

# KKLC

# JULY 2023

MEAL		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	<b>Breakfast</b>	10 WG Cereal, Fresh Fruit, & Milk	11 Cinnamon & Sugar on WG Toast, Fresh Fruit, & Milk	12 WG Cereal, Fresh Fruit, & Milk	13 Eggs, Bacon, WG Toast, Fresh Fruit, & Milk	14 WG Cereal, Fresh Fruit & Milk
	<b>Lunch</b>	Chicken strips, Smiley Fries, Peaches, & Milk	BBQ Rib on Bun, Peas, Mandarin Oranges, & Milk	Goulash, Green Beans, Pineapple, & Milk	Taco Casserole, Corn, Tropical Fruit, & Milk	Ham n Cheese on WG Bread, Carrots, Pears, & Milk
	<b>PM Snack</b>	String Cheese, Crackers, & Juice	Peanut Butter, Graham Crackers, & Water	Yogurt, Granola, & Juice	Granola Bars & Juice	Chex Mix, & Juice
Week 2	<b>Breakfast</b>	17 WG Cereal, Fresh Fruit, & Milk	18 Cinnamon Rolls, Fresh Fruit, & Milk	19 WG Cereal, Fresh Fruit, & Milk	20 Pancakes, Fresh Fruit, & Milk	21 WG Cereal, Fresh Fruit, & Milk
	<b>Lunch</b>	Chicken & Noodles, Peas, Peaches, & Milk	Turkey WG Wrap, Carrots, Apples, & Milk	WG Chicken Patty on Bun, Tater Tots, Mandarin Oranges & Milk	Taco Soup, WG Tortilla Chips, Applesauce & Milk	Garlic Toast Pizza, Salad, Pears, & Milk
	<b>PM Snack</b>	Cheese Its, & Juice	Cottage Cheese with Veggie Straws & Juice	Soft Pretzel, & Juice	Gradettos, & Juice	Peanut Butter Crackers, & Juice
Week 3	<b>Breakfast</b>	24 WG Cereal, Fresh Fruit, & Milk	25 Waffles, Fresh Fruit, & Milk	26 WG Cereal, Fresh Fruit, & Milk	27 Biscuit w/ Jelly, Fresh Fruit, & Milk	28 WG Cereal, Fresh Fruit, & Milk
	<b>Lunch</b>	Chicken Quesadilla on WG Tortilla, Corn, Tropical Fruit, & Milk	Open Faced Roast Beef on WG Bread, Mashed Potato, Brown Gravy, Pears, & Milk	Hot Dog on Bun, Baked Beans, Pears, & Milk	WG Spaghetti, Green Beans, Peaches, & Milk	Italian Sub, Carrots, w/ Ranch, Grapes, & Milk
	<b>PM Snack</b>	Chili Cheese Dip, WG Tortilla Chips, & Juice	Cheese Cubes, Crackers, & Water	WG Wheat Thins, Cream Cheese Dip, & Water	WG Pretzel Goldfish, & Juice	Chewy Bar & Milk
Week 4	<b>Breakfast</b>	31 WG Cereal, Fresh Fruit & Milk	1 WG Breakfast Burrito, Fresh Fruit & Milk	2 WG Cereal, Fresh Fruit & Milk	3 WG English Muffins, Fresh Fruit & Milk	4 WG Cereal, Fresh Fruit, & Milk
	<b>Lunch</b>	Hawaiian Ham Sliders, Carrots, Pineapple, & Milk	Beef Ravioli, Green Beans, Tropical Fruit, & Milk	Italian Dunkers, Marinara, Salad, Pears, & Milk	Chicken Bacon Ranch Pasta, Broccoli, Peaches, & Milk	Ham n Potatoes Au gratin Bread n Butter, Mandarin Oranges, & Milk
	<b>PM Snack</b>	Breaded Cheese Ravioli, Marinara, & Juice	Smores Mix, & Juice	WG Pretzels & Milk	Cottage Cheese, Veggie Straws & Juice	Cook's Choice & Milk

WG- Whole Grain

Fresh fruits include, but not limited to: Apples, Bananas, Oranges, Pineapple, grapes and other seasonal fresh fruits.

All juices served are 100% juice