

Child's Name: _____

Kids of the Kingdom Episcopal School Menu (January 2022)

| Mon | Tue | Wed | Thu | Fri |
|---|--|---|---|--|
| (3) A) Cheerios* & Toast* & Fruit B) Beef & Rice* / Mixed Vegetables / Peaches C) Apple Butter Sandwiches | (4) A) Cheese Toast & Fruit B) Ham & Cheese Sandwiches* / Carrots / Ranch / Apple Slices C) Baked Cheese Crackers | (5) A) Pancakes & Fruit B) Chicken Noodle Casserole* / Green Beans / Pears C) Teddy Grahams & Yogurt | (6) A) Malt-O-Meal & Fruit B) Beanie Weenies / Bread* / Corn* / Mixed Fruit C) Rice Krispy Treats | (7) A) Bagels* w/ Cream Cheese & Fruit B) Pizza / Salad / Ranch / Bananas / Cookies C) Trail Mix* |
| (10) A) Cheerios* & Toast* & Fruit B) Mac & Cheese* w/ Beef / Carrots / Pineapple C) Animal Crackers & Pudding | (11) A) French Toast & Fruit B) Turkey & Cheese Sandwiches* / Cucumbers / Ranch / Oranges C) Wheat Thins & Cream Cheese | (12) A) Blueberry Muffins & Fruit B) Oven Baked Chicken / Mixed Vegetables / Applesauce C) Fruit Salad | (13) A) Oatmeal* & Fruit B) Cheeseburgers / Bread* / Bananas / Peas & Carrots C) Goldfish* & Raisins | (14) A) Bean & Cheese Tacos & Fruit B) Pizza / Salad / Ranch / Apple Slices / Cookies C) Trail Mix* |
| (17) A) Cheerios* & Toast & Fruit B) Chicken & Rice* / Green Beans / Mandarin Oranges C) Butter Crackers & Cheese Sticks | (18) A) English Muffins* & Fruit B) Grilled Cheese Sandwiches* / Carrots / Ranch / Bananas C) Granola Bars | (19) A) Cinnamon Toast & Fruit B) Soft Beef Tacos* / Pinto Beans / Peaches C) Ranch Oyster Crackers | (20) A) Malt-O-Meal & Fruit B) Steak Fingers / Bread* / Corn / Pineapple C) Cheese Wraps | (21) A) Pigs In A Blanket & Fruit B) Pizza / Salad / Ranch / Apple Slices / Cookies C) Trail Mix* |
| (24) A) Cheerios* & Toast & Fruit B) Chicken Quesadillas* / Mixed Vegetables / Mandarin Oranges C) Vanilla Wafers & Yogurt | (25) A) Biscuits w/ Sausage / Fruit B) Tuna Salad Sandwiches* / Cucumbers / Ranch / Strawberries C) Carrots & Celery w/ Ranch | (26) A) Waffles & Fruit B) Salisbury Steak / Bread* / Carrots / Applesauce C) Rice Cakes w/ Apple Butter | (27) A) Oatmeal & Fruit B) Chicken Nuggets / Bread* / Green Beans / Peaches C) Cottage Cheese w/ Pineapple | (28) A) Blueberry Muffins & Fruit B) Pizza / Salad / Ranch / Melon / Cookies C) Trail Mix* |
| (31) A) Cheerios* & Toast* & Fruit B) Spaghetti* w/ Meat Sauce / Peas & Carrots / Pineapple C) Baked Cheese Crackers | | | | |
| A) Breakfast (Milk & Water) | B) Lunch (Milk & Water) | C) P.M. Snack (Juice & Water) | *Whole Grain Item Menu meets CACFP requirements | |

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.