

Monday

Tuesday

Wednesday

Thursday

Friday

"National Red Apples Day"



Breakfast: Cinnamon Oatmeal, Blueberries, and Milk

Lunch: Fish Sticks (WG Rolls) Mix Veggies, Pears, Milk

Snack: Fresh Red Sliced Apples, Goldfish and water

4

Breakfast: Cream Of Wheat, Strawberries, and Milk

Lunch: Chicken Pasta (WG), Mix Vegetables, Peaches, and Milk

Snack: Cheez Its, 100% Orange Juice

5

Breakfast: English Muffins (WG) w/jelly, Mangoes, and Milk

Lunch: Turkey Burger (WG Buns) Carrot Sticks, Pineapples, and Milk

Snack: Blueberry Muffins, 100% Apple Juice

6

Breakfast: Pancakes (WG), Sliced Apples, and Milk

Lunch: Baked Chicken Legs, (WG) Rolls, Mashed Potatoes, Applesauce, and Milk

Snack: Graham Crackers, Blueberries and water

7

Breakfast: Apple Cinnamon Cereal, Mixed Berries, Milk

Lunch: Turkey and Cheese Spinach Wrap, Fresh Spinach, Fresh Sliced Oranges and Milk

Snack: WG Goldfish, Applesauce and water

8

Breakfast: Biscuits, Pears, and Milk

Lunch: Grilled Cheese Sandwiches, Tomato Soup, Mixed Fruit, and Milk

Snack: Pretzels, Cube Cheese and water

11

Breakfast: French Toast Sticks, Blueberries and Milk

Lunch: Teriyaki Chicken, Brown Rice, Veggie Melody, Apple Slices and Milk

Snack: Animal Crackers, Yogurt and water

12

Breakfast: Cheese Grits, Strawberries and Milk

Lunch: Turkey Chili, Red Beans, Brown Rice (WG), Sliced Peaches and Milk

Snack: Apple Cinnamon Muffins, 100% Apple Juice

13

Breakfast: WG Bagels w/ Cream Cheese, Mangoes and Milk

Lunch: Chicken Nuggets, (WG Rolls) Mixed Salad, Pineapples and Milk

Snack: Wheat Crackers, Applesauce and water

14

Breakfast: Corn Puff Cereal, Mandarins, Milk

Lunch: Turkey and Cheese Sandwich (WG), Carrot Sticks, Fresh Sliced Oranges, and milk

Snack: Cheddar Chex Mix, 100 % Grape Juice

15

Breakfast: Waffles (WG), Bananas and Milk

Lunch: Chicken Fajitas (WG Tortilla), Black Beans, Pears and Milk

Snack: Turkey Slices, Ritz Crackers (WG)

18

Breakfast: Banana Muffins (WG), Strawberries and Milk

Lunch: Turkey Spaghetti (WG), Broccoli, Pineapples and Milk

Snack: Veggie Straws and 100% Apple Juice

19

Breakfast: Croissants, Mangoes and Milk

Lunch: Cheese Pizza (WG), Fresh Mixed Salad, Apple Slices and Milk

Snack Wheat Wafers, Sliced Cheese and Water

20

Breakfast: Biscuits (WG), Blueberries and Milk

Lunch: Fish Sticks, Yellow Rice, Green Peas, Pears and Milk

Snack: Teddy Grahams and 100% Apple Juice

21

Breakfast: Multigrain Cheerios Cereal (WG), Mandarins, Milk

Lunch: Chicken Noodle Soup, Rolls (WG), Green Beans, Peaches, Milk

Snack: Strawberry Chex Mix, Mixed Fruit

22

KRK #25
No
School

25

Happy Holidays
KRK #25
No
School

26

KRK #25
No
School

27

Breakfast: English Muffins (WG) with Jelly, Mixed Berries and Milk

Lunch: Chicken and Cheese Quesadillas, Spinach, Mangoes and Milk

Snack: Animal Crackers, Peaches and water

28

Breakfast: Apple Cinnamon Cereal, Mandarins, and Milk

Lunch: Turkey and Cheese Sandwich (WG), Carrot Sticks, Fresh Sliced Oranges and milk

Snack: Pretzels, 100 % Apple Juice

29

Breakfast: Cheese Toast, (WG) Pineapples and Milk

Lunch: Chicken Parmesan, WG Penne Pasta, Mixed Veggies, Pears and Milk

Snack: Graham Crackers, Pears and water