

Breakfast	Whole Grain Cereal, Fresh Fruit	Whole Grain Cheezy Toast, Fresh Fruit	Homemade Zoo Animal Waffles, Fresh Fruit	Homemade Baked Cranberry Muffins	Scrambled Eggs, Fresh Fruit
Lunch	Protein Mac 'N' Cheese, Beans, Seasonal Veggies, Milk/Water	Savory Herb Chicken, Brown Rice Bowl, Seasonal Veggies, Milk/Water World Milk Day!	Protein Tex Mex Cheese Quesadillas, Beans, Roasted Veggies, Milk/Water	Baked Chicken Parmesan, Pasta, Seasonal Veggies, Milk/Water	Protein Cheezy Pizza, Beans, Seasonal Veggies, Milk/Water
Vegetarian		Savory Herbs and Spice Veggie Bowl, Brown Rice, Beans, Milk/Water		Baked Pasta Parmesan, Seasonal Veggies, Beans, Milk/Water Applesauce Cake	
Snack PM	Fresh Fruit, Crackers	Lemon Blueberry Muffins	Cheese Cubes, Crackers National Cheese Day!	National Applesauce Cake Day! (6th)	Chef's Choice
Breakfast	Whole Grain Cereal, Fresh Fruit	Apple Spice Oatmeal, Fresh Fruit	Homemade Fluffy Pancakes, Fresh Fruit	Whole Grain Sun Butter Toast, Fresh Fruit	Homemade Apple Cinnamon Muffins
Lunch	Cheezy Baked Ziti, Seasonal Veggies, Beans, Milk/Water	Chicken Fajita Bowl, Brown Rice, Seasonal Veggies, Milk/Water	Whole Grain Protein Grilled Cheese, Beans, Seasonal Veggies, Milk/Water	Savory Chicken and Gravy, Pasta, Seasonal Veggies, Milk/Water	Protein Cheezy Pizza, Beans, Seasonal Veggies, Milk/Water
Vegetarian		Seasonal Veggie Fajita Bowl, Brown Rice, Beans Milk/Water		Savory Baked Pasta with Gravy, Seasonal Veggies, Beans, Milk/Water German Chocolate Black Bean Cake	
Snack PM	Strawberry Yogurt Bowl, Crackers	Homemade White Bean Lemon Cupcakes	Fresh Fruit, Crackers	German Chocolate Cake Day!	Chef's Choice
Breakfast	Whole Grain Cereal, Fresh Fruit	Hearty Maple Cinnamon Oatmeal, Fresh Fruit	Yogurt Bowl, Fresh Fruit	Homemade Zoo Animal Waffles, Fresh Fruit	
Lunch	Garden Veggie Protein Pasta Bake, Beans, Milk/Water	Baked BBQ Chicken, Seasonal Veggies, Brown Rice, Milk/Water	Baked Pasta Primavera, Seasonal Veggies, Beans, Milk/Water	Oven Roasted Chicken with Pasta, Seasonal Veggies, Milk/Water	CLOSED JUNETEENTH!
Vegetarian		Baked BBQ Veggies, Brown Rice, Beans, Milk/Water		Oven Roasted Seasonal Veggie Pasta, Beans, Milk/Water	
Snack PM	Fresh Fruit, Crackers	Apple Snickerdoodles	Cheese Cubes, Crackers	Homemade Zucchini Pound Cake	
Breakfast	Whole Grain Cereal, Fresh Fruit	Homemade Fluffy Pancakes, Fresh Fruit	Whole Grain Cheezy Toast, Fresh Fruit	Hearty Maple Cinnamon Oatmeal, Fresh Fruit	Yogurt Bowl, Fresh Fruit
Lunch	Roasted Squash with Pasta, Beans, Milk/Water	Chicken Stir Fry, Veggie Medley, Brown Rice, Milk/Water	Roasted Yellow Squash Mac 'N' Cheese, Beans, Milk/Water	Chicken & Pasta Taco Bake, Seasonal Veggies, Milk/Water	Protein Cheezy Pizza, Beans, Seasonal Veggies, Milk/Water
Vegetarian		Seasonal Veggie Stir Fry, Brown Rice, Beans, Milk/Water		Taco Pasta Bake, Seasonal Veggies, Beans, Milk/Water	
Snack PM	Cheese Cubes, Crackers	Homemade Apple Crumb Cake	Fresh Fruit, Crackers	Homemade Kids 'R' Kids Trail Mix	Chef's Choice
Breakfast	Whole Grain Cereal, Fresh Fruit	Scrambled Eggs, Fresh Fruit	1	2	3
Lunch	Power Up Baked Veggie Pasta, Beans, Milk/Water	Oven Baked Chicken and Broccoli, Brown Rice, Milk/Water			
Vegetarian		Oven Baked Broccoli, Brown Rice, Beans, Milk/Water			
Snack PM	Fresh Fruit, Crackers	Homemade Chocolate Chip Banana Bread			

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.

• **Kids 'R' Kids of Montville • 217 Changebridge Road, Montville, NJ 07045 • 973-334-2223 • www.kidskidsmontville.com**

Kids 'R' Kids Area Name • 123 Street Name, State 00000 • 000-000-0000 • www.kidskidsdomain.com

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