

Breakfast	Whole Grain Cereal, Fresh Fruit	Maple Sugar Oatmeal, Fresh Fruit	Homemade Apple Cinnamon Waffles	Scrambled Eggs, Fresh Fruit	Yogurt Bowl, Fresh Fruit
Lunch	Baked Protein Mac 'N' Cheese, Beans, Seasonal Veggies, Milk/Water	Chicken 'N' Rice Casserole Bowl, Seasonal Veggies, Milk/Water	Whole Grain Protein Grilled Cheese, Seasonal Veggies, Beans, Milk/Water	Baked Chicken, Pasta Primavera, Seasonal Veggies, Milk/Water	Protein Cheezy Pizza, Beans, Seasonal Veggies, Milk/Water
Vegetarian		Brown Rice Casserole Bowl, Seasonal Veggies, Beans, Milk/Water		Pasta Primavera, Seasonal Veggies, Beans Milk/Water	
Snack PM	KRK Ice Cream Party!	Homemade Carrot Cake	Fresh Fruit, Crackers	Garden Snack Zucchini Squares National Zucchini Day! (7 th)	Chef's Choice
Breakfast	Whole Grain Cereal, Fresh Fruit	Whole Grain Jelly Toast, Fresh Fruit	Homemade Apple Spice Muffins	Whole Grain Cheezy Toast, Fresh Fruit	Homemade Fluffy Pancakes, Fresh Fruit
Lunch	Baked Protein Ziti, Seasonal Veggies, Beans, Milk/Water	Baked Orange Glazed Chicken, Brown Rice, Seasonal Veggies, Milk/Water	Tex Mex Cheese Quesadillas, Beans, Roasted Veggies, Milk/Water	Super Chicken Pasta Bowl, Seasonal Veggies, Milk/Water	Protein Cheezy Pizza, Beans, Seasonal Veggies, Milk/Water
Vegetarian		Brown Rice, Orange Glazed Seasonal Veggies, Beans, Milk/Water		Super Veggie Pasta Bowl, Beans, Milk/Water	
Snack PM	Fresh Fruit, Crackers	Mr. SOFTEE ICE CREAM TRUCK!	Cheese Cubes, Crackers	Baked S'mores Cake National S'mores Cake Day! (10 th)	Chef's Choice
Breakfast	Whole Grain Cereal, Fresh Fruit	Homemade Cranberry Muffins	Homemade Zoo Animal Waffles, Fresh Fruit	Apple Cinnamon Oatmeal, Fresh Fruit	Homemade Blueberry Muffins
Lunch	Baked Cheddar Veggie Pasta, Beans, Milk/Water	Oven Roasted Chicken Fajita Bowl, Brown Rice, Seasonal Veggies, Milk/Water National Fajita Day!	Baked Protein Mac 'N' Cheese, Beans, Seasonal Veggies, Milk/Water	Baked Chicken, Creamy Corn Pasta, Milk/Water	Protein Cheezy Pizza, Beans, Seasonal Veggies, Milk/Water
Vegetarian		Oven Roasted Veggie Fajita Bowl, Brown Rice, Beans, Milk/Water		Baked Creamy Corn Pasta, Beans Milk/Water	
Snack PM	Cheese Cubes, Crackers	Homemade Sun Butter Protein Bar	Fresh Fruit, Crackers	KRK Ice Cream Party!	Chef's Choice
Breakfast	Whole Grain Cereal, Fresh Fruit	Whole Grain Cheezy Toast, Fresh Fruit	Scrambled Eggs, Fresh Fruit	Yogurt Bowl, Fresh Fruit	Homemade Cranberry Muffins
Lunch	Tex Mex Cheese Quesadillas, Beans, Roasted Veggies, Milk/Water	Baked BBQ Chicken, Seasonal Veggies, Brown Rice, Milk/Water	Baked Loaded Pasta, Seasonal Veggies, Beans, Milk/Water	Oven Baked Chicken Romano, Pasta, Seasonal Veggies, Milk/Water	Protein Cheezy Pizza, Beans, Seasonal Veggies, Milk/Water
Vegetarian		Baked BBQ Veggies, Brown Rice, Beans, Milk/ Water		Oven Baked Pasta Romano, Seasonal Veggies, Beans, Milk/Water Baked Banana Bread	
Snack PM	Fresh Fruit, Crackers	Healthy Homemade Garden Zucchini Squares	Mr. SOFTEE ICE CREAM TRUCK!	National Banana Bread Day!	Chef's Choice
		1	2	3	4
Breakfast	Whole Grain Cereal, Fresh Fruit				
Lunch	Baked Mac 'N' Cheese, Seasonal Veggies, Beans, Milk/Water				
Vegetarian					
Snack PM	KRK Trail Mix National Trail Mix Day!				

- 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
 - Bread, 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.

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