



# 2026 Menu

Milk is served with breakfast and lunch; water is also available to the children throughout the day.  
 Infants- 24 months will be served whole milk. Children 2 years and up will be served 2%  
 \*Appropriate substitutions will be made for the Toddler and Twos  
 We are a Nut- Free environment!

## October

| Week 1       | 5                                            | 6                                                | 7                                         | 8                                       | 9                                                         |
|--------------|----------------------------------------------|--------------------------------------------------|-------------------------------------------|-----------------------------------------|-----------------------------------------------------------|
| Breakfast    | Cereal and Fruit                             | Muffins and Fruit                                | Yogurt and Fruit                          | Spiced Bread and Fruit                  | French Toast Sticks and Fruit                             |
| Snack AM     | Cucumbers and Animal Crackers                | Bananas and Club Crackers                        | Oranges and Pretzels                      | Apples and Nilla Wafers                 | Apple Sauce and Fig Bars                                  |
| Lunch        | Fish Sticks<br>Carrots<br>Fruit              | Goulash<br>Mixed Veggies<br>Fruit                | Cheese Pizza<br>Green Beans<br>Fruit      | BBQ Sandwiches<br>Black Beans<br>Fruit  | Chicken Patty<br>Veggie Straws<br>Fruit                   |
| <i>Vegan</i> | <i>Plant Based Chicken</i>                   | <i>Plant based Beef</i>                          | <i>Plant Based Cheese</i>                 | <i>Plant Based Chicken</i>              | <i>Plant Based Beef</i>                                   |
| Snack PM     | Snap Peas and Cheese Its                     | Sliced Peppers and Goldfish                      | Pudding and Graham Crackers               | Berries and Ritz                        | Sliced Cheese and Saltines                                |
| Week 2       | 12                                           | 13                                               | 14                                        | 15                                      | 16                                                        |
| Breakfast    | KRK Closed For<br>Indigenous People's<br>Day | Cereal and Fruit                                 | Muffins and Fruit                         | Yogurt and Fruit                        | Toast and Jelly with Fruit                                |
| Snack AM     |                                              | Apples and Fig Bars                              | Bananas and Animal Crackers               | Sliced Cheese and Pretzels              | Oranges and Ritz                                          |
| Lunch        |                                              | Turkey and Cheese Wrap<br>Veggie Straws<br>Fruit | Spaghetti<br>Peas<br>Fruit                | Meatballs<br>Green Beans<br>Fruit       | Mac-N-Cheese<br>Corn<br>Fruit                             |
| <i>Vegan</i> |                                              | <i>Sun butter and Jelly Wrap</i>                 | <i>Plant Based Beef</i>                   | <i>Plant Based Beef</i>                 | <i>Plant Based Cheese</i>                                 |
| Snack PM     |                                              | Pudding and Nilla Wafers                         | Berries and Cheese Its                    | Cucumbers and Goldfish                  | Sliced Peppers and Graham Crackers                        |
| Week 3       | 19                                           | 20                                               | 21                                        | 22                                      | 23                                                        |
| Breakfast    | Spiced Bread and Fruit                       | Cinnamon Rolls and Fruit                         | Cereal and Fruit                          | Muffins and Fruit                       | Yogurt and Fruit                                          |
| Snack AM     | Oranges and Nilla Wafers                     | Snap Peas and Ritz                               | Applesauce and Club Crackers              | Pudding and Saltines                    | Bananas and Animal Crackers                               |
| Lunch        | Chicken Strips<br>Broccoli<br>Fruit          | Taco Casserole<br>Black Beans<br>Fruit           | Biscuits and Gravy<br>Corn<br>Fruit       | Turkey and Cheese Wrap<br>Peas<br>Fruit | Fish Sticks<br>Mixed Veggies<br>Fruit                     |
| <i>Vegan</i> | <i>Plant Based Chicken</i>                   | <i>Plant Based Beef</i>                          | <i>Plant Based Beef</i>                   | <i>Sun butter and Jelly Wrap</i>        | <i>Plant Based Chicken</i>                                |
| Snack PM     | Apples and Fig Bars                          | Sliced Cheese and Pretzels                       | Cucumbers and Goldfish                    | Sliced Peppers and Cheese Its           | Berries and Veggie Straws                                 |
| Week 4       | 26                                           | 27                                               | 28                                        | 29                                      | 30                                                        |
| Breakfast    | Muffins and Fruit                            | Yogurt and Fruit                                 | Spiced Bread and Fruit                    | French Toast Sticks and Fruit           | KRK Closed For<br>Teacher In-Service<br>and Fall Festival |
| Snack AM     | Sliced Cheese and Saltines                   | Applesauce and Animal Crackers                   | Apples and Nilla Wafers                   | Bananas and Fig Bars                    |                                                           |
| Lunch        | Meatballs<br>Green Beans<br>Fruit            | Ham, Broccoli and Rice Casserole<br>Fruit        | Chicken Nuggets<br>Mixed Veggies<br>Fruit | Mac-N-Cheese<br>Corn<br>Fruit           |                                                           |
| <i>Vegan</i> | <i>Plant Based Beef</i>                      | <i>Plant Based Chicken</i>                       | <i>Plant Based Chicken</i>                | <i>Plant Based Cheese</i>               |                                                           |
| Snack PM     | Pudding and Pretzels                         | Cucumbers and Graham Crackers                    | Snap Peas and Ritz                        | Oranges and Club Crackers               |                                                           |