

Child's Name: \_\_\_\_\_

Kids of the Kingdom Episcopal School Menu (November / December 2021)

Mon	Tue	Wed	Thu	Fri
(15) A) Cheerios* & Toast* & Fruit B) Cheese Enchiladas* / Pinto Beans / Pineapple C) Ranch Oyster Crackers	(16) A) Pancakes & Fruit B) Ham & Cheese Sandwiches* / Cucumbers / Ranch / Bananas C) Granola Bars	(17) A) Cheese Toast* & Fruit B) Chicken & Rice* / Mixed Vegetables / Mixed Fruit C) Carrot Salad	(18) A) Oatmeal* & Fruit B) Beanie Weenies / Corn* / Peaches C) Baked Cheese Crackers	(19) A) Bagel w/ Cream Cheese & Fruit B) Pizza / Salad / Ranch / Apple Slices / Cookies C) Trail Mix*
(22) A) Cheerios* & Toast* & Fruit B) Beef & Rice* / Mixed Vegetables / Pears C) Vanilla Wafers & Yogurt	(23) A) Pigs in the Blanket & Fruit B) Turkey & Cheese Sandwiches* / Carrots / Ranch / Oranges C) Wheat Thins & Cream Cheese	(24) A) Malt – O – Meal & Fruit B) Pizza / Salad / Ranch / Melon / Cookies C) Trail Mix*	(25) <b>Happy Thanksgiving Center Closed</b>	(26) <b>Center Closed</b>
(29) A) Cheerios* & Toast* & Fruit B) Mac & Cheese w/Beef / Green Beans / Peaches C) Rice Cakes & Apple Butter	(30) A) Biscuits w/ Sausage & Fruit B) Tuna Salad Sandwiches* / Cucumbers / Ranch / Apple Slices C) Rice Krispies Treats	(1) A) French Toast Sticks & Fruit B) Chicken Noodle Casserole* / Peas & Carrots / Pineapple C) Carrots & Celery w/ Ranch	(2) A) Oatmeal* & Fruit B) Salisbury Steak / Bread* / Mashed Potatoes / Bananas C) Buttered Crackers & Cheese Sticks	(3) A) Blueberry Muffins & Fruit B) Pizza / Salad / Ranch / Oranges / Cookies C) Trail Mix*
(6) A) Cheerios* & Toast* & Fruit B) Raviolis / Bread* / Corn* / Applesauce C) Cottage Cheese & Peaches	(7) A) Cinnamon Bread & Fruit B) Grilled Cheese Sandwiches* / Carrots / Ranch / Strawberries C) Ranch Oyster Crackers	(8) A) English Muffins w/ Sausage & Fruit B) Hamburgers / Bread* / Green Beans / Pears C) Fruit Salad	(9) A) Malt – O – Meal & Fruit B) Sweet & Sour Chicken / Brown Rice* / Peas & Carrots / Pineapples C) Goldfish & Raisins	(10) A) Bean & Cheese Tacos & Fruit B) Pizza / Salad / Ranch / Bananas / Cookies C) Trail Mix*
(13) A) Cheerios* & Toast* & Fruit B) Steak Fingers / Bread* / Broccoli w/ Cheese / Mandarin Oranges C) Granola Bars	(14) A) Waffles & Fruit B) Chicken Salad Sandwiches* / Cucumbers / Ranch / Bananas C) Cheese Wraps	(15) A) Cheese Toast* & Fruit B) Sloppy Joes / Tater Tots / Corn* / Applesauce C) Fresh Fruit Cup	(16) A) Oatmeal* & Fruit B) Fish Sticks / Bread* / Carrots / Mixed Fruit C) Yogurt w/ Granola & Fruit	(17) A) Blueberry Muffins & Fruit B) Pizza / Salad / Ranch / Oranges / Cookies C) Trail Mix*
<b>A) Breakfast (Milk &amp; Water)</b>	<b>B) Lunch (Milk &amp; Water)</b>	<b>C) P.M. Snack (Juice &amp; Water)</b>	<b>*Whole Grain Item Menu meets CACFP requirements</b>	

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.