

MENU

November 2022

KKLC @ Rushville

MEAL		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Breakfast		1 Waffles, Fruit & Milk	2 Cereal, Fruit & Milk	3 Sausage Biscuit, Fruit, milk	4 Cereal, Fruit, & Milk
	Lunch		Cooks Choice, Apple sauce, Carrots, Milk	Breakfast Cass., Tropical Fruit, Milk	Taco Mac, Peaches, Corn, Gr. Beans & Milk	Cheeseburger, Mand. Oranges, Green Beans & Milk
	PM Snack		Wheat Thins & 100% Juice	Banana Pudding & 100% Juice	Smores Mix & 100% Juice	Bugels & 100% Juice
Week 2	Breakfast	7 Cereal, Fruit & Milk	8 Poptart, Fruit & Milk	9 Cereal, Fruit, & Milk	10 Muffin, Fruit & Milk	11 Cereal, Fruit, & Milk
	Lunch	Ham & Cheese Pasta, Peas, Corn, Green Beans & Milk	Fish Sticks, Tropical Fruit, Carrots & Milk	BBQ Pork, Peaches, Peas & Milk	TT Cass, Mand. Oranges, Green Beans & Milk	Chicken Bacon Ranch Wrap, Pine/CC, Mixed Veggies & Milk
	PM Snack	Chex Mix & 100% Juice	Cheese & Crackers, 100% Juice	Yogurt, Cheerios & 100% Juice	Soft Pretzel W/ Cheese & 100% Juice	Veggie Straws/ Dip & 100% Juice
Week 3	Breakfast	14 Cereal, Fruit, & Milk	15 Pancakes, Fruit & Milk	16 Cereal, Fruit, & Milk	17 Uncrustable, Fruit & Milk	18 Cereal, Fruit, & Milk
	Lunch	Chicken Alfredo, Mixed Fruit, Peas & Milk	Ham & Ch Crescent, Applesauce, Carrots & Milk	Pizza, Peaches, Corn & Milk	Cooks's Choice, Pears, Carrots & Milk	Meatball Subs, Pine/CC, Green Beans & Milk
	PM Snack	Cheese It's & 100% Juice	Goldfish & 100% Juice	Muffin & 100% Juice	Pretzels & 100% Juice	Popcorn/ Cheese Stick & 100% Juice
Week 4	Breakfast	21 Cereal, Fruit & Milk	22 Bagel, Fruit & Milk	23 Cereal, Fruit, & Milk	24 Jelly Biscuit, Fruit & Milk	25 Cereal, Fruit & Milk
	Lunch	Spag/ Garlic Bread, Corn, Gr. Beans & Milk	Popcorn Chicken, Apple sauce, Carrots & Milk	Walking Taco Bake, Peaches, Peas & Milk	Garlic Parm Chicken, Pears, Green Beans & Milk	PBJ or Turkey, Mixed Fruit, Mixed Veggies & Milk
	PM Snack	Apple Nachoes, Granola & Water	Ch/PB Crackers 100% Juice	Nutragrain Bar & 100% Juice	Gardetto's & 100% Juice	Chips/Salsa & 100% Juice
Week 5	Breakfast	28 Cereal, Fruit & Milk	29 Ham /Egg Muffin, Fuit, Milk	30 Cereal, Fruit, & Milk	1 Cinn. Toast, Fruit & Milk	2 Cereal, Fruit & Milk
	Lunch	Cheeseburger Ziti, Applesauce, Green Beans & Milk	Sloppy Joe Cups, Peaches, Carrots & Milk	Chili Dogs, Pears, Peas & Milk <2 Chicken Nuggets	Chicken Broc Rice, Tropical Fruit, Green Beans & Milk	Pizza Burger, Pine/ Cc, Corn & Milk <2 Mixed Veggies
	PM Snack	Poptart & 100% Juice	Goldfish & 100% Juice	Banana Pudding & 100% Juice	Smores Mix & 100% Juice	Bugels & 100% Juice