



SEPTEMBER 2019

www.krkspringboro.com

937-748-1260

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
HAPPY DDDDDD Closed!	Breakfast: Breakfast Pizza with Fresh Blueberries AM Snack: Cheese and Crackers Lunch: Grilled Ham and Cheese, with Tomato Soup, Broccoli and Fresh Pears Vegetarian Option: Grilled Cheese with Tomato Soup, Broccoli and Fresh Pears PM Snack: Pretzel Bites and Cheese	Breakfast: French Toast Sticks with Peaches AM Snack: Fresh Veggies with Ranch Lunch: Pumpkin Chicken Alfredo with Peas and Mixed Fruit Vegetarian Option: Pumpkin Alfredo with Broccoli and Mixed Fruit PM Snack: Trail Mix	Breakfast: Mini Quiche with Oranges AM Snack: Sweet Potato Muffins Lunch: Meatloaf, Mashed Potatoes, with Mixed Vegetables and Fresh Apples Vegetarian Option: Tofu, Mashed Potatoes, with Green Beans and Fresh Apples PM Snack: Plain Yogurt with Blueberries	Breakfast: Whole Grain Cereal with Bananas AM Snack: Salsa and Chips Lunch: Chicken Nuggets with Corn and Fresh Baked Apples Vegetarian Option: Vegetarian Nuggets with Corn and Fresh Baked Apples PM Snack: Cucumbers with Ranch
9	10	11	12	13
Breakfast: Scrambled Eggs with Toast and Oranges AM Snack: Applesauce with Graham Crackers Lunch: Chipotle Style Rice Bowl with Pinto Beans and Pineapples Vegetarian Option: Chipotle Style Vegetarian Rice Bowl with Pinto Bean and Pineapples PM Snack: Plain Yogurt with Bananas	Breakfast: Breakfast Pizza with Fresh Blueberries AM Snack: Cheese and Crackers Lunch: Grilled Ham and Cheese, Broccoli with Cheese Soup and Fresh Pears Vegetarian Option: Grilled Cheese with Broccoli and Cheese Soup and Fresh Pears PM Snack: Pretzel Bites and Cheese	Breakfast: Biscuits with Gravy and Peaches AM Snack: Fresh Veggies with Ranch Lunch: BBQ Pork Rib Patties with Peas and Mixed Fruit Vegetarian Option: Tofu Burger with Broccoli and Mixed Fruit PM Snack: Trail Mix	Oranges AM Snack: Applesauce Muffins Lunch: Chicken Patties on Bun	Breakfast: Whole Grain Cereal with Bananas AM Snack: Salsa and Chips Lunch: Homemade Chicken Pot Pie with Fresh Baked Apples Vegetarian Option: Tofu Pot Pie with Fresh Baked Apples PM Snack: Cucumbers with Ranch
16	17	18	19	20
Breakfast: Scrambled Eggs with Toast and Oranges AM Snack: Applesauce with Graham Crackers Lunch: Taco Bake with Rice, Pinto Beans and Pineapples Vegetarian Option: Cheese Quesadilla with Rice, Pinto Beans and Pineapples PM Snack: Plain Yogurt with Bananas	Breakfast: Breakfast Casserole with Blueberries AM Snack: Cheese and Crackers Lunch: Cheesy Chicken Tortilla Soup, Broccoli and Pears Vegetarian Option: Soy Nut Butter Sandwich with Cheesy Tortilla Soup, Broccoli and Fresh Pears PM Snack: Pretzel Bites and Cheese	Breakfast: Biscuits with Gravy and Peaches AM Snack: Fresh Veggies with Ranch Lunch: Chicken Bacon Ranch Wraps with Italian Pasta Salad and Mixed Fruit Vegetarian Option: Cucumber, Hummus and Lettuce Wraps with Italian Pasta Salad and Mixed Fruit PM Snack: Trail Mix	Oranges AM Snack: Pumpkin Muffins Lunch: Chicken Quesadilla Green Beans and Cantaloupe Vegetarian Option: Cheese Quesadilla, Green Beans and Cantaloupe PM Snack: Plain Yogurt with	Breakfast: Whole Grain Cereal with Bananas AM Snack: Salsa and Chips Lunch: Chicken with Roasted Zucchini with Corn and Fresh Baked Apples Vegetarian Option: Tofu with Roasted Zucchini with Corn and Fresh Baked Apples PM Snack: Cucumbers with Ranch
23	24	25	26	27
Breakfast: Scrambled Eggs with Toast and Oranges AM Snack: Applesauce with Graham Crackers Lunch: Ham Steak with Glazed Carrots and Pineapples Vegetarian Option: Tofu Burger with Glazed Carrots and Pineapples PM Snack: Plain Yogurt with Bananas	Breakfast: Breakfast Casserole with Blueberries AM Snack: Cheese and Crackers Lunch: Cheese Quesadilla with Chicken Noodle Soup, Broccoli and Fresh Pears Vegetarian Option: No-Chicken Noodle Soup with Broccoli and Fresh Pears PM Snack: Pretzel Bites and Cheese	Breakfast: French Toast Sticks with Peaches AM Snack: Fresh Veggies with Ranch Lunch: Burger Lettuce Wrap with Peas and Mixed Fruit Vegetarian Option: Tofu Burger Lettuce Wrap with Peas and Mixed Fruit PM Snack: Trail Mix	Breakfast: Mini Quiche with Oranges AM Snack: Applesauce Muffins Lunch: Homemade Spaghetti and Meatballs with Green Beans and Soy Butter Vegetarian Option: Homemade Spaghetti and Vegetarian Meatballs, with Green Beans and Cantaloupe PM Snack: Plain Yogurt with Blueberries	Breakfast: Whole Grain Cereal with Bananas AM Snack: Salsa and Chips Lunch: Cheese Pizza with Corn and Fresh Baked Apples Vegetarian Option: Cheese Pizza with Corn and Fresh Baked PM Snack: Cucumbers with Ranch
30				
Breakfast: Scrambled Eggs with Toast and Oranges AM Snack: Applesauce with Graham Crackers Lunch: Hulk BLT Spinach Wraps with Homemade Chick Pea Salad and Pineapples Vegetarian Option: Hulk Tofu, Lettuce, Tomato, Spinach Wraps with Homemade Chick Pea Salad and Pineapples PM Snack: Plain Yogurt with Bananas				