

Child's Name: _____ Kids of the Kingdom Episcopal School Menu (July 2021)

Mon	Tue	Wed	Thu	Fri
			(1) A) Oatmeal & Fruit B) Oven Baked Chicken / Sweet Potato Fries / Bread / Mandarin Oranges C) Rice Krispies Treats	(2) A) Pancakes & Fruit B) Pizza / Salad / Ranch / Apple Slices / Cookies C) Trail Mix
(5) Center Closed	(6) A) Cheerios & Toast & Fruit B) Hamburgers / Bread / Green Beans / Mixed Fruit C) Cheese & Crackers	(7) A) Blueberry Muffins & Fruit B) Chicken Salad Sandwiches / Carrots / Ranch / Oranges C) Fruit Salad	(8) A) Pigs in the Blanket & Fruit B) Tuna Noodle Casserole / Corn / Applesauce C) Rice Cakes & Cream Cheese	(9) A) Oatmeal & Fruit B) Pizza / Salad / Ranch / Watermelon / Cookies C) Trail Mix
(12) A) Cheerios & Toast & Fruit B) Mac & Cheese w/Beef / Carrots / Pears C) Goldfish & Raisins	(13) A) French Toast Sticks & Fruit B) Ham & Cheese Sandwiches / Cucumbers / Ranch / Apple Slices C) Granola Bars	(14) A) English Muffins & Fruit B) Chicken & Rice Casserole / Broccoli w/Cheese / Pineapple C) Apple Butter Sandwiches	(15) A) Malt – O – Meal & Fruit B) Fish Sticks / Bread / Green Beans / Peaches C) Wheat Thins & Cottage Cheese	(16) A) Beans & Cheese Tacos & Fruit B) Pizza / Salad / Ranch / Oranges / Cookies C) Trail Mix
(19) A) Cheerios & Toast & Fruit B) Raviolis / Bread / Corn / Bananas C) Fresh Veggies & Cottage Cheese	(20) A) Bagels & Fruit B) Turkey & Cheese Sandwiches / Carrots / Ranch / Strawberries C) Cheese Wrap	(21) A) Cheese Toast & Fruit B) Beef & Rice / Mixed Vegetables / Mixed Fruit C) Apple Butter Sandwiches	(22) A) Cinnamon Raisin Bread & Fruit B) Cheeseburgers / Bread / Peas & Carrots / Pears C) Fresh Fruit Cup	(23) A) Oatmeal & Fruit B) Pizza / Salad / Ranch / Apple Slices / Cookies C) Trail Mix
(26) A) Cheerios & Toast & Fruit B) Steak Fingers / Bread / Mixed Vegetables / Peaches C) Animal Crackers & Yogurt	(27) A) Cinnamon Toast & Fruit B) Tuna Salad Sandwiches / Cucumbers / Ranch / Cantaloupe C) Goldfish & Raisins	(28) A) Pancakes & Fruit B) Chicken Nuggets / Bread / Peas & Carrots / Oranges C) Bananas Pudding	(29) A) Malt -O- Meal & Fruit B) Meat Loaf / Mashed Potatoes / Bread / Green Beans / Mixed Fruit C) Rice Krispies Treats	(30) A) Blueberry Muffins & Fruit 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.