



AUGUST 2019

www.krkwaterset.com 813-641-0100

We serve milk with Breakfast & Lunch. Water is served with all snacks.

We use wheat grains & fresh produce whenever possible!



Breakfast Pancakes & Bananas Snack Ham Slices & Crackers Lunch Cheesy Spaghetti, Wheat Roll, Mixed Veggies Snack

# Breakfast

Biscuits & Fruit Snack Gold Fish & Craisins Lunch Chicken Pot Pie, Warm Biscuit, & fruit Snack Cheese & Crackers

### **Breakfast**

Cereal and Fruit Snack Cheese & Crackers Lunch

BBQ Beef Meatballs, Mashed Potatoes, Green Beans

Snack

Chips & Salsa

Breakfast

Cheese Grits & Fruit Snack

Yogurt & Graham Crackers

Lunch

Chicken Teriyaki in Rice, Stir Fry Veggies, Mandarin Oranges

Snack

Cheesy Bread Sticks & Marinara Sauce

TACO TUESDAY!

Breakfast

Waffles and Fruit Snack

Pretzels & Hummus Lunch

Beef & Cheese Pasta, Broccoli, & Fruit

Snack

Veggie Straws & Craisins

Breakfast

French Toast & Peaches

Pita & Hummus

Snack

Pepperoni & Crackers Lunch

Superhero Bake! (Eggs, Spinach & Cheese) Hash Brown, Orange Slices Snack

Yogurt Parfait

Breakfast

Bagel w/ Cream Cheese and Fruit

Snack

Pita & Tzatziki Sauce Lunch

All Beef Hot Dogs. Tater Tots, Melon

Snack

English Muffin & Jelly

### Breakfast

Cereal and Fruit Snack Gold Fish & Craisins Lunch Chicken Nuggets, Fries,

& Peas Snack Pita & Hummus

Breakfast

Cinnamon Toast & Apple Sauce Snack

Chips & Guacamole Lunch

Beef & Cheese Tacos, Sweet Corn, & Black

Beans Snack

Hot Pretzels & Cheese Dip

Breakfast

14 Bagel w/ Cream Cheese & Fruit

Snack

Yogurt & Strawberries Lunch

Italian Style Chicken in Pasta, Peas, & Wheat Roll w/ Butter

Snack

Chips & Salsa

Breakfast

Waffles & Bananas

Snack

Turkey Slices & Crackers

Lunch

Cheese Pizza, Broccoli Pineapple

Snack

Muffin & Fruit

Breakfast Pancakes & Fruit

Snack

Cheese Toast & Fruit

Lunch

BBQ Chicken, Roasted Potatoes & Green Beans

Snack

Trail Mix

## FIRST DAY OF SCHOOL!

**Breakfast** 

Cereal and Fruit

Snack

Pretzels & Cheese Cubes

Lunch

Shephard's Pie (Beef, Veggies, Mashed Potatoes) Toast w/ Butter, & Fruit

Snack

Veggie Straws & Hummus

Breakfast

Cinnamon Oatmeal & Fruit

Snack

Turkey Slices & Crackers

Lunch

Snack

Spaghetti in Meat Sauce, Fresh Salad, & Oranges

String Cheese & Raisins

Breakfast

Hash Brown & Fruit

Snack

Cheesy Egg Toast

Lunch

Chicken in Yellow Rice, Corn, & Black Beans

Snack

English Muffin Pizza

Breakfast

Biscuits & Cinnamon

Pears

Snack

Pepperoni & Goldfish

Lunch

Grilled Cheese Sandwich, Tomato Soup,

& Broccoli Snack

Birthday Cake & Fruit to Celebrate all the 🍃 **August Birthdays!** 

Breakfast

**Enalish Muffin &** 

Fruit

Snack

Yogurt Parfait

Lunch

Beefy Mac N Cheese, Green Beans, Apple

Slices Snack

Popcorn & Raisins

## **Breakfast**

Cereal and Fruit Snack

Pepperoni & Crackers Lunch Turkey in Gravy, Mashed Potatoes,

### Rainbow Veggies Snack

Yogurt & Cereal Topping

## Breakfast

Cream of Wheat & Berries

## Snack

Pretzels & Craisins

Lunch Beef Sliders, Sweet

Potato Puffs, & Fruit Cocktail

Snack Veggies & Ranch

Breakfast Muffin & Orange Slices Snack

Grahams & Fruit

Lunch Chicken Pot Pie, Warm Biscuit, & fruit salad

Salsa

Snack Cheese Quesadilla &

## Breakfast

Hash Brown & Bananas Snack

**Hummus & Pretzels** 

Lunch

Cheese Tortellini, Fresh Salad, Garlic Toast Snack Yogurt with Berries

## Breakfast

Waffle & Fruit Snack

Chips & Guacamole Lunch

Pepperoni Pizza, Fresh Salad, & Fruit

# Snack

Soft Pretzel & Cheese Dip