

# January 2019

## Menu



The First Step to Higher Education™

<p>-Kid's R Kids Prosper does not serve red meat, pork, or peanuts</p>	<p>1. <b>Happy New Year!!!</b>  <b>KRK closed</b></p>	<p>2. Breakfast: Scrambled Eggs, Turkey Bacon, Hash browns, Fruit AM Snack: Bananas Lunch: <b>Cheese Enchiladas</b>, Green Beans, oranges PM Snack: Cheese Sticks and crackers</p>	<p>3. Breakfast: Biscuits &amp; Gravy, turkey sausage, mixed fruit. AM Snack: Pineapple Lunch: Turkey Burger, tots, corn, peaches PM Snack: Animal Crackers</p>	<p>4. Breakfast: Muffins, Cereal, Mixed Fruit, yogurt AM Snack: Bananas and Strawberries Lunch: Mac &amp; Cheese w. Turkey Ham, <b>Mac &amp; Cheese</b> mix veggies, apple sauce PM Snack: Nutrigrain Bar</p>
<p>7. Breakfast: Bagels, Cereal, Mixed Fruit AM Snack: grapes Lunch: Grilled Turkey and Cheese Sandwich, <b>grilled cheese</b>, Carrots, pineapple PM Snack: Trail Mix</p>	<p>8. Breakfast: French Toast Sticks, Turkey Sausage, Mixed Fruit AM Snack: Apples Lunch: teriyaki meatballs, teriyaki <b>veggie patty</b> w/ rice or pasta, Peas, Pears PM Snack: Goldfish</p>	<p>9.. Breakfast: Scrambled Eggs, Turkey Bacon, Hash browns, Fruit AM Snack: Bananas Lunch: <b>Veggie Bean Burrito</b>, green beans, Oranges PM Snack: Cheese Sticks and crackers</p>	<p>10. Breakfast: Biscuits &amp; Gravy, turkey sausage, mixed fruit AM Snack: Pineapple Lunch: Chicken Spaghetti, <b>veggie spaghetti</b>, <b>Corn</b>, Peaches PM Snack: Animal Crackers</p>	<p>11. Breakfast: Muffins, Cereal, Mixed Fruit AM Snack: Bananas and Strawberries Lunch: Grilled Chicken, <b>Chipotle veggie patty</b>, Mash potato, Mixed Veggie, Apple Sauce PM Snack: Nutrigrain Bar</p>
<p>14 Breakfast: Bagels, Cereal, Mixed Fruit AM Snack: grapes Lunch: Chicken and Cheese Crispito, <b>Cheese Quesadilla</b>, Carrots, Pineapple PM Snack: Trail Mix</p>	<p>15. Breakfast: French Toast Sticks, Turkey Sausage, Mixed Fruit AM Snack: Apples Lunch: Turkey Bacon &amp; Cheese flatbread, <b>cheese flatbread</b>, Peas, Pears PM Snack: Goldfish</p>	<p>16. Breakfast: Scrambled Eggs, Turkey Bacon, Hash browns, Fruit AM Snack: Bananas Lunch: <b>Grilled Cheese</b>, Green Beans, oranges PM Snack: Cheese Sticks and crackers</p>	<p>17. Breakfast: Biscuits &amp; Gravy, turkey sausage, mixed fruit AM Snack: Pineapple Lunch: Chicken Teriyaki, <b>veggie nugget w/ rice or pasta</b>, corn, peaches PM Snack: Animal Crackers</p>	<p>18.. Breakfast: Muffins, Cereal, Mixed Fruit AM Snack: Bananas and Strawberries Lunch: Chicken Alfredo, <b>fettuccini alfredo</b>, Mixed Veggies, Apple Sauce PM Snack: Nutrigrain Bar</p>
<p>21. Breakfast: Bagels, Cereal, Mixed Fruit, yogurt AM Snack: grapes Lunch: Parmesan Chicken, Pasta, Carrots, Pineapple PM Snack: Trail Mix</p>	<p>22. Breakfast: French Toast Sticks, Turkey Sausage, Mixed Fruit AM Snack: Apples Lunch: Breaded chicken on a Bun, <b>Veggie Burger with cheese</b>, Peas, Pears PM Snack: Goldfish</p>	<p>23. Breakfast: Scrambled Eggs, Turkey Bacon, Hash browns, Fruit AM Snack: Bananas Lunch: <b>Pizza</b>, Green Beans, oranges PM Snack: Cheese Sticks and crackers</p>	<p>24. Breakfast: Biscuits &amp; Gravy, turkey sausage, mixed fruit AM Snack: Pineapple Lunch: Turkey meatball w/ gravy, <b>veggie nugget</b>, corn, Mash potato, peaches PM Snack: Animal Crackers</p>	<p>25. Breakfast: Muffins, Cereal, Mixed Fruit AM Snack: Bananas Strawberries Lunch: chicken &amp; cheese flatbread, <b>cheese flatbread</b>, Mixed Veggies, apple sauce PM Snack: Nutrigrain Bar</p>
<p>28. Breakfast: Bagels, Cereal, Mixed Fruit AM Snack: grapes Lunch: Chicken and Cheese Quesadilla, <b>cheese Quesadilla</b>, carrots, Pineapple PM Snack: Trail Mix</p>	<p>29. Breakfast: French Toast Sticks, Turkey Sausage, Mixed Fruit AM Snack: Apples Lunch: Chicken Nuggets, <b>Veggie nuggets</b>, Peas, Pears PM Snack: Goldfish</p>	<p>30. Breakfast: Scrambled Eggs, Turkey Bacon, Hash browns, Fruit AM Snack: Bananas Lunch: <b>Mac and Cheese</b>, Green Beans, oranges PM Snack: Cheese Sticks and crackers</p>	<p>31. Breakfast: Biscuits &amp; Gravy, turkey sausage, mixed fruit AM Snack: Pineapple Lunch: Pizza w/ turkey ham, <b>cheese pizza</b>, corn, Mash potato, peaches PM Snack: Animal Crackers</p>	<p>--Vegetarian options are available for all meals. Whole Milk is served to toddlers under 3 yrs. and 1% to over 3 yrs. Toddler substitutions are made for suits 100-250.</p>