

KKLC

SEPTEMBER 2023

CCLC

MEAL		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Breakfast		5 WG French Toast Sticks, Fresh Fruit, & Milk	6 WG Cereal, Fresh Fruit, & Milk	7 Cinnamon Roll, Fresh Fruit, & Milk	8 WG Cereal, Fresh Fruit & Milk
	Lunch		KFC Bowl, (popcorn chicken, over mashed potato, corn, and gravy) roll, Trop. Frt, Milk	Spaghetti n Meatballs, Green Beans, Pears, & Milk	Chili, Crackers, Peaches, & Milk	BBQ Chicken on Bun, French Fries, Applesauce, & Milk
	PM Snack		Cheese Its, & Juice	Chex Mix, & Juice	Taco pinwheel, & Juice	Graham Crackers, Peanut Butter, & Water
Week 2	Breakfast	11 WG Cereal, Fresh Fruit, & Milk	12 Sausage, Biscuit, & Gravy, Fresh Fruit, & Milk	13 WG Cereal, Fresh Fruit, & Milk	14 Waffles, Fresh Fruit, & Milk	15 WG Cereal, Fresh Fruit, & Milk
	Lunch	Breakfast Casserole, Hashbrowns, Peaches, & Milk	Chicken Noodle Soup, Crackers, Applesauce, & Milk	Creamy Ham and Tortellini, Peas, Mandarin Oranges & Milk	Loaded Ranch Chicken Potato Casserole, Bread n Butter, Tropical Fruit, & Milk	Bosco Sticks, Marinara, Green Beans, Pears, & Milk
	PM Snack	Tortillias, Salsa, & Juice	Snack Mix, & Juice	String Cheese, Crackers, & Water	Gradettos, & Juice	Peanut Butter Crackers, & Juice
Week 3	Breakfast	18 WG Cereal, Fresh Fruit, & Milk	19 Scrambled Eggs, Sausage Link, Fresh Fruit, & Milk	20 WG Cereal, Fresh Fruit, & Milk	21 English Muffins, Fresh Fruit, & Milk	22 WG Cereal, Fresh Fruit, & Milk
	Lunch	Runza Casserole, Green Beans, Peaches, & Milk	Nacho Chicken Ravioli, Broccoli, Pears, & Milk	Beans and Weanies, Bread n Butter, Pineapple, & Milk	Beef and Noodles, Peas, Mandarin Oranges, & Milk	Chicken Nuggets, Mashed Potato, Tropical Fruit, & Milk
	PM Snack	Chili Cheese Dip, WG Tortilla Chips, & Juice	Cheese Cubes, Crackers, & Water	WG Wheat Thins, Cream Cheese Dip, & Water	Yogurt, Granola, & Water	WG Pretzel Goldfish, & Juice
Week 4	Breakfast	25 WG Cereal, Fresh Fruit, & Milk	26 French Toast, Fresh Fruit, & Milk	27 WG Cereal, Fresh Fruit, & Milk	28 Cinnamon Raisin Toast, Fresh Fruit, & Milk	29 WG Cereal, Fresh Fruit, & Milk
	Lunch	Chicken Alfredo, Broccoli, Peaches, & Milk	Corn Dog Nuggets, Corn, Tropical Fruit, & Milk	Beef Stroganoff, Green Beans, Pears, & Milk	Chicken & Wild Rice Soup, Crackers, & Milk	Pizza, Salad, Pineapple, & Milk
	PM Snack	Vanilla Wafers, & Milk	Smores Mix, & Juice	Dried Fruit Mix & Juice	Cottage Cheese, Vegetable Straws, & Juice	Nutrigrain Bar & Milk

WG- Whole Grain
All juices served are 100% juice

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