Child's Name: _____Kids of the Kingdom Episcopal School Menu (July/Aug 2020)

Mon	*Tue*	*Wed*	*Thu*	*Fri*
(13 A) Cereal & Toast B) Spaghetti w/Meat Sauce / Carrots / Pears C) Wheat Thins & Cream Cheese	(14 A) Waffles B) Ham & Cheese Sandwiches / Cucumbers / Ranch / Bananas C) Yogurt & Granola	(15 A) Cinnamon Toast B) Beanie Weenies / Mixed Vegetables / Applesauce C) Cheese & Crackers	(16 A) Oatmeal B) Chicken Quesadillas / Green Beans / Mandarin Oranges C) Granola Bars	(17 A) Blueberry Muffins B) Pizza / Salad / Ranch / Apple Slices/ Cookies C) Trail Mix
(20 A) Cereal & Toast B) Cheese Enchilada Casserole / Spanish Rice / Pears C) Rice Krispies Treats	(21 A) Pancakes B) Turkey & Cheese Sandwiches / Carrots / Ranch /Peaches C) Goldfish & Raisins	(22 A) Cheese Toast B) Chicken & Rice Casserole / Mixed Vegetables / Mandarin Oranges C) Baked Cheese Crackers	(23 A) Biscuits w/Sausage B) Sloppy Joes / Corn / Pineapples C) Cheese Wrap	(24 A) Bean & Cheese Tacos B) Pizza / Salad / Ranch / Oranges / Cookies C) Trail Mix
(27 A) Cereal & Toast B) Mac & Cheese w/Beef / Carrots / Peaches C) Cinnamon Apple Rice Cakes	(28 A) Blueberry Muffins B) Tuna Salad Sandwiches / Cucumbers / Ranch / Apple Slices C) Vanilla Wafers & Pudding	(29 A) Pigs in A Blanket B) Cheeseburgers / Bread / Corn / Mixed Fruit C) Ranch Oyster Crackers	(30 A) Malt – O -Meal B) Oven Baked Chicken / Green Beans / Applesauce C) Carrots & Raisin Salad	(31 A) Bagels w/Cream Cheese B) Pizza / Salad / Ranch / Bananas / Cookies C) Trail Mix
(3 A) Cereal & Toast B) Chicken Noodle Casserole / Green Beans / Mandarin Oranges C) Granola Bars	(4 A) English Muffins w/ Jelly B) Grilled Cheese Sandwiches / Carrots / Ranch / Pears C) Yogurt & Graham Crackers	(5 A) Waffles B) Meat Loaf / Mashed Potatoes / Peaches C) Ritz Crackers & Cheese Sticks	(6 A) French Toast Sticks B) Bean & Cheese Chalupas / Spanish Rice / Mixed Fruit C) Apple Butter Sandwiches	(7 A) Blueberry Muffins B) Pizza / Salad / Ranch / Cantaloupe / Cookies C) Trail Mix
(10 A) Cereal & Toast B) Raviolis / Bread / Corn / Mixed Fruit C) Celery Sticks & Cream Cheese	(11 A) Toast w/Jelly B) Chicken Salad Sandwiches / Cucumbers / Ranch / Oranges C) Rice Krispies Treats	(12 A) Pancakes B) Crispy Beef Tacos / Pinto Beans /Applesauce C) Goldfish & Raisins	(13 A) Oatmeal B) Tuna Noodle Casserole / Mixed Vegetables / Peaches C) Fruit Salad	(14 A) Potato & Egg Tacos B) Pizza / Salad / Ranch Apple Slices / Cookies C) Trail Mix
A) Breakfast **(Milk & Water)**	**B) Lunch** **(Milk & Water)**	**C) P.M. Snack** **(Juice & Water)**		

If your child is on the allergy list please put a line through the food item they cannot have and return the menu in your child's folder. Please provide a substitution for that item.