

KKLC

OCTOBER 2023

CCLC

MEAL		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Breakfast	2 WG Cereal, Fresh Fruit, & Milk	3 Raisin Toast, Fresh Fruit, & Milk	4 WG Cereal, Fresh Fruit, & Milk	5 Cinnamon Rolls, Fresh Fruit, & Milk	6 WG Cereal, Fresh Fruit & Milk
	Lunch	Sheet Pan Quesadilla, Tropical Fruit, & Milk	Chicken Cord on Bleu, Rice, Broccoli, Peaches, & Milk	Ham N Cheese / Hot Ham N Cheese, Carrots, Bananas, & Milk	Beef Vegetable Soup, Crackers, Applesauce, & Milk	Pulled Pork on Bun, Cole Slaw, Fruit Cocktail, & Milk
	PM Snack	Spikers Taco Crackers, & Juice	Pop tart, & Milk	Cinna mania, & Milk	Taco Pinwheels, & Juice	Cheese Crackers, & Juice
Week 2	Breakfast	9 WG Cereal, Fresh Fruit, & Milk	10 Sausage Egg and Cheese Muffin, Fresh Fruit, & Milk	11 WG Cereal, Fresh Fruit, & Milk	12 Waffles, Fresh Fruit, & Milk	13 WG Cereal, Fresh Fruit, & Milk
	Lunch	Breakfast Casserole, Toast, Pears, & Milk	Sweet & Sour Meatballs, Rice, Carrots, Pineapple, & Milk	Chicken Parmesan, WG Pasta, Green Beans, Peaches, & Milk	Loaded Potato Soup, Crackers, Applesauce, & Milk	Sloppy Joe on Bun, French Fries, Fruit Cocktail, & Milk
	PM Snack	Cheese Its, & Juice	Rice Krispie, & Milk	Cheese Cubes, Crackers, & Water	Pretzels, & Juice	Oatmeal Bar, & Milk
Week 3	Breakfast	16 WG Cereal, Fresh Fruit, & Milk	17 Pancakes, Fresh Fruit, & Milk	18 WG Cereal, Fresh Fruit, & Milk	19 Breakfast Pizza, Fresh Fruit, & Milk	20 WG Cereal, Fresh Fruit, & Milk
	Lunch	Philly Cheese Steak Stromboli, California Vegetable, Pears, & Milk	Mexican Rice, Corn, Pineapple, & Milk	Open Faced Roast Beef, Mashed Potato, Fruit Cocktail, & Milk	Italian Sub Sandwich, Potato Chips, Peaches, & Milk	Ham n Potato Au gratin, Bread n Butter, Mandarin Oranges, & Milk
	PM Snack	Chex Mix, & Juice	Cottage Cheese, Vegetable Straws, & Water	Goldfish, & Juice	Vanilla Wafers, & Milk	Pretzel Goldfish, & Juice
Week 4	Breakfast	23 WG Cereal, Fresh Fruit, & Milk	24 Sausage, Biscuits n Gravy, Fresh Fruit, & Milk	25 WG Cereal, Fresh Fruit, & Milk	26 French Toast Sticks, Fresh Fruit, & Milk	27 WG Cereal, Fresh Fruit, & Milk
	Lunch	Turkey Burger on Bun, Tater Crowns, Tropical Fruit, & Milk	Taco Soup, Tortilla Chips, Applesauce, & Milk	Chicken Teriyaki, Oriental Vegetable, Tropical Fruit, & Milk	Chicken Tetrazzini, Peas, Mandarin Oranges, & Milk	Fish Sticks
	PM Snack	Graham Crackers, Peanut Butter, & Water	Nutrigrain Bar, & Milk	Yogurt, Granola, & Water	Snack Mix, & Juice	String Cheese, Crackers, & Water

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.