



KKLC

RUSHVILLE

NOVEMBER 2023

MEAL		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Breakfast					
	Lunch					
	PM Snack					
Week 2	Breakfast	6 WG Cereal, Fresh Fruit, & Milk	7 Breakfast Taquitos	8 WG Cereal, Fresh Fruit, & Milk	9 Bagels, Cream Cheese, Fresh Fruit, & Milk	
	Lunch	Cook's Choice	Tomato Tortellini Soup, Crackers, Applesauce, & Milk	Chicken Bacon Ranch Wraps, Carrots, Fruit Cocktail, & Milk	Shepherd's Pie, B&B, Peaches, & Milk	
	PM Snack	Chili Cheese Dip, Tortilla Chips, & Water	Rice Krispie Treat, & Milk	Cheese Cubes, Crackers, & Water	Pretzels, & Juice	
Week 3	Breakfast	13 WG Cereal, Fresh Fruit, & Milk	14 Pancake, Fresh Fruit, & Milk	15 WG Cereal, Fresh Fruit, & Milk	16 English Muffins, Fresh Fruit, & Milk	17 WG Cereal, Fresh Fruit, & Milk
	Lunch	Chicken Parmesan, WG Pasta w/ Marinara, Carrots, Pears, & Milk	Taco's, Corn, Pineapple, & Milk	Cheesy Ravioli Casserole, Broccoli, Tropical Fruit, & Milk	Turkey, Gravy, Mashed Potato, Green Beans, Pumpkin Bars, & Milk	Hot Ham n Cheese, Peas Peaches, & Milk
	PM Snack	Chex Mix, & Juice	Cottage Cheese, Vegetable Straws, & Water	Goldfish, & Juice	Vanilla Wafers, & Milk	Pretzel Goldfish, & Juice
Week 4	Breakfast	20 WG Cereal, Fresh Fruit, & Milk	21 Sausage, Egg, & Cheese Biscuit, & Milk	22 WG Cereal, Fresh Fruit, & Milk		
	Lunch	Cook's Choice	Chili, Crackers, Applesauce, & Milk	Chicken Patty on Bun, Green Beans, Peaches, & Milk		
	PM Snack	Graham Crackers, Peanut Butter, & Water	Nutrigrain Bar, & Milk	Yogurt, Granola, & 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.