of the 4 th of July
<i>Vegetarian</i>				<i>Oven Baked Pasta Romano, Seasonal Veggies, Beans, Milk/Water</i>	
Snack PM			Fresh Fruit, Crackers	KRK Ice Cream Party!	
Week 2	6	7	8	9	10
Breakfast	Whole Grain Cereal, Fresh Fruit	Whole Grain Cheezy Toast, Fresh Fruit	Early Morning Scrambled Eggs, Fresh Fruit	Homemade Animal Zoo Waffles, Fresh Fruit	Homemade Blueberry Muffins National Pick A Blueberry Day!
Lunch	Protein Mac 'N' Cheese, Beans, Seasonal Veggies, Milk/Water	Savory Baked Chicken, Stir Fry Veggies, Brown Rice, Milk/Water	Baked Spinach Pasta Primavera, Beans, Milk/Water	Baked Chicken, Pasta Marinara, Seasonal Veggies, Milk/Water	Protein Cheezy Pizza, Beans, Seasonal Veggies, Milk/Water
<i>Vegetarian</i>		<i>Stir Fry Veggies, Brown Rice, Beans Milk/Water</i>		<i>Baked Pasta Marinara, Seasonal Veggies, Beans, Milk/Water</i>	
Snack PM	Fresh Fruit, Crackers	Mr. SOFTEE ICE CREAM TRUCK!	Cheese Cubes, Crackers	Homemade White Bean Sugar Cookies National Sugar Cookie Day!	Chef's Choice
Week 3	13	14	15	16	17
Breakfast	Whole Grain Cereal, Fresh Fruit	Homemade Apple Cinnamon Waffles	Homemade Fluffy Pancakes, Fresh Fruit	Whole Grain Sun Butter Toast, Fresh Fruit	Homemade Strawberry Banana Muffins
Lunch	Baked Protein Ziti, Seasonal Veggies Beans, Milk/Water	Protein Mac 'N' Cheese, Beans, Seasonal Veggies, Milk/Water National Mac 'N' Cheese Day!	Whole Grain Protein Grilled Cheese, Beans, Seasonal Veggies, Milk/Water	Baked Cheezy Taco Chicken Pasta Bowl, Seasonal Veggies, Beans, Milk/Water	Protein Cheezy Pizza, Beans, Seasonal Veggies, Milk/Water
<i>Vegetarian</i>				<i>Baked Cheezy Taco Pasta Bowl, Seasonal Veggies, Beans, Milk/Water</i>	
Snack PM	KRK Ice Cream Party!	Homemade Strawberry Bars	Fresh Fruit, Crackers	Home Made Kids 'R' Kids Trail Mix	Chef's Choice
Week 4	20	21	22	23	24
Breakfast	Whole Grain Cereal, Fresh Fruit	Homemade Cranberry Muffins	Apple Spice Oatmeal, Fresh Fruit	Whole Grain Jelly Toast, Fresh Fruit	Homemade Fluffy Pancakes, Fresh Fruit
Lunch	Farmer's Market Veggie Mix, Pasta, Beans, Milk/Water	Baked BBQ Chicken, Seasonal Veggies, Brown Rice, Milk/Water	Protein Tex Mex Cheese Quesadillas, Beans, Roasted Veggies, Milk/Water	Baked Alfredo Pasta, Seasonal veggies, Beans, Milk/Water	Protein Cheezy Pizza, Beans, Seasonal Veggies, Milk/Water
<i>Vegetarian</i>		<i>Baked BBQ Veggies, Brown Rice, Beans, Milk/Water</i>			
Snack PM	Cheese Cubes, Crackers	Healthy Homemade Zucchini Squares	Fresh Fruit, Crackers	Mr. SOFTEE ICE CREAM TRUCK!	Chef's Choice
Week 5	27	28	29	30	31
Breakfast	Whole Grain Cereal, Fresh Fruit	Homemade Zoo Animal Waffles, Fresh Fruit	Yogurt Bowl, Fresh Fruit	Whole Grain Cheezy Toast, Fresh Fruit	Fresh Cracked Scrambled Eggs, Whole Grain Toast
Lunch	Cheezy Baked Ziti, Seasonal Veggies, Beans, Milk/Water	Lemon Rosemary Chicken, Brown Rice, Seasonal Veggies, Beans, Milk/Water	Protein Mac 'N' Cheese, Beans, Seasonal Veggies, Milk/Water	Oven Roasted Chicken Bowl, Pasta, Seasonal Veggies, Milk/Water	Protein Cheezy Pizza, Beans, Seasonal Veggies, Milk/Water
<i>Vegetarian</i>		<i>Lemon Rosemary Seasonal Veggies, Brown Rice, Beans, Milk/Water</i>		<i>Oven Roasted Pasta Bowl Pasta, Seasonal Veggies, Beans, Milk/Water</i>	
Snack PM	Fresh Fruit, Crackers	Homemade White Bean Chocolate Chip Squares	Cheese Cubes, Crackers	Homemade Blueberry Bars	Chef's Choice

- Substitutions may be made if products are unavailable
- Milk is served at lunch daily. Water is available throughout the day
- Fruits are cut fresh and include a variety of seasonal fruits
- Breads, oats, rice, and cereal are 100% whole grain
- Secondary selections may be offered as Chef's Choice, based on availability, for children who are not eating the planned menu item.
- Please notify the school of any food allergies or dietary restrictions.